



SUBJECT: Physical Education

GRADE LEVEL: Grade 7

SCHOOL YEAR: 2022-23

TEACHER: Mr. Erwin Josh Discaya

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COURSE DESCRIPTION:

- This class gives students the chance to know more about the importance of both speed and agility.
- The aim of this curriculum is to provide knowledge on how speed and agility are different, and what the different variations are.
- Students will have to demonstrate the motor skills and footwork patterns needed to perform a variety of speed and agility drills.
- This course will give the students a better understanding as to why certain movement patterns are important in our daily lives and how it can be beneficial to our body as we age.

COURSE OBJECTIVES:

- Explain how to adjust body hip and feet positioning during a linear and lateral drill.
- Explain the differences in foot strike when doing different movements.
- Exhibit proper arms and legs coordination when doing ladder and hurdle drills.
- Reduce the rate of body imbalance wherein the preference of moving to the dominant side and nondominant side are too far apart.

PRIMARY TEXTBOOK & OTHER RESOURCES:

- Ready to Use P.E. Activities
- NASM Sports Performance Training
- Functional Training for Sports

ASSESSMENT:

The physical education grades are computed as follows:

1. Homework/Seatwork & Projects (30 %)
 - 1.1 Uniform
 - 1.2 Daily Attendance
2. Quizzes/Performance in Class (30 %)
 - 2.1 Daily efforts participating in sports and exercise activities
 - 2.2 Individual skills in sports and exercise
 - 2.3 Group skills in sports and exercise
3. Quarter Exam (Practical/Written) (30 %)
4. Department Grade (10 %)

1st QUARTER – TENTATIVE COURSE CONTENT

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

Week / Date	Topic / Projects / Assessments
Week 1 Aug 10th to 12th <u>3 Days of Class</u> <i>10~ First Day / Orientation Day</i>	Class Orientation
Week 2 Aug 15th to 19th <i>Opening Mass</i>	- Ladder Drills - Squat Patterns
Week 3 Aug 22nd to 26th	- Ladder Drills - Hip Hinge
Week 4 Aug 29th to Sep 2nd	- Ladder Drills - Lunge Patterns
Week 5 Sep 5th to 9th <u>4 Days of Class</u> <i>8~ Mass & Birthday Mother Mary 9th – Moon Festival</i>	- Ladder Drills - Pulling Movements
Week 6 Sep 12th to 16th FYI – Pre-Exam Days	- Ladder Drills - Pushing Movements
Week 7 Sep 19th to 23rd	Review
Week 8 Sep 26th to 30th <u>2 Days of Class</u> <i>28-30 ~Teacher's Conference</i>	Exams
Week 9 Oct 3rd to 7th <u>3 Days of Class</u> <i>6-7 ~Q1 Exams</i>	

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
Week 1 (10) Oct 10th to 14th 4 Days of Class <i>10 – Double 10 Holiday</i>	Explain how to increase force based on the principles of biomechanics
Week 2 (11) Oct 17th to 21st	Explain how impact force is reduced by increasing the duration of impact
Week 3 (12) Oct 24th to 28th <i>25-27 – Book Fair</i> <i>28- Masquerade Night</i> <i>TBA-Holy Rosary Mass</i>	Dribble and pass a ball to a partner while being guarded
Week 4 (13) Oct 31st to Nov 4th <i>1-All Saint's Day Mass</i>	Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement patterns
Week 5 (14) Nov 7th to 11th	Change direction quickly to maintain the spacing between two players
Week 6 (15) Nov 14th to 18th	Sprinting
Week 7 (16) Nov 21st to 25th <i>25 - YSC Contest</i> <i>25-Gr.12 Q2 Exam</i>	Agility and Change of Directions
Week 8 (17) Nov 28th to Dec 2nd FYI – Pre-Exam Days <i>28-Gr.12 Q2 Exam</i>	Broad and High Jump
Week 9 (18) Dec 5th to 9th <i>8 - Foundation Day Celebrations</i>	Exams
Week 10 (19) Dec 12th to 16th 3 Days of Class <i>15-16 ~Q2 Exams</i>	
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
Week 1 (20) Jan 5 to 6th <u>2 Days of Class</u>	Tire Flipping (or flipping heavy objects)
Week 2 (21) Jan 9th to 13th	Core Training
Week 3 (22) Jan 16th to 20th	Tire Flipping (or flipping heavy objects)
Jan 23rd to 27th	Chinese New Year
Week 4 (23) Jan 30th to Feb 3rd	Unilateral Training
Week 5 (24) Feb 6th to 10th	Plyometrics
Week 6 (25) Feb 13th to 17th	Unilateral Training
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>	Plyometrics
Week 8 (27) Feb 27th to March 3rd <u>3 Days of Class</u> <i>27-28 ~ 228 Memorial Day Holiday</i>	Exams
Week 9 (28) March 6th to 10th <u>4 Days of Class</u> <i>11 – Q3 Exams</i>	

4th QUARTER – TENTATIVE COURSE CONTENT

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

Week / Date	Topic / Projects / Assessments
Week 1 (29) March 13th to 17th <u>4 Days of Class</u> <i>13 – Q3 Exams</i> <i>14~ Q4 Begins</i>	Speed Mechanics
Week 2 (30) March 20th to 24th <i>20 ~ Fire Drill</i>	Agility Mechanics
Week 3 (31) March 27th to 31st	Change-of-Direction Ability
Apr 3rd to 14th	Easter Break
Week 4 (33) Apr 17th to 21st	Speed Development Strategies
Week 5 (34) Apr 24th to 28th <i>24-28 ~ AP Mock Exams</i>	Bodyweight Training Method
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>	Review
Week 7 (36) May 8th to 12th <i>8-12~ Final Exams(K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i>	Exams
Week 8 (37) May 15th to 19th <u>3 Days of Class</u> <i>18-19~ Q4 Exams</i>	
Week 9 (38) May 22nd to 26th <u>4 Days of Class</u> <i>22~ Record Day</i> <i>23-26 ~ Student Clearance</i>	
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>	