

Dominican International School



PHYSICAL EDUCATION

Course Syllabus

GRADE LEVEL: Grade-5
TEACHER: Dr. Truong Nguyen

SCHOOL YEAR: 2022-2013
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The DIS Physical Education program will follow the SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as a result of a highly effective physical education program. State school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

1. COURSE DESCRIPTION

In the physical education course, the students of grade-5 will learn how to maintain a healthy lifestyle physically, mentally, and inspirationally through performing exercises and a variety of sports regularly. In addition, they will learn how body coordination can help them in moving efficiently, reducing chances of getting injured during physical activities. Moreover, students will also learn the knowledge of movement concepts, training principles, and training strategies which can be applied into practice to enhance peak performance. Topics would include fitness components, athletic training, individual and team sports. The students have fun enjoying sports and exercise, aiming to mold students' behavior to engage in physical activity and sports even outside the school programs.

2. COURSE GOAL

Discusses the nature/background of sports

Explains the health and fitness benefits derived from playing team/individual sports.

Activities are expected to have the opportunity to build their knowledge and skills which empowers students to engage in different kinds of sports, to promote health and fitness.

Assess and maintain a level of physical fitness to improve health and sports performance.

To develop a sense of fair play and cooperation in students and the ability to work in groups, leading to increased cultural understanding.

To provide opportunities for integration of physical education with other subject areas: health, language, math, social studies, science, music and arts.

Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and sports performance.

Demonstrate knowledge of motor skills, movement concepts, principles, and strategies as they apply to learning and performance of physical activities.

3. STUDENT ACTIVITIES

Students will be taught various stimulating activities aimed at developing their alertness and gross motor skills through movement.

Warm-up/ Cool-down

Stretching/ flexibility/ agility/ coordination

Online Class Lectures and Seatwork's

Practicing different types of locomotion: walking, running, jumping, throwing and catching, squatting, hinges, pushing, pulling, carrying ...

Recreational activities

Exercise and fitness indoor and outdoor activities

Playing different sports

Circuit training

Conditioning training

4. FORMATS FOR PROPER EXERCISE

The following steps are the proper sequence based on Anatomy of Workouts base from the book of Successful Coaching to avoid overtraining and injury.

Warm-up

Fitness/ Sports activity

Cool down

5. GRADING ASSESSMENT

The physical education grades are computed as follows:

Homework/Seatwork & Projects (30 %)

Uniform

Daily Attendance

Seatwork/Homework

Quizzes/Performance in Class (30 %)

Daily effort in participating sports and exercise activities

Individual skills in sports and exercise

Group skills in sports and exercise

Online Quizzes

Quarter Exam (Practical/Written) (30 %)

Department Grade (10 %)

Other Assessment: correcting their forms and technique by individual/group.

6. INDOOR COURT INSTRUCTION/ RULES AND REGULATION

No teachers/coaches, No using of gym

No wet mop

No chairs without carpet

No drinks and food inside (water bottle must be placed at the designated place)

No roller skates and skateboarding

No sharp items and high heels

No water retention

Indoor courts are strictly for Basketball/Volleyball/Badminton only

All Bags will be in the dressing room (bring your things after your P.E class

To keep the gym safe and cleaned up, you should store the equipment you have used properly.

7. OUTDOOR COURT AND SOCCER FIELD RULES AND REGULATION

Only authorized personnel, P.E. Teachers/Coaches and are allowed to open the

P.E equipment room.

Food and beverages are to be kept at the tables.

Activities are monitored by security cameras.

Respect the rights of others to use their own space. Avoid fighting, wrestling, shoving, and games that may cause injury to others.

Play with SAFETY in mind at all times.

No flips and somersaults anywhere in the field.

Teachers must remain in visual contact with their children at all times.

No climbing up at the basketball poles.

Guests, teachers and students are required to clean their areas before leaving.

Be responsible in returning the equipment that you have borrowed from the store room.

8. GUIDELINES FOR WORKING WITH GROUPS

Safety first

Respect everyone's feelings

Use each other's' strengths, not weaknesses

Be a part of the group in some way

Give positive feedback when someone does something well

Compete to improve your group, not necessarily against other groups

Anticipate unsafe situations

Try everyone's suggestions and then formulate/try what will best fit your group

9. ATTENDANCE

Students are expected to meet at the designated area, no later than 5 minutes after the bell. If they are later than 5 minutes, the student will be marked as tardy.

Class will be dismissed 5-8 minutes before the dismissal bell to prepare changing their clothes.

Students have to stay with P.E Teachers until the last minute and cannot leave the students alone.

10. EXCUSES

If a student is not to participate in class due to illness/injury, she/he is going to bring a note from parent/guardian/nurse.

If a student is present at school, but not feeling well, they must see the nurse, and, at the discretion of the PE Teacher, complete a sports/health related assignment in the library

If a student is to be excused for more than 3 consecutive days, a doctor's note is required (see handbook,) and, at the discretion of the PE Teacher, complete a sports/health related assignment.

If a student is to be limited in participation, a doctor's note is required.

PRIMARY TEXTBOOK & OTHER RESOURCES

SHAPE America - Society of Health and Physical Educators. (2014). Grade level outcomes for K-12 physical education. Reston, VA: Author.

Lesson Planning for Middle School Physical Education: Meeting the National Standards & Grade Level.

Dynamic Physical Education for Elementary School Children (2016). Pearson Education.

Ready-to-use P.E. Activities.

Health and physical education for elementary classroom teachers.

1st QUARTER – TENTATIVE COURSE CONTENT

| <i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i> | |
|---|---|
| Week / Date | Topic / Projects / Assessments |
| <p>Week 1 Aug 10th to 12th 3 Days of Class <i>10~ First Day / Orientation Day</i></p> | <p>Class Orientation</p> <ul style="list-style-type: none"> Self-introduction Grading assessment Syllabus discussion Class rules and expectation |
| <p>Week 2 Aug 15th to 19th <i>Opening Mass</i></p> | <p>Physical Fitness Test (Pre-test)</p> <ul style="list-style-type: none"> Warm-up Push-ups/ Curl-ups, sit and reach, and cardiovascular endurance |
| <p>Week 3 Aug 22nd to 26th</p> | <p>Jump Rope training</p> <ul style="list-style-type: none"> Equipment How to jump rope Strength and conditioning |
| <p>Week 4 Aug 29th to Sep 2nd</p> | <p>Jump rope practice 1</p> |

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| | <p>Single leg</p> <p>Double legs</p> <p>Strength and conditioning</p> |
| <p>Week 5 Sep 5th to 9th 4 Days of Class <i>8~ Mass & Birthday Mother</i> <i>Mary</i> <i>9th – Moon Festival</i></p> | <p>Frisbee training</p> <p>Equipment</p> <p>How to throw and catch</p> <p>Strength and conditioning</p> |
| <p>Week 6 Sep 12th to 16th FYI – Pre-Exam Days</p> | <p>Throw and catch Frisbee practice 1</p> <p>Forehand, backhand, and hammer styles</p> <p>Horizontal and Vertical styles</p> <p>Strength and conditioning</p> |
| <p>Week 7 Sep 19th to 23rd</p> | <p>Throw and catch Frisbee practice 2</p> <p>Forehand, backhand, and hammer styles</p> <p>Horizontal and Vertical styles</p> <p>Strength and conditioning</p> |
| <p>Week 8 Sep 26th to 30th 2 Days of Class <i>28-30 –Teacher’s Conference</i></p> | <p>Reviews</p> |
| <p>Week 9 Oct 3rd to 7th 3 Days of Class <i>6-7 –Q1 Exams</i></p> | <p>Q1 Exams</p> |

2nd QUARTER – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)

| Week / Date | Topic / Projects / Assessments |
|---|---|
| <p>Week 1 (10) Oct 10th to 14th 4 Days of Class <i>10 – Double 10 Holiday</i></p> | <p>Soccer training</p> <p>General warm-up</p> <p>Warm-up for soccer</p> <p>5-a-side, 7-a-side, 11-a-side soccer rules</p> |
| <p>Week 2 (11) Oct 17th to 21st</p> | <p>Ball handling practice:</p> <p>➤ By different parts of the body: foot, thigh, chest, and head</p> <p>Dribbling practice:</p> <p>➤ Dribble with cones, one vs one, one vs two</p> |

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| | Strength and conditioning training |
| Week 3 (12) Oct 24th to 28th <i>25-27 – Book Fair</i> <i>28- Masquerade Night</i> <i>TBA-Holy Rosary Mass</i> | Ball receiving and passing By foot: inside, outside By front thigh By chest/ head Strength and conditioning |
| Week 4 (13) Oct 31st to Nov 4th <i>1-All Saint's Day Mass</i> | Shooting practice 1 Inside foot and laces Shooting with a table ball Shooting with a moving ball Strength and conditioning |
| Week 5 (14) Nov 7th to 11th | Shooting practice 2 Volley kick ➤ Corner kick ➤ Strength and conditioning |
| Week 6 (15) Nov 14th to 18th | Tactical training ➤ Defending line-up ➤ Attacking line-up ➤ Strength and conditioning |
| Week 7 (16) Nov 21st to 25th <i>25 - YSC Contest</i> <i>25-Gr.12 Q2 Exam</i> | Practice game 1 ➤ Warm-up ➤ 5-a-side competition |
| Week 8 (17) Nov 28th to Dec 2nd FYI – Pre-Exam Days <i>28-Gr.12 Q2 Exam</i> | Practice game 2 ➤ Warm-up ➤ 5-a-side competition |
| Week 9 (18) Dec 5th to 9th <i>8 - Foundation Day Celebrations</i> | Reviews |
| Week 10 (19) Dec 12th to 16th 3 Days of Class <i>15-16 ~Q2 Exams</i> | Q2 Exams |
| Dec 19th to Jan 2nd | Christmas Break |

3rd QUARTER – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)

| Week / Date | Topic / Projects / Assessments |
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| Week 1 (20) Jan 5 to 6th <u>2 Days of Class</u> | Badminton training <ul style="list-style-type: none"> ➤ Practice grips for forehand and backhand stroke\ ➤ Practice footwork: Front lunge, lateral lunge ➤ Strength and conditioning |
| Week 2 (21) Jan 9th to 13th | Clear strokes practice <ul style="list-style-type: none"> ➤ Forehand clear stroke ➤ Backhand clear stroke ➤ Playing games using clear strokes ➤ Strength and conditioning |
| Week 3 (22) Jan 16th to 20th | Drive strokes practice <ul style="list-style-type: none"> ➤ Forehand drive stroke ➤ Backhand drive stroke ➤ Playing games using drive strokes ➤ Strength and conditioning |
| Jan 23rd to 27th | Chinese New Year |
| Week 4 (23) Jan 30th to Feb 3rd | Smash strokes practice <ul style="list-style-type: none"> ➤ Forehand smash stroke ➤ Smash and clear practice (a pair of student) ➤ Strength and conditioning |
| Week 5 (24) Feb 6th to 10th | Drop and net play <p style="margin-left: 40px;">Forehand and backhand drop stroke</p> <p style="margin-left: 40px;">Forehand and backhand net play</p> <p style="margin-left: 40px;">Playing games using drop and net play</p> <p style="margin-left: 40px;">Strength and conditioning</p> |
| Week 6 (25) Feb 13th to 17th | Serving <ul style="list-style-type: none"> ➤ Forehand and backhand short serve ➤ Forehand and backhand long serve |

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| | <ul style="list-style-type: none"> ➤ Reminding court size and rules ➤ Strength and conditioning |
| <p>Week 7 (26) Feb 20th to 24th <i>20-24 ~IOWA</i> <i>22 ~ Ash Wednesday Mass</i> <i>21-23 ~ Pre-Exam Days</i></p> | <p>Practice games</p> <ul style="list-style-type: none"> ➤ Warm-up ➤ Single play ➤ Double play |
| <p>Week 8 (27) Feb 27th to March 3rd 3 Days of Class <i>27-28 ~ 228 Memorial Day</i> <i>Holiday</i></p> | <p>Reviews</p> |
| <p>Week 9 (28) March 6th to 10th 4 Days of Class <i>11 ~ Q3 Exams</i></p> | <p>Q3 Exams</p> |

4th QUARTER – TENTATIVE COURSE CONTENT

| <i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i> | |
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| Week / Date | Topic / Projects / Assessments |
| <p>Week 1 (29) March 13th to 17th 4 Days of Class <i>13 ~ Q3 Exams</i> <i>14~ Q4 Begins</i></p> | <p>Basketball training</p> <ul style="list-style-type: none"> Slow and fast dribbling Dribbling between legs V-dribble Dribbling with corners |
| <p>Week 2 (30) March 20th to 24th <i>20 ~ Fire Drill</i></p> | <p>Passing and catching</p> <ul style="list-style-type: none"> Air pass Bounce pass Overhead pass Catching and return to the triple threat position Strength and conditioning |
| <p>Week 3 (31) March 27th to 31st</p> | <p>Shooting 1</p> <ul style="list-style-type: none"> Shooting in place with different angles Dribbling + shooting in place Receiving + shooting in place Strength and conditioning |
| <p>Apr 3rd to 14th</p> | <p>Easter Break</p> |

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| <p>Week 4 (33) Apr 17th to 21st</p> | <p>Shooting 2</p> <ul style="list-style-type: none"> ➤ Jump shoot in different angles ➤ Dribbling and jump shoot ➤ Receiving ball and jump shoot ➤ Strength and conditioning |
| <p>Week 5 (34) Apr 24th to 28th <i>24-28 ~ AP Mock Exams</i></p> | <p>Tactical training</p> <p>Attacking tactics</p> <p>Defending tactics</p> <p>Strength and conditioning</p> |
| <p>Week 6 (35) May 1st to 5th <i>2-4~ Pre-Exam</i> <i>1-5~ Final Exams (K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i></p> | <p>Rules training</p> <ul style="list-style-type: none"> ➤ Fault and violation ➤ Time: 24s, 8s, 3s ➤ Strength and conditioning |
| <p>Week 7 (36) May 8th to 12th <i>8-12~ Final Exams (K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i></p> | <p>Practice game 1</p> <ul style="list-style-type: none"> ➤ Warm-up ➤ 3x3 competition |
| <p>Week 8 (37) May 15th to 19th <u>3 Days of Class</u> <i>18-19~ Q4 Exams</i></p> | <p>Practice game 2</p> <ul style="list-style-type: none"> ➤ Warm-up ➤ 5x5 competition |
| <p>Week 9 (38) May 22nd to 26th <u>4 Days of Class</u> <i>22~ Record Day</i> <i>23-26 ~ Student Clearance</i></p> | <p>Reviews</p> |
| <p>Week 10 (39) May 29th to June 2nd <u>4 Days of Class</u> <i>1 ~ Students Last Day</i> <i>2~ Teachers/Staff Meeting</i></p> | <p>Q4 Exams</p> |