



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	Physical Education
Grade Level	11
Teacher	Dr. Gustl Pido
Email	gpido@dishs.tp.edu.tw

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

COURSE DESCRIPTION:

Students will learn how to maintain a healthy lifestyle through exercises and various sports, focusing on physical and mental training to achieve peak performance. They will be introduced to basic training principles that can be applied to daily life, gaining essential health knowledge and practices to make informed health decisions. Topics will include fitness components, athletic training, and both individual and team sports. The aim is for students to enjoy sports and exercise, encouraging them to continue engaging in 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.



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- Assess and maintain physical fitness levels 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.

PRIMARY TEXTBOOKS AND OTHER RESOURCES:

- Essentials of Strength Training and Conditioning/ National and Strength and Conditioning Association; Thomas R. Baechle, Roger W. Earle, edition. – 3rd ed.
- Performance-Based Assessment for Middle and High School Physical Education / Jacalyn L. Lund, Mary Fortman Kirk. – 2nd 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
 - 2.4 Online Quizzes



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
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



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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

1. Students are expected to arrive at the designated area no later than 10 minutes after the bell. Arriving more than 10 minutes late will result in being marked as tardy.
2. The class will be dismissed 5-8 minutes before the dismissal bell to prepare to change their clothes.
3. Students should leave immediately after P.E. class to attend class or lunchtime.

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



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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	Class Orientation ➤ Self-introduction ➤ Grading assessment ➤ Syllabus discussion ➤ Class rules and expectation
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	Physical Fitness Test 2 ➤ Pre-test heart rate measurement ➤ Warm-up/12 minutes running test ➤ Strength tests: push-up and squats ➤ Post-test heart rate measurement ➤ Results discussion and reminding
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	Fitness Training 2: Lower body ➤ Warm-up ➤ Squats: Static/ dynamic ➤ Lunges: Static/ dynamic ➤ Plyometric training for lower body
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	Fitness Training 2: Upper body ➤ Pulls ➤ Pushes: Static/ dynamic ➤ Arms and shoulders ➤ Strength and conditioning training



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Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	Fitness Training 2: Core ➤ Plank: Static/ dynamic ➤ Bridge: Static/ dynamic ➤ Strength and conditioning training
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	Fitness Training 2: Speed and agility ➤ Quickness/ High knees ➤ 30m and 60m sprint ➤ Agility drills
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	Review ➤ Design and perform a HIIT session (5 exercises) that targets main muscle groups. ➤ Discuss and modify the lesson and be ready for the P.E. exams. P.E exams
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)	Q1 Exams (Major subjects)
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	Advanced Serving Techniques ➤ Refine and practice: • Jump float serve



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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	• Jump top-spin serve ➤ Serve placement strategies (target zones and weak receivers) ➤ Competitive serve drills under pressure ➤ Strength & Conditioning: Emphasis on core and shoulder stability
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)	Advanced Attacking Techniques ➤ Refine 3-step approach with variations for tempo sets ➤ Introduce quick attacks (e.g., "1" tempo, slide attack) ➤ Practice directional hitting and shot selection (line, cross, tip, roll) ➤ Drills: Attack from tossed ball, live sets, and transition from defense to attack ➤ Strength & Conditioning: Plyometric focus for explosiveness
Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	Attacking in System ➤ Practice combo plays (e.g., X-play, Tandem) ➤ Emphasize hitting at various tempos and decision-making mid-air ➤ Incorporate back-row attacks (pipe and D ball) ➤ Tactical Focus: Recognizing blockers, exploiting seams ➤ Strength & Conditioning: Agility ladders, explosive movement drills
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	Advanced Blocking & Defense ➤ Focus on read vs. commit blocking ➤ Practice block timing, penetration, and hand movement ➤ Integrate blocking footwork with defensive system (e.g., swing block) ➤ Begin block coverage and defensive positioning ➤ Strength & Conditioning: Partner resistance, reaction drills
Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Controlled Scrimmages ➤ Warm-up ➤ Small-sided games (3v3, 4v4) focusing on tactical applications ➤ Full-team games (6v6) with constraints: • Serve-receive formations



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	- Targeted plays (e.g., only use quick sets or back-row attacks) ➤ Peer observation and feedback sessions ➤ Conditioning: Recovery-focused after gameplay
Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	Defensive Systems & Floor Defense ➤ Skill Focus: - Refine digging techniques (platform control, emergency digs, pancake) ➤ Introduce team defensive systems: - Perimeter defense - Rotation defense ➤ Tactical Drills: - Reading attackers - Transition from defense to offense ➤ Scenario Training: - Dig-and-attack sequences
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	Offensive Systems & Transitions ➤ Skill Focus: - Running offensive plays (e.g., 5-1, 6-2 systems) - Setter decision-making and tempo control ➤ Tactical Drills: - Transition drills: serve-receive to attack, block to attack - Timing and communication between setter and hitters ➤ Team Play: - Focused 6v6 drills with offensive system constraints ➤ Strength & Conditioning: - Jump training (repeat jump efforts), sprint intervals
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)	Assessment & Game Play ➤ Assessment Components: ➤ Skill Evaluation: - Serving accuracy - Attacking variety - Blocking timing and form



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5- Christmas Fair Whole Day	• Digging technique ➤ Tactical Evaluation: • Ability to run systems • Communication and decision-making ➤ Game Application: • Structured scrimmages (6v6) • Emphasis on using full systems under game-like pressure
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)	P.E. Exams Q1 Exams (Major subjects)
<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>	
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	Table tennis training ➤ History ➤ Equipment ➤ Rules ➤ How to play the game Gripping the paddle and ball controlling ➤ Shake-hand grip: Neutral grip, strong forehand grip, strong backhand grip. ➤ Pen-hold grip: Neutral grip, strong forehand grip, strong backhand grip. ➤ Practice Shake-hand neutral grip: ball bouncing ➤ Practice bouncing the ball with forehand, backhand, and alternative.



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	➤ Sports and Physical Activity
Week 2 (21) (January 12 to 16) <i>16- Club Orientation & Sign Up</i>	Ready position and footwork ➤ Learn the ready position: feet, knees, arms, paddle ➤ Learn the footwork: one step to right and left, two steps to right and left. ➤ Practice forehand and backhand stroke without a ball. ➤ Sports and Physical Activity
Week 3 (22) (January 19 to 23) <i>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</i>	Forehand Drive ➤ Back swing phase ➤ Contact phase: How, when, and where ➤ Follow through phase ➤ Recovery phase ➤ Sports and Physical Activity
Week 4 (23) (January 26 to 30) <i>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</i>	Backhand Drive ➤ Back swing phase ➤ Contact phase: How, when, and where ➤ Follow through phase ➤ Recovery phase ➤ Sports and Physical Activity
Week 5 (24) (February 2 to 6) <i>1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUA0 Recollection for MS</i>	Forehand and backhand pushes ➤ Back swing phase ➤ Contact phase: How, when, and where ➤ Follow through phase ➤ Recovery phase ➤ Sports and Physical Activity
Week 6 (25) (February 9 to 13) <i>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</i>	Serving and return serving ➤ Forehand serving grip ➤ Backhand serving grip ➤ How, when, and where ➤ Strength and conditioning training
<i>February 16-20 Chinese New Year Holiday</i>	
Week 7 (26) (February 23 to 26)	Practice playing and to be a judge ➤ The differences between single and double players.



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23-26- IOWA Assessments 23- Student Council Application 24-26- Pre-Exam Days	➤ Scoring system. ➤ How a judge controls the game.
<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	P.E. Exams
Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)	Q3 Exams (Major subjects)

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	History of badminton ➤ Rules of badminton ➤ Sports activity
<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	How body works ➤ Badminton clear shots ➤ Practicing the skills ➤ Sports Activity
<i>March 30 to April 6 Easter/Spring Break</i>	
Week 3 (31) (April 7 to 10)	Shooting practice 1 ➤ Inside foot and laces



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7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	➤ Shooting with a stable ball ➤ Shooting with a moving ball ➤ Strength and conditioning
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	Body composition ➤ Badminton serves ➤ Practicing the serve skills ➤ Sports Activity
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	Badminton smash ➤ Skills practice ➤ Playing sports
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 re-Exam Days	Badminton ➤ Skills practice ➤ Playing Sports
<i>May 1: Labor Day Public Holiday</i>	
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	P.E. Exams
Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam—Undergraduate (half day) 14-16 Student Leaders Retreat Days	Q4 Exams (Major subjects)
<i>May 15 Record Day (No Classes for students) Final Deliberation for Graduating/Promoting Classes</i>	
Week 9 (37) (May 18 to 22) 18- Gr. 5 Recollection & Mass 19- Gr. 8 Recollection & Mass 20- Gr. 12 Recollection	Student clearance week



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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	
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	Graduation week

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