



Dominican International School
台北市私立道明外僑學校
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.
10464 臺北市中山區大直街 76 號



COURSE SYLLABUS

School Year	2025-2026
Subject	P.E
Grade Level	Grade 1
Teacher	EMILY C. LACANGAN
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COURSE DESCRIPTION:

The activities and topics within the education program enable young learners to develop their intra and inter personal skills, knowledge and most significantly, their attitudes necessary to steer an active, healthy lifestyle. The course includes a good sort of activities like introduction to basic dancing, fitness, calisthenics, and very light individual, dual and team sports skills. In addition, emphasis on developing values like sportsmanship, perseverance, team game and fair play are incorporated to every activity.

COURSE OBJECTIVES: By the end of the semester/school year, (SWBAT) Students will be able to:

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.



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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 TEXTBOOKS AND 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

GRADING SYSTEM/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. Deportment Grade (10 %)



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

ADDITIONAL INFORMATION:

Please always check Google Classroom for homework and announcements.

ACADEMIC DISHONESTY:

Academic Dishonesty means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS.

Academic dishonesty includes but is not limited to the following:

- Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's work;
- Representing another's intellectual work, such as photographs, paintings, drawings, sculpture, research, or the like, as one's own, including failure to attribute content to an AI.
- Employing a tutor, using Artificial Intelligence without acknowledgment, getting a parent to write a paper or do an assignment, and paying for an essay to be written by someone else and presented as the student's work.
- Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

Any act of academic dishonesty will result in an automatic zero on the entire assignment/learning task.

First Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (August 12 to 15) <u>4 days of class</u> 12-General Assembly at the Gymnasium 15-Opening Mass & Assumption of Our Lady	Orientation Self Introduction Gym tour- DO AND DON'TS Annual Lessons Presentation Physical Fitness Test for Grade 1 - sit ups - zipper test - high jump using the box
Week 2 (August 18 to 22) 18-St. Dominic de Guzman Feast Day Celebration) Integrated during the Monday Assembly 20- House Shirt & Blue Jeans Day Starts 22- Club Orientation and Club Sign-up	Introduction to Basketball -equipment -how to play the game -skills • dribbling - drill 1= horizontal cones - drill 2= vertical cones



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	Fitness No. 1- Dance Exercise -group performance -group activity
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	Dribbling - the giant is sleeping Fitness No. 1- Dance Exercise -group performance
Week 4 (September 1 to 5) 1- Launching of the World Day of Prayer for the Care of Creation (During the Monday Assembly) 1-AP Registration 3- AEO Fall University Fair 5- House Ceremony	Passing - drill 1- with a teacher - drill 2- with a partner Fitness No. 2- Cardio Kickboxing -group performance
Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	- Shooting Drill 1- free throw shot Fitness No. 2- Cardio Kickboxing -group performance
Week 6 (September 15 to 19) 15- Catholic Bridge Program for all New Students (After the Monday Assembly at the Gymnasium) 19- Athletics / Sports Orientation 19- PSAT/NMSQT Registration deadline	Assessment - Shooting - Passing dribbling
Week 7 (September 22 to 26) 22- Celebration of the International Day of Peace-Peace Pole Ceremony (During the Monday Assembly) Teacher's Day Celebration & 26- Teachers' Appreciation 26- Grade 12 Career Educational Trip 24 to 26-Pre-Exam Days	Combination of skills passing and shooting and passing
Week 8 (September 29 to October 3) 29- Launching of the Month of the Holy Rosary (During the Monday Assembly) Oct. 1-2- First Quarter Exam (half day)	1st Quarter Examination



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*Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day
 Recollection for Aunties and Uncles (no classes for students)*

Second Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<i>6-Moon Festival (no classes)</i>	
<i>7-9 Teacher's Conference (no classes)</i>	
Week 1 (11) (October 13 to 17) 13- Second Quarter Begins 13- Start of New Applicant Enrollment for 2nd Semester 14- Visit of Mother Mary to Classrooms (During the morning prayer) 15- AP Exam Only Registration Deadline 15- Monthly Career Talk - College Prep 17- PSAT/NMSQT Digital Exam	Table tennis -floor activities drills Running Race group activity
Week 2 (12) (October 20 to 24) 20- Jubilee: Marian Exhibit Opening (After the Monday Assembly) 20- Campus Safety Talk for Students 24- Book Fair (Senior Escape Room)	Grip - with the teacher - solo Receiving throw and receive with the teacher
Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	Receiving - throw and receive with the teacher - assessment Running Race - individual - dual - group
Week 4 (14) (November 3 to 7) 3- Feast of St. Martin de Porres Mass (integrated during the Monday Assembly) 5- Monthly Career Talk - College Prep	Skill: Service - with the teacher Footwork - solo
Week 5 (15) (November 10 to 14) 14- Health Week	Skill: Service - throw and receive with the teacher -assessment



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14- VIP-Parent Learning Community	
Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	1 V 1 with the teacher individually
Week 7 (17) (November 24 to 28) 24- Peace Pole Day (Monday Assembly) 24- Lighting of the Christmas Tree after school (Campus Min/ ECA/ D' Torch Orchestra/ Religious Studies) (Afternoon) 25-27- Pre-Exam Days 27- Thanksgiving Potluck after school for teachers and staff 27- Thanksgiving Family Day 28- Gr. 12 Second Quarter Exam	Athletics - running - relay - obstacle trainings
Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)	
Week 8 (18) (December 1 to 5) 1- First Week of Advent: Lighting of First Advent Candle (During the Monday Assembly) 3- Monthly Career Talk - College Prep 5- Nativity Play (Collaboration with Campus Ministry) 5- Christmas Fair Whole Day	2nd Quarter Exam
Week 9 (19) (December 8 to 12) 8- Foundation Day Mass, cake ceremony, and Class Party (half day) 8- Solemnity of the Immaculate Conception 8- Second Week of Advent 10- Gr. 12 Advent Immersion 11 and 12- Second Quarter Exam (half day)	Mini-game - table tennis - running
December 13 Invitation for All: Advent Recollection @DIS (Saturday)	
December 15 to January 2 Christmas Break	

Third Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
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January 5- Record Day (No Classes for students)

Week 1 (20) (January 5 to 9) 5- PSAT 8/9 Registration Starts 6- Third Quarter Begins 7- Monthly Career Talk-College Prep 9- New Year Mass at 8:00	Badminton - ball control short overview
Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Skills: Exploration Receiving - with the teacher Grip - solo
Week 3 (22) (January 19 to 23) 19-23- Individual Yearbook Photoshoot for Students 19-23- Career Awareness Week 22- Grade 9 Career Educational trip 23- First Club Meeting for 2nd Semester	Skills: Exploration Receiving - with the teacher Grip - solo
Week 4 (23) (January 26 to 30) 26- Feast Day of St. Thomas Aquinas/Launching of the Catholic Week 26-28- Aquinas Conference: Science and Faith 26-30- Catholic Week Activities 30- DYM Charity Concert	Skills: Exploration Serving - with the teacher Footwork - solo
Week 5 (24) (February 2 to 6) 1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUA0 Recollection for MS	Assessment Receiving
Week 6 (25) (February 9 to 13) 9- Start of New Applicant Enrollment for 1st Semester for SY2025-26 13- PSAT 8/9 Registration Deadline 13- House Valentine's Mini Fair 13- Chinese New Year Celebration	Skills: Exploration Serving - with the teacher Footwork - solo



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<i>February 16-20 Chinese New Year Holiday</i>	
Week 7 (26) (February 23 to 26) 23-26- IOWA Assessments 23- Student Council Application 24-26- Pre-Exam Days	Assessment - Serving
<i>February 27 Memorial Day Holiday (no classes)</i>	
Week 8 (27) (March 2 to 6) 3- Monthly Career Talk - College Prep 6- PSAT 8/9 System Installation and Practice Test	- Mini game 1v1 Teacher vs student
Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)	Third Quarter Examinations

Fourth Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (29) (March 16 to 20) 16- Third Quarter Exam (half day) 16-20- Faculty & Staff Yearbook Photo 17- Fourth Quarter Begins 18-21- EARCOS Teachers' Conference 19- Lectio Divina and Feast of St. Joseph 20- Parents Learning Community Meeting 20- Kindilympics 20-House Movie Night and Club Fair	Soccer - introduction - ball control
<i>March 21 (Saturday) Spring Fair</i>	
Week 2 (30) (March 23 to 27) 23-27 Student Leaders Applicant Interviews 26- Annual Visit to World Religion Museum Gr. 11 27- Lower School Readers Theatre	Skill: Passing - drill 1- by partner - drill 2- with a teacher



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March 30 to April 6 Easter/Spring Break	
Week 3 (31) (April 7 to 10) 7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	Skill: Receiving -with the teacher - with a partner -by group
Week 4 (32) (April 13 to 17) 13 Laudato Si Month Launching (During the Monday Assembly) 13-30 Laudato Si Month Activities 13-17- Class Photo Taking 17- AP Chinese/Japanese Practice Test	Skill: Shooting - with the teacher - with a partner - by group
Week 5 (33) (April 20 to 24) 20-24 Cultural Awareness Week / Art Exhibit / Earth Week 24- Music Recital 20-24 Student Council Campaign 20-24 AP Mock Exams	Skill: Defending - with the teacher - with a partner by group
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Assessment -defending -shooting -passing
May 1: Labor Day Public Holiday	
Week 7 (35) (May 4 to 8) 4- May Crowning & Mother's Day Celebration (During the Monday Assembly) 4-14 Final Exams (K, Gr. 5, 8, & 12 Only) 4-15 AP Exams	-Mini-game
Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam—Undergraduate (half day) 14-16 Student Leaders Retreat Days	Fourth Quarter Examination
May 15 Record Day (No Classes for students) Final Deliberation for Graduating/Promoting Classes	



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Week 9 (37) (May 18 to 22) 18- Gr. 5 Recollection & Mass 19- Gr. 8 Recollection & Mass 20- Gr. 12 Recollection 20- Baccalaureate Mass (Whole School) 18-21 WIDA Testing 19- Lower School Sports Day / Gr. 6 & 7 School Field Trip 19- Gr. 9 - 11 - "Senior Success Forum: Inspiring the Next Generation" 19-22 Student Clearance Days 21- Middle & High School Sports Day 21- High School Field Trip 22- House Culminating Activity 20-22 Final Deliberation for Non-Graduating Classes 22- Student Leaders One Day Recollection / Turn Over Ceremony	Recreational Activities - relay - tug of war - water gun fight
Week 10 (38) (May 25 to 29) 25- Kindergarten Graduation/Gr. 5 Promotion 26- LS Field Trip 26- Gr. 8 Graduation and Gr. 12 Graduation 27- Pre-Kindergarten & Gr. 1 - 4, 6 & 7, 9-11 Recognition Last Day of School, Report Card 28- Distribution, & Class Party (half day) 29- Last day for Teachers/Staff Meeting	Continuation of recreational activities

"Kindling the Light of Faith, Hope, and Love: The Legacy of St. Dominic de Guzmán"