



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

|                    |                                                                  |
|--------------------|------------------------------------------------------------------|
| <b>School Year</b> | 2024-2025                                                        |
| <b>Subject</b>     | Physical Education                                               |
| <b>Grade Level</b> | 10                                                               |
| <b>Teacher</b>     | Dr. Gustl Pido                                                   |
| <b>Email</b>       | <a href="mailto:gpido@dishs.tp.edu.tw">gpido@dishs.tp.edu.tw</a> |

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

### COURSE DESCRIPTION:

In grade 10, the physical education course will prepare students to maintain a healthy lifestyle through exercises and various sports. They will learn basic training principles applicable to daily life and acquire essential health knowledge and practices to make informed health decisions. Topics will include fitness components, athletic training, and both individual and team sports. The course aims to make sports and exercise enjoyable, encouraging students to develop a lasting habit of physical activity and sports beyond school programs.

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

- Discusses the nature/background of sports
- Explain the health and fitness benefits of participating in team and individual sports.
- Activities are designed to build students' knowledge and skills, empowering them to engage in various sports and 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.



## 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



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

### PRIMARY TEXTBOOKS AND OTHER RESOURCES:

- Essentials of Strength Training and Conditioning/ National and Strength and Conditioning Association; Thomas R. Baechle, Roger W. Earle, edition. – 3<sup>rd</sup> ed.
- Performance-Based Assessment for Middle and High School Physical Education / Jacalyn L. Lund, Mary Fortman Kirk. – 2<sup>nd</sup> ed.
- SHAPE America — Society of Health and Physical Educators. (2013). Grade-level outcomes for K-12 physical education. Reston, VA: Author
- Rainer Martens. *Successful Coaching*. American Sport Education Program Founder
- MacDonald, LC., R.J. Doan, and S. Chepko, Eds., 2018. Lesson planning for high school physical education: Meeting the National Standards & Grade Level Outcomes. Reston, VA: SHAPE America- Society of Health and Physical Educators; Champaign, IL: Human Kinetics.
- National Federation of States High School Association

### GRADING SYSTEM/ASSESSMENT:

The physical education grades are computed as follows:

1. Homework/Seatwork & Projects (30 %)
  - 1.1 Uniform
  - 1.2 Daily Attendance
  - 1.3 Seatwork/Homework
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 %)

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

### Indoor Court Instruction/ Rules and Regulations

1. No teachers/coaches, No using of gym



## 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



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.  
Be responsible

### **Guidelines for working with groups**

- 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
- Safety first
- Anticipate unsafe situations
- Try everyone's suggestions and then formulate/try what will best fit your group.

### **Attendance**



## 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



- Students must be ready for the lesson with completed P.E. uniform, no later than 5 minutes after the bell. If students are later than 5 minutes, the student will be marked as tardy. If students go to P.E. class with no P.E. uniform
- Middle and high school students will have 5 minutes before the bell rings to change back to their school uniform.
- Students need to inform the P.E. teacher in advance if they need to leave the class early for any reason.
- The dismissal time of P.E. lesson is at the bell ring.

### Excuses

1. If a student is not to participate in class due to illness/injury, she/he is going to bring a note from the 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 and Additional Information

The teaching strategies will depend on students' learning styles and classroom behavior. Please regularly check Google Classroom for homework postings, advance announcements, PowerPoint presentations, health articles, and sports- and fitness-related videos.

### 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



# 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



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                                                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 1</b><br>(August 12 to 15)<br><u>4 days of class</u><br>12-General Assembly at the Gymnasium<br>15-Opening Mass & Assumption of Our Lady                                                                | <b>Class Orientation</b> <ul style="list-style-type: none"><li>➤ Class-introduction</li><li>➤ Grading assessment</li><li>➤ Syllabus discussion</li><li>➤ Class rules and expectation</li></ul>                                                                                                                                                                                                                                  |
| <b>Week 2</b><br>(August 18 to 22)<br>18-St. Dominic de Guzman Feast Day Celebration) Integrated during the Monday Assembly<br>20- House Shirt & Blue Jeans Day Starts<br>22- Club Orientation and Club Sign-up | <b>Football training</b> <ul style="list-style-type: none"><li>➤ General warm-up</li><li>➤ Warm-up for soccer</li><li>➤ 9-a-side, 11-a-side soccer rules</li></ul> <b>Ball handling and dribbling practice</b> <ul style="list-style-type: none"><li>➤ By different parts of the body: foot, thigh, chest, and head</li><li>➤ Dribble with cones, one vs one, one vs two</li><li>➤ Strength and conditioning training</li></ul> |
| <b>Week 3</b><br>(August 25 to 29)<br>27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year"<br>29- First Club Meeting                                                       | <b>Ball receiving and passing practice</b> <ul style="list-style-type: none"><li>➤ By foot: inside, outside</li><li>➤ By front thigh</li><li>➤ By chest/ head</li><li>➤ Strength and conditioning</li></ul>                                                                                                                                                                                                                     |
| <b>Week 4</b><br>(September 1 to 5)<br>1- Launching of the World Day of Prayer for the Care of Creation (During the Monday Assembly)<br>1-AP Registration<br>3- AEO Fall University Fair<br>5- House Ceremony   | <b>Shooting practice 1</b> <ul style="list-style-type: none"><li>➤ Inside foot and laces</li><li>➤ Shooting with a stable ball</li><li>➤ Shooting with a moving ball</li><li>➤ Strength and conditioning</li></ul>                                                                                                                                                                                                              |
| <b>Week 5</b><br>(September 8 to 12)<br>8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction<br>10- House Mini Games Start                                                                         | <b>Shooting practice 2</b> <ul style="list-style-type: none"><li>➤ Volley kick</li><li>➤ Corner kick</li><li>➤ Strength and conditioning</li></ul>                                                                                                                                                                                                                                                                              |



# 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



|                                                                                                                                                                                                                                                                                |                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 6</b><br><b>(September 15 to 19)</b><br>15- Catholic Bridge Program for all New Students (After the Monday Assembly at the Gymnasium)<br>19- Athletics / Sports Orientation<br>19- PSAT/NMSQT Registration deadline                                                    | <b>Tactical training</b> <ul style="list-style-type: none"> <li>➤ Defensive formation</li> <li>➤ Attacking formation</li> <li>➤ Strength and conditioning</li> </ul>                      |
| <b>Week 7</b><br><b>(September 22 to 26)</b><br>22- Celebration of the International Day of Peace-Peace Pole Ceremony (During the Monday Assembly)<br>Teacher's Day Celebration & 26- Teachers' Appreciation<br>26- Grade 12 Career Educational Trip<br>24 to 26-Pre-Exam Days | <b>Dribbling, Passing and Shooting</b> <ul style="list-style-type: none"> <li>➤ Students Soccer Game</li> <li>➤ Discuss and modify the lesson and be ready for the P.E. exams.</li> </ul> |
| <b>Week 8</b><br><b>(September 29 to October 3)</b><br>29- Launching of the Month of the Holy Rosary (During the Monday Assembly)<br>Oct. 1-2- First Quarter Exam (half day)                                                                                                   | <b>P.E Exams</b><br><br><b>Q1 Exams (Major subjects)</b>                                                                                                                                  |
| Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day<br>Recollection for Aunties and Uncles (no classes for students)                                                                                                                                                     |                                                                                                                                                                                           |

## Second Quarter Tentative Course Content

| Week/Date                                                                                                                                                                                                                                                                                                                       | Topic/Projects/Assessments                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6-Moon Festival (no classes)                                                                                                                                                                                                                                                                                                    |                                                                                                                                                              |
| 7-9 Teacher's Conference (no classes)                                                                                                                                                                                                                                                                                           |                                                                                                                                                              |
| <b>Week 1 (11)</b><br><b>(October 13 to 17)</b><br>13- Second Quarter Begins<br>13- Start of New Applicant Enrollment for 2nd Semester<br>14- Visit of Mother Mary to Classrooms (During the morning prayer)<br>15- AP Exam Only Registration Deadline<br>15- Monthly Career Talk - College Prep<br>17- PSAT/NMSQT Digital Exam | <b>Volleyball training</b> <ul style="list-style-type: none"> <li>➤ History</li> <li>➤ Equipment</li> <li>➤ Rules</li> <li>➤ How to play the game</li> </ul> |



# 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



|                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 2 (12)</b><br>(October 20 to 24)<br>20- Jubilee: Marian Exhibit Opening (After the Monday Assembly)<br>20- Campus Safety Talk for Students<br>24- Book Fair (Senior Escape Room)                                                                                                                                                                           | <b>Passing practice</b> <ul style="list-style-type: none"><li>➤ Practice the ready position</li><li>➤ How to move efficiently</li><li>➤ Practice passing/ wall/ partner</li><li>➤ Strength and conditioning training</li></ul>                                             |
| <b>Week 3 (13)</b><br>(October 27 to 31)<br>29- Grade 11 Career Educational Trip<br>Oct. 31 to Nov. 1- Gr.6 SEL Camp                                                                                                                                                                                                                                               | <b>Setting practice</b> <ul style="list-style-type: none"><li>➤ Learn a ready position and hand placement</li><li>➤ Practice setting/ wall/ partner</li><li>➤ Passing and setting</li><li>➤ Strength and conditioning training</li></ul>                                   |
| <b>Week 4 (14)</b><br>(November 3 to 7)<br>3- Feast of St. Martin de Porres Mass (integrated during the Monday Assembly)<br>5- Monthly Career Talk - College Prep                                                                                                                                                                                                  | <b>Serving practice</b> <ul style="list-style-type: none"><li>➤ Introduction of low serve/ high serve/ jump serve</li><li>➤ Practicing serving</li><li>➤ Strength and conditioning training</li></ul>                                                                      |
| <b>Week 5 (15)</b><br>(November 10 to 14)<br>14- Health Week<br>14- VIP-Parent Learning Community                                                                                                                                                                                                                                                                  | <b>Attacking 1</b> <ul style="list-style-type: none"><li>➤ Practice the foot movement (three steps)</li><li>➤ Practice the hitting arm movement (swing)</li><li>➤ Practice hitting a volleyball: wall/ hanging ball</li><li>➤ Strength and conditioning training</li></ul> |
| <b>Week 6 (16)</b><br>(November 17 to 21)<br>17- Launching of Mental Health and Anti-Bullying Month<br>21- Young Shakespeare Play Writing and Performing Contest                                                                                                                                                                                                   | <b>Attacking 2</b> <ul style="list-style-type: none"><li>➤ Practice setting and hitting at position #4</li><li>➤ Practice setting and hitting at position #3</li><li>➤ Practice setting and hitting at position #2</li><li>➤ Strength and conditioning training</li></ul>  |
| <b>Week 7 (17)</b><br>(November 24 to 28)<br>24- Peace Pole Day (Monday Assembly)<br>24- Lighting of the Christmas Tree after school (Campus Min/ ECA/ D' Torch Orchestra/ Religious Studies) (Afternoon)<br>25-27- Pre-Exam Days<br>27- Thanksgiving Potluck after school for teachers and staff<br>27- Thanksgiving Family Day<br>28- Gr. 12 Second Quarter Exam | <b>Blocking practice</b> <ul style="list-style-type: none"><li>➤ Learn how to jump and hand placement</li><li>➤ Practice hitting and blocking</li><li>➤ Strength and conditioning training</li></ul>                                                                       |
| <b>Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)</b>                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                            |





# 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



|                                                                                                                                                                                                                                                                           |                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Week 8 (18)</b><br><b>(December 1 to 5)</b><br>1- First Week of Advent: Lighting of First Advent Candle (During the Monday Assembly)<br>3- Monthly Career Talk - College Prep<br>5- Nativity Play (Collaboration with Campus Ministry)<br>5- Christmas Fair Whole Day  | <b>Practice game 1</b><br>➤ Warm-up<br>➤ Play games 3x3 players, 6x6 players |
| <b>Week 9 (19)</b><br><b>(December 8 to 12)</b><br>8- Foundation Day Mass, cake ceremony, and Class Party (half day)<br>8- Solemnity of the Immaculate Conception<br>8- Second Week of Advent<br>10- Gr. 12 Advent Immersion<br>11 and 12- Second Quarter Exam (half day) | <b>P.E. Exams</b><br><br><b>Q2 Exams (Major subjects)</b>                    |
| <i>December 13 Invitation for All: Advent Recollection @DIS (Saturday)</i>                                                                                                                                                                                                |                                                                              |
| <i>December 15 to January 2 Christmas Break</i>                                                                                                                                                                                                                           |                                                                              |

## Third Quarter Tentative Course Content

| Week/Date                                                                                                                                                                      | Topic/Projects/Assessments                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>January 5- Record Day (No Classes for students)</i>                                                                                                                         |                                                                                                                                                                                                                                                                             |
| <b>Week 1 (20)</b><br><b>(January 5 to 9)</b><br>5- PSAT 8/9 Registration Starts<br>6- Third Quarter Begins<br>7- Monthly Career Talk-College Prep<br>9- New Year Mass at 8:00 | <b>Introduction to Basketball</b><br>➤ History<br>➤ Equipment<br>➤ Basketball game rules<br>➤ How a game is being performed                                                                                                                                                 |
| <b>Week 2 (21)</b><br><b>(January 12 to 16)</b><br>16- Club Orientation & Sign Up                                                                                              | <b>Dribbling and passing</b><br>➤ Dribbling drills: push-pull, right-left, V-dribble, between the leg, behind your back<br>➤ Dribbling in place and dribbling while moving<br>➤ Dribbling and pass with different styles (work with partner)<br>➤ Strength and conditioning |
| <b>Week 3 (22)</b>                                                                                                                                                             | <b>Shooting</b>                                                                                                                                                                                                                                                             |





# 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



|                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>(January 19 to 23)</b><br/> 19-23- Individual Yearbook<br/> Photoshoot for Students<br/> 19-23- Career Awareness Week<br/> 22- Grade 9 Career Educational trip<br/> 23- First Club Meeting for 2nd Semester</p>                                | <ul style="list-style-type: none"> <li>➤ Shooting from free throw zone</li> <li>➤ Shooting to the rim from different distances and angles</li> <li>➤ Jump shoot from different distances and angles</li> <li>➤ Strength and conditioning</li> </ul>                                                              |
| <p><b>Week 4 (23)</b><br/> <b>(January 26 to 30)</b><br/> 26- Feast Day of St. Thomas Aquinas/Launching of the Catholic Week<br/> 26-28- Aquinas Conference: Science and Faith<br/> 26-30- Catholic Week Activities<br/> 30- DYM Charity Concert</p> | <p><b>Offense</b></p> <ul style="list-style-type: none"> <li>➤ Purpose of offense</li> <li>➤ Man to man offense, zone offense</li> <li>➤ Three to one, two to one, and one to one offensive game drills</li> <li>➤ Strength and conditioning</li> </ul>                                                          |
| <p><b>Week 5 (24)</b><br/> <b>(February 2 to 6)</b><br/> 1-4- WASC Mid-Cycle Visit<br/> 4- Monthly Career Talk - College Prep<br/> 6-7- SUA0 Recollection for MS</p>                                                                                 | <p><b>Defense</b></p> <ul style="list-style-type: none"> <li>➤ Purpose of defending</li> <li>➤ Proper form for defending: man to man defense, zone defense, half court press defense</li> <li>➤ One on one, two on two, and three on three defensive game drills</li> <li>➤ Strength and conditioning</li> </ul> |
| <p><b>Week 6 (25)</b><br/> <b>(February 9 to 13)</b><br/> 9- Start of New Applicant Enrollment for 1st Semester for SY2025-26<br/> 13- PSAT 8/9 Registration Deadline<br/> 13- House Valentine's Mini Fair<br/> 13- Chinese New Year Celebration</p> | <p><b>Basketball game rules</b></p> <ul style="list-style-type: none"> <li>➤ Time: 24s, 14s, 8s, 3s</li> <li>➤ Faults and violations</li> <li>➤ Strength and conditioning</li> <li>➤ Playing Game</li> </ul>                                                                                                     |
| <p><i>February 16-20 Chinese New Year Holiday</i></p>                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                  |
| <p><b>Week 7 (26)</b><br/> <b>(February 23 to 26)</b><br/> 23-26- IOWA Assessments<br/> 23- Student Council Application<br/> 24-26- Pre-Exam Days</p>                                                                                                | <p><b>Practice games</b></p> <ul style="list-style-type: none"> <li>➤ Warm-up</li> <li>➤ Playing game</li> <li>➤ Review for the exam</li> </ul>                                                                                                                                                                  |
| <p><i>February 27 Memorial Day Holiday (no classes)</i></p>                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                  |
| <p><b>Week 8 (27)</b><br/> <b>(March 2 to 6)</b><br/> 3- Monthly Career Talk - College Prep<br/> 6- PSAT 8/9 System Installation</p>                                                                                                                 | <p><b>P.E. Exams</b></p>                                                                                                                                                                                                                                                                                         |



# 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



|                                                                                      |                                  |
|--------------------------------------------------------------------------------------|----------------------------------|
| and Practice Test                                                                    |                                  |
| <b>Week 9 (28)</b><br>(March 9 to 13)<br>13 and 16- Third Quarter Exam<br>(half day) | <b>Q3 Exams (Major subjects)</b> |

## Fourth Quarter Tentative Course Content

| Week/Date                                                                                                                                                                                                                                                                                                                                | Topic/Projects/Assessments                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 1 (29)</b><br>(March 16 to 20)<br>16- Third Quarter Exam (half day)<br>16-20- Faculty & Staff Yearbook Photo<br>17- Fourth Quarter Begins<br>18-21- EARCOS Teachers' Conference<br>19- Lectio Divina and Feast of St. Joseph<br>20- Parents Learning Community Meeting<br>20- Kindilympics<br>20-House Movie Night and Club Fair | <b>Introduction to Badminton</b> <ul style="list-style-type: none"> <li>➤ History</li> <li>➤ Equipment</li> <li>➤ Badminton game rules</li> <li>➤ How a game is performed</li> <li>➤ Warm-up for Badminton</li> <li>➤ Practice forehand and backhand grips</li> <li>➤ Practice footwork</li> </ul> |
| <i>March 21 (Saturday) Spring Fair</i>                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                    |
| <b>Week 2 (30)</b><br>(March 23 to 27)<br>23-27 Student Leaders Applicant Interviews<br>26- Annual Visit to World Religion Museum Gr. 11<br>27- Lower School Readers Theatre                                                                                                                                                             | <b>Forehand strokes</b> <ul style="list-style-type: none"> <li>➤ Forehand forecourt and midcourt clear</li> <li>➤ Forehand forecourt and midcourt drive</li> <li>➤ Strength and conditioning</li> <li>➤ Playing Game</li> </ul>                                                                    |
| <i>March 30 to April 6 Easter/Spring Break</i>                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                    |
| <b>Week 3 (31)</b><br>(April 7 to 10)<br>7- Spring University Fair<br>9- Easter Mass<br>9- Easter Egg Hunt for Lower School Students                                                                                                                                                                                                     | <b>Backhand strokes</b> <ul style="list-style-type: none"> <li>➤ Backhand forecourt and midcourt clear</li> <li>➤ Backhand forecourt and midcourt drive</li> <li>➤ Playing game</li> </ul>                                                                                                         |
| <b>Week 4 (32)</b><br>(April 13 to 17)<br>13 Laudato Si Month Launching (During the Monday Assembly)<br>13-30 Laudato Si Month Activities<br>13-17- Class Photo Taking<br>17- AP Chinese/Japanese                                                                                                                                        | <b>Serving</b> <ul style="list-style-type: none"> <li>➤ Forehand low and high serves</li> <li>➤ Backhand low and high serves</li> <li>➤ Serving rules for single and doubles players</li> <li>➤ Strength and conditioning</li> </ul>                                                               |



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



|                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Practice Test                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                               |
| <b>Week 5 (33)</b><br>(April 20 to 24)<br>20-24 Cultural Awareness Week /<br>Art Exhibit / Earth Week<br>24- Music Recital<br>20-24 Student Council Campaign<br>20-24 AP Mock Exams                                                                                                                                                                                                                                                                         | <b>Smash strokes practice</b> <ul style="list-style-type: none"> <li>➤ Forehand forecourt smash</li> <li>➤ Forehand midcourt smash</li> <li>➤ Playing game</li> </ul>                         |
| <b>Week 6 (34)</b><br>(April 27 to 30)<br>27- Student Council Elections<br>27-30 Senior Project<br>Presentations<br>28-30 Pre-Exam Days                                                                                                                                                                                                                                                                                                                     | <b>Net plays</b> <ul style="list-style-type: none"> <li>➤ Forehand and backhand drop</li> <li>➤ Forehand forecourt lift</li> <li>➤ Backhand forecourt lift</li> <li>➤ Playing game</li> </ul> |
| <i>May 1: Labor Day Public Holiday</i>                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                               |
| <b>Week 7 (35)</b><br>(May 4 to 8)<br>4- May Crowning & Mother's Day<br>Celebration (During the Monday<br>Assembly)<br>4-14 Final Exams (K, Gr. 5, 8, &<br>12 Only)<br>4-15 AP Exams                                                                                                                                                                                                                                                                        | <b>Practice games</b> <ul style="list-style-type: none"> <li>➤ Warm-up</li> <li>➤ Single players</li> <li>➤ Double players</li> </ul><br><b>P.E. Exams</b>                                    |
| <b>Week 8 (36)</b><br>(May 11 to 15)<br>13 and 14- Fourth Quarter<br>Exam—Undergraduate (half day)<br>14-16 Student Leaders Retreat<br>Days                                                                                                                                                                                                                                                                                                                 | <b>Q4 Exams (Major subjects)</b>                                                                                                                                                              |
| <i>May 15 Record Day (No Classes for students)<br/>Final Deliberation for Graduating/Promoting Classes</i>                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                               |
| <b>Week 9 (37)</b><br>(May 18 to 22)<br>18- Gr. 5 Recollection & Mass<br>19- Gr. 8 Recollection & Mass<br>20- Gr. 12 Recollection<br>20- Baccalaureate Mass (Whole<br>School)<br>18-21 WIDA Testing<br>19- Lower School Sports Day /<br>Gr. 6 & 7 School Field Trip<br>19- Gr. 9 - 11 - "Senior Success<br>Forum: Inspiring the Next<br>Generation"<br>19-22 Student Clearance Days<br>21- Middle & High School Sports<br>Day<br>21- High School Field Trip | <b>Student clearance week</b>                                                                                                                                                                 |



# 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



|                                                                                                                                                                                                                                                                                                                                                                        |                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| 22- House Culminating Activity<br>20-22 Final Deliberation for Non-<br>Graduating Classes<br>22- Student Leaders One Day<br>Recollection / Turn Over<br>Ceremony                                                                                                                                                                                                       |                        |
| <b>Week 10 (38)</b><br><b>(May 25 to 29)</b><br>25- Kindergarten Graduation/Gr.<br>5 Promotion<br>26- LS Field Trip<br>26- Gr. 8 Graduation and Gr. 12<br>Graduation<br>27- Pre-Kindergarten & Gr. 1 - 4,<br>6 & 7, 9-11 Recognition<br>Last Day of School, Report Card<br>28- Distribution, & Class Party<br>(half day)<br>29- Last day for Teachers/Staff<br>Meeting | <b>Graduation week</b> |

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