



**SUBJECT:** Physical Education

**GRADE LEVEL:** Pre-Kinder

**TEACHER:** Emily Lacangan

**SCHOOL YEAR:** 2022-23

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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 results of a highly effective education program. States and native school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

**COURSE DESCRIPTION:**

The activities and topics within the education program enable young basic learners to develop their basic and movement skills, knowledge and most significantly, their attitudes necessary to steer an active, healthy lifestyle. The course includes a good sort of activities like dancing, basic gymnastics, calisthenics, and Introduction to basic sports skills. In addition, emphasis on developing values like sportsmanship, perseverance and fair play are incorporated to every activity.

**COURSE OBJECTIVES:**

1. To foster in children a love of physical activity and play.
2. To instill a need for physical fitness in each child.
3. To develop coordination, balance, agility, alertness and control through movement.
4. To provide opportunities for increased responsibility in planning, organizing, and leadership.
5. To learn as much skills, games and dance experience as possible.
6. To encourage opportunities for children to belong to a group in which each child is accepted.
7. To provide experiences which will develop initiative, self-reliance, self-worth, loyalty, honesty, kindness to others and a love of learning
8. To create a sense of fair play and co-operation in children and the ability to working in groups, leading to increased cultural understanding

9. To provide opportunities for integration of P.E. with other subject areas: language arts, math, social studies, science, health, music and art.

### **PRIMARY TEXTBOOK & OTHER RESOURCES:**

- Holt/Hale, S. and Hall, T., SHAPE America — Lesson Planning for Elementary Physical Education Society of Health and Physical Educators. (2016). Grade-level outcomes for K-12 physical education. Reston, VA: Author
- Landy, M.J and Landy J.M, Ready to use P.E. Activities, Paker Publishing Company, West Nyack, New York 10995

### **ASSESSMENT:**

- Homework, seatwork and projects
  - Uniform
  - Daily Attendance
- Quizzes/ Performance in class
  - Daily effort in participating sports and exercise activities
  - Individual skills in sports and exercise
- Quarter Exam (Practical/Written)
- Department Grade

Other assessment: correcting their forms and technique by individual/ group

### **ADDITIONAL INFORMATION:**

#### **Formats for proper exercise**

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

1. Warm-up
2. Fitness/ Sports activity
3. Cool down

#### **Grading 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 effort in participating 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 %)

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

### **Indoor Court Instruction/ Rules and Regulations**

1. No teachers/coaches, No using of gym
2. No wet mop
3. No chairs without carpet
4. No drinks and food inside (water bottle must be placed at the designated place)
5. No roller skates and skateboarding
6. No sharp items and high heels
7. No water retention
8. Indoor courts are strictly for Basketball/Volleyball/Badminton only.
9. All Bags will be in the dressing room (bring your things after your P.E class
10. To keep the gym safe and cleaned up, you should store the equipment you have used properly.

### **Outdoor Court and Soccer Field Rules and Regulation**

1. Only authorized personnel, P.E. Teachers/Coaches and are allowed to open the P.E equipment room.
2. Food and beverages are to be kept at the tables.
3. Activities are monitored by security cameras.
4. Respect the rights of others to use their own space. Avoid fighting, wrestling, shoving, and games that may cause injury to others.
5. Play with SAFETY in mind at all times.
6. No flips and somersaults anywhere in the field.
7. Teachers must remain in visual contact with their children at all times.
8. No climbing up at the basketball poles.
9. Guests, teachers and students are required to clean their areas before leaving.
10. Be responsible in returning the equipment that you have borrowed from the store room.

## **Guidelines for working with groups**

- Respect everyone's feelings
- Use each other's' strengths, not weaknesses
- Give regeneration when someone does something well
- Compete to enhance your group, not necessarily against other groups
- Safety first
- Anticipate unsafe situations
- Try everyone's suggestions then formulate/try what is going to best suit your group.

## **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 with any type of health related issue must notify the school nurse, and their PE teacher.**

## **Excuses**

1. If a student is not to participate in class due to illness/injury, she/he is to bring a note from parent/guardian/nurse
2. 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
3. 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.
4. If a student is to be limited in participation, a doctor's note is required

## **Teaching Strategies**

The teaching strategies depend on student learning styles and behavior in class. The teacher uses the google classroom for posting homework, advance announcement, PowerPoint presentation, health articles, sports and fitness related videos.

## SUBJECT: Pre-Kinder

### 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
<b>Week 1</b> <b>Aug 10<sup>th</sup> to 12<sup>th</sup></b> <u><b>3 Days of Class</b></u> <i>10~ First Day / Orientation Day</i>	<ul style="list-style-type: none"> <li>• Introductory activities</li> <li>• Do and Don'ts</li> <li>• Meet and greet</li> <li>• Self- introduction</li> <li>• Gym and field tour</li> </ul>
<b>Week 2</b> <b>Aug 15<sup>th</sup> to 19<sup>th</sup></b> <i>Opening Mass</i>	<ul style="list-style-type: none"> <li>• Physical Fitness Test (Pre-test)               <ul style="list-style-type: none"> <li>- Skill related                   <ul style="list-style-type: none"> <li>▪ Shuttle-run (5 meters)</li> <li>▪ Obstacle run</li> </ul> </li> </ul> </li> </ul>
<b>Week 3</b> <b>Aug 22<sup>nd</sup> to 26<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Physical Fitness Test (Pre-test)               <ul style="list-style-type: none"> <li>- Skill related                   <ul style="list-style-type: none"> <li>▪ Step test</li> <li>▪ Running</li> </ul> </li> </ul> </li> </ul>
<b>Week 4</b> <b>Aug 29<sup>th</sup> to Sep 2<sup>nd</sup></b>	<ul style="list-style-type: none"> <li>• Fitness Activities               <ul style="list-style-type: none"> <li>- Dance Exercise (Aerobics)</li> </ul> </li> </ul>
<b>Week 5</b> <b>Sep 5<sup>th</sup> to 9<sup>th</sup></b> <u><b>4 Days of Class</b></u> <i>8~ Mass &amp; Birthday Mother Mary</i> <i>9<sup>th</sup> – Moon Festival</i>	<ul style="list-style-type: none"> <li>• Learning new exercise routine               <ul style="list-style-type: none"> <li>- Hip-hop aerobics</li> <li>- Obstacle games</li> </ul> </li> </ul>
<b>Week 6</b> <b>Sep 12<sup>th</sup> to 16<sup>th</sup></b> <b>FYI – Pre-Exam Days</b>	<ul style="list-style-type: none"> <li>• Introduction to Basketball               <ul style="list-style-type: none"> <li>- Short history, equipment presentation and familiarization</li> </ul> </li> </ul>
<b>Week 7</b> <b>Sep 19<sup>th</sup> to 23<sup>rd</sup></b>	<ul style="list-style-type: none"> <li>• Dribbling skills               <ul style="list-style-type: none"> <li>- Static and non-static</li> </ul> </li> </ul>
<b>Week 8</b> <b>Sep 26<sup>th</sup> to 30<sup>th</sup></b> <u><b>2 Days of Class</b></u> <i>28-30 ~Teacher's Conference</i>	<ul style="list-style-type: none"> <li>- Continuation of dribbling skills</li> </ul>
<b>Week 9</b> <b>Oct 3<sup>rd</sup> to 7<sup>th</sup></b> <u><b>3 Days of Class</b></u> <i>6-7 ~Q1 Exams</i>	<ul style="list-style-type: none"> <li>- Dribbling assessment</li> </ul>

### 2<sup>nd</sup> QUARTER – TENTATIVE COURSE CONTENT

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

Week / Date	Topic / Projects / Assessments
<b>Week 1 (10)</b> <b>Oct 10<sup>th</sup> to 14<sup>th</sup></b> <u><b>4 Days of Class</b></u> <i>10 – Double 10 Holiday</i>	<ul style="list-style-type: none"> <li>• Passing drills               <ul style="list-style-type: none"> <li>- Bounce pass</li> </ul> </li> </ul>
<b>Week 2 (11)</b> <b>Oct 17<sup>th</sup> to 21<sup>st</sup></b>	<ul style="list-style-type: none"> <li>• Passing drills               <ul style="list-style-type: none"> <li>- Overhead pass</li> </ul> </li> </ul>

<b>Week 3 (12)</b> <b>Oct 24<sup>th</sup> to 28<sup>th</sup></b> <i>25-27 – Book Fair</i> <i>28- Masquerade Night</i> <i>TBA-Holy Rosary Mass</i>	<ul style="list-style-type: none"> <li>Shooting skills <ul style="list-style-type: none"> <li>Short and long distance with the use of hula hoops\</li> <li>Volleyball will be used for the shooting in the real basketball ring</li> </ul> </li> </ul>
<b>Week 4 (13)</b> <b>Oct 31<sup>st</sup> to Nov 4<sup>th</sup></b> <i>1-All Saint's Day Mass</i>	<ul style="list-style-type: none"> <li>Mini- basketball game</li> </ul>
<b>Week 5 (14)</b> <b>Nov 7<sup>th</sup> to 11<sup>th</sup></b>	<ul style="list-style-type: none"> <li>Locomotor and Non-Locomotor Movements <ul style="list-style-type: none"> <li>Introduction of the 3<sup>rd</sup> dance exercise (latin)</li> </ul> </li> </ul>
<b>Week 6 (15)</b> <b>Nov 14<sup>th</sup> to 18<sup>th</sup></b>	<ul style="list-style-type: none"> <li>Introduction to Volleyball <ul style="list-style-type: none"> <li>Short history and equipment introduction</li> <li>Catch and throw in a short distance</li> <li>Practice</li> </ul> </li> </ul>
<b>Week 7 (16)</b> <b>Nov 21<sup>st</sup> to 25<sup>th</sup></b> <i>25 - YSC Contest</i> <i>25-Gr.12 Q2 Exam</i>	<ul style="list-style-type: none"> <li>Introduction to Volleyball <ul style="list-style-type: none"> <li>Catch and throw in a far distance</li> <li>Practice with the teacher</li> <li>1 on 1 activity</li> </ul> </li> </ul>
<b>Week 8 (17)</b> <b>Nov 28<sup>th</sup> to Dec 2<sup>nd</sup></b> <b>FYI – Pre-Exam Days</b> <i>28-Gr.12 Q2 Exam</i>	<ul style="list-style-type: none"> <li>Ball control <ul style="list-style-type: none"> <li>rolling on the floor with partner and by group</li> </ul> </li> </ul>
<b>Week 9 (18)</b> <b>Dec 5<sup>th</sup> to 9<sup>th</sup></b> <i>8 - Foundation Day Celebrations</i>	<ul style="list-style-type: none"> <li>catch and throw against the wall</li> <li>solo practice</li> <li>1 on 1 with the teacher</li> </ul>
<b>Week 10 (19)</b> <b>Dec 12<sup>th</sup> to 16<sup>th</sup></b> <b>3 Days of Class</b> <i>15-16 ~Q2 Exams</i>	<ul style="list-style-type: none"> <li>Mini-game <ul style="list-style-type: none"> <li>Using a dodge ball and the net of badminton for the throw and catch activities in mini volleyball game.</li> <li>Exam</li> </ul> </li> </ul>
<b>Dec 19<sup>th</sup> to Jan 2<sup>nd</sup></b>	<b>Christmas Break</b>

### 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
<b>Week 1 (20)</b> <b>Jan 5 to 6<sup>th</sup></b> <b>2 Days of Class</b>	<ul style="list-style-type: none"> <li><b>Rhythm and dance:</b> <ul style="list-style-type: none"> <li>Basic steps in cha cha cha</li> <li>Practice</li> </ul> </li> </ul>
<b>Week 2 (21)</b> <b>Jan 9<sup>th</sup> to 13<sup>th</sup></b>	<ul style="list-style-type: none"> <li>Performance of cha cha cha</li> <li>Introduction to Badminton</li> </ul>
<b>Week 3 (22)</b> <b>Jan 16<sup>th</sup> to 20<sup>th</sup></b>	<ul style="list-style-type: none"> <li>Introduction to Badminton <ul style="list-style-type: none"> <li>History and equipment introduction</li> <li>Ball control</li> </ul> </li> </ul>
<b>Jan 23<sup>rd</sup> to 27<sup>th</sup></b>	<b>Chinese New Year</b>
<b>Week 4 (23)</b> <b>Jan 30<sup>th</sup> to Feb 3<sup>rd</sup></b>	<ul style="list-style-type: none"> <li>Receiving activities</li> <li>Throw and hit (one on one with the teacher)</li> <li>Practice</li> </ul>
<b>Week 5 (24)</b> <b>Feb 6<sup>th</sup> to 10<sup>th</sup></b>	<ul style="list-style-type: none"> <li>Service activities</li> <li>Practice</li> </ul>
<b>Week 6 (25)</b> <b>Feb 13<sup>th</sup> to 17<sup>th</sup></b>	Mini- game

<b>Week 7 (26)</b> <b>Feb 20<sup>th</sup> to 24<sup>th</sup></b> <i>20-24 ~IOWA</i> <i>22 ~ Ash Wednesday Mass</i> <i>21-23 ~ Pre-Exam Days</i>	<ul style="list-style-type: none"> <li>• Running activities</li> <li>• Dance work out no. 4</li> </ul>
<b>Week 8 (27)</b> <b>Feb 27<sup>th</sup> to March 3<sup>rd</sup></b> <b>3 Days of Class</b> <i>27-28 ~ 228 Memorial Day Holiday</i>	<ul style="list-style-type: none"> <li>• Introduction to tennis <ul style="list-style-type: none"> <li>- History and Equipment introduction</li> </ul> </li> </ul>
<b>Week 9 (28)</b> <b>March 6<sup>th</sup> to 10<sup>th</sup></b> <b>4 Days of Class</b> <i>11 – Q3 Exams</i>	<ul style="list-style-type: none"> <li>- Ball control <ul style="list-style-type: none"> <li>▪ Frying pan</li> </ul> </li> </ul>

## 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
<b>Week 1 (29)</b> <b>March 13<sup>th</sup> to 17<sup>th</sup></b> <b>4 Days of Class</b> <i>13 – Q3 Exams</i> <i>14~ Q4 Begins</i>	<ul style="list-style-type: none"> <li>- Ball control <ul style="list-style-type: none"> <li>▪ Hitting downwards</li> <li>▪ Race assessment</li> </ul> </li> </ul>
<b>Week 2 (30)</b> <b>March 20<sup>th</sup> to 24<sup>th</sup></b> <i>20 ~ Fire Drill</i>	<ul style="list-style-type: none"> <li>• Receiving <ul style="list-style-type: none"> <li>- Throw and hit <ul style="list-style-type: none"> <li>▪ One on one with the teacher</li> <li>▪ By partner</li> </ul> </li> </ul> </li> </ul>
<b>Week 3 (31)</b> <b>March 27<sup>th</sup> to 31<sup>st</sup></b>	Tennis review and assessment
<b>Apr 3<sup>rd</sup> to 14<sup>th</sup></b>	<b>Easter Break</b>
<b>Week 4 (33)</b> <b>Apr 17<sup>th</sup> to 21<sup>st</sup></b>	<ul style="list-style-type: none"> <li>• Introduction to Soccer <ul style="list-style-type: none"> <li>- History and equipment presentation</li> </ul> </li> </ul>
<b>Week 5 (34)</b> <b>Apr 24<sup>th</sup> to 28<sup>th</sup></b> <i>24-28 ~ AP Mock Exams</i>	<ul style="list-style-type: none"> <li>- Roles</li> <li>- Skills in soccer <ul style="list-style-type: none"> <li>▪ Ball control</li> <li>▪ Dribbling</li> </ul> </li> </ul>
<b>Week 6 (35)</b> <b>May 1<sup>st</sup> to 5<sup>th</sup></b> <i>2-4~ Pre-Exam</i> <i>1-5~ Final Exams (K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i>	<p>-passing</p> <ul style="list-style-type: none"> <li>• By partner</li> <li>• By group</li> </ul> <p>-shooting</p>
<b>Week 7 (36)</b> <b>May 8<sup>th</sup> to 12<sup>th</sup></b> <i>8-12~ Final Exams(K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i>	Practice and Assessment in Soccer
<b>Week 8 (37)</b> <b>May 15<sup>th</sup> to 19<sup>th</sup></b> <b>3 Days of Class</b> <i>18-19~ Q4 Exams</i>	<ul style="list-style-type: none"> <li>- Mini-game in soccer</li> <li>- Exams</li> </ul>
<b>Week 9 (38)</b> <b>May 22<sup>nd</sup> to 26<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Recreational and fun games <ul style="list-style-type: none"> <li>- Tug of war</li> </ul> </li> </ul>

<p><b><u>4 Days of Class</u></b> <i>22~ Record Day</i> <i>23-26 ~ Student Clearance</i></p>	<ul style="list-style-type: none"><li>- Relays<ul style="list-style-type: none"><li>▪ Lemon relays</li><li>▪ Catching egg</li><li>▪ Sack race</li><li>▪ Message relays</li></ul></li></ul>
<p><b>Week 10 (39)</b> <b>May 29<sup>th</sup> to June 2<sup>nd</sup></b> <b><u>4 Days of Class</u></b> <i>1 ~ Students Last Day</i> <i>2~ Teachers/Staff Meeting</i></p>	<ul style="list-style-type: none"><li>- Water balloon Activity</li></ul>