



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	12
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:

Physical education for grade 12 students will include research in sports history, exercise, dance choreography, sports refereeing, sports coaching, training program planning, and sports activities that can be applied in daily life. The aim is to ensure students make wise, healthy decisions regarding their well-being. The program is designed to be enjoyable, helping students engage in physical activity and sports while integrating these practices into their personal lives.

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

- Analyzes the impact of life choices, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings
- Design and implement a strength and conditioning program that develops balance in opposing muscle groups.
- Create a snack plan for before, during, and after exercise that addresses nutrition needs for each phase.
- Assumes a leadership role (e.g., task or group leaders, referee, coaching) in a physical activity setting.



- Chooses an appropriate level of challenge to experience success and desires to participate in a self-selected physical activity.
- Discusses the nature and background of team sports and individual sports (basketball, volleyball, softball, soccer, badminton, track and field, and others).
- Executes how muscle works and its training effects
- Determines the muscular demands of sports and assesses muscular fitness.
- Engages in sports to be physically active and promotes a healthy lifestyle for all students.
- Designs and implements a personalized exercise program to improve and sustain the desired level of fitness.
- Practice sports coaching, refereeing, and training program planning.

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



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2.3 Group skills in sports and exercise

2.4 Online Quizzes

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. 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 meet at the designated area, no later than 10 minutes after the bell. If they are later than 10 minutes, the student will be 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 lunch time.

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 • Online Class Orientation Day • Grading Assessment • Class rule and expectation • Introducing Olympics Sports
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	Lesson 1: Basketball Presentation 1. History of basketball 2. Rules and Regulations 3. Sports and Physical 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	Lesson 2: Table Tennis Presentation 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
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	Lesson 3: Soccer Presentation 1. History of Soccer 2. Rules and Regulations 3. Sports and Physical Activity
Week 5	Lesson 4: Badminton Student Presentation



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(September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
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	Lesson 5: Volleyball 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
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	Lesson 6: Track and Field Presentation 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity ➤ P.E Final Exam (Written Exam)
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)	➤ Quarter Final Exam
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
	6-Moon Festival (no classes)
	7-9 Teacher's Conference (no classes)
Week 1 (11) (October 13 to 17) 13- Second Quarter Begins 13- Start of New Applicant	Lesson 1: Review of Fitness Principles (Pg.630) 1. Introduction of Fitness 2. Vocabulary Task



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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	3. Curl-Up Test 4. Fitness Station Review 5. Formal and Informal Assessments 1. Sports and Exercise 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)	Lesson 2: Physical Fitness Log 1. Activity gram Instruction 2. Upper- Body Strength and Endurance Testing 3. Fitness Station and Self-Assessment 4. Formal and Informal Assessments 5. Sports and Exercise Activity
Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	Lesson 3: Health-Related Fitness Assessment 1. Dynamic Warm-Up with FITT Vocabulary 2. 1- Mile Run 3. Fitness Assessment 4. Formal and Informal Assessments 5. Sports and Exercise Activity
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	Lesson 4: Resistance Training 1. Weight Room Etiquette and Safety Reminders 2. Station Review 3. Formal and Informal Assessments 4. Resistance Training Vocabulary 5. Sports and Exercise Activity
Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Lesson 5: Modified 1 Repetition Maximum 1. Warm-up 2. Finding Modified 1 Repetition Max (1RM) 3. Formal and Informal Assessments 4. Determining the Modified 1RM 5. Sports and Exercise Activity
Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	Lesson 6: Step Aerobic Workout 1 and Target Heart Rate Zone 1. Determining the Heart Rate Zone 2. Step Aerobics 3. Formal and Informal Assessments 4. Sports and Exercise Activity
Week 7 (17) (November 24 to 28) 24- Peace Pole Day (Monday Assembly)	Lesson 7: Fitness Plan and Exercise Project 1. Fitness Exercise Project 2. Researching Your Emotion



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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	3. Formal and Informal Assessments 4. Sports and Physical Activity
<i>Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)</i>	
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	Lesson 7: Exercise Plan Project 1. Fitness Exercise Project Finalization 2. Formal and Informal Assessments 3. Sports and Physical Activity
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)	➤ Final Exam for P.E ➤ Quarter Final Exam
<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	Lesson 1: Introduction of Sports Official 1. Sports Officiating 2. Student Presentation 3. Sports and Exercise Activity
Week 2 (21)	Lesson 2: Taekwondo



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(January 12 to 16) 16- Club Orientation & Sign Up	1. Student Presentation 2. Sports and Exercise Activity
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	Lesson 3: Swimming 1. Student Presentation 2. Sports and Exercise Activity
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	Lesson 4: Flag Football 1. Student Presentation 2. Sports and Exercise Activity
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	Lesson 5: Ultimate Frisbee 1. Student Presentation 2. Sports and Exercise Activity
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	Lesson 6: Bowling 1. Student Presentation 2. Sport Activity
<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	Lesson 7: Track and Field (Throwing Event) 1. Student Presentation 2. Sports and Exercise Activity
<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	➤ P.E Final Exam (Practical)



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and Practice Test	
Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)	➤ Quarter Final Exam

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	Lesson 1: Course Orientation & Introduction to Coaching 1. Class introduction 2. Grading assessment 3. Syllabus discussions 4. Class rules and expectations 5. Role and responsibilities of a coach 6. Coaching styles and developing a coaching philosophy
<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	Lesson 2: Ethics, Sportsmanship, Communication, and Leadership 1. Fair play, respect, and integrity in coaching 2. Decision-making and conflict resolution 3. Effective communication with athletes 4. Motivating individuals and teams 5. Leadership skills in sports settings
<i>March 30 to April 6 Easter/Spring Break</i>	
Week 3 (31) (April 7 to 10) 7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	Lesson 3: Athlete Development & Training Program Planning 1. Stages of physical, mental, and emotional growth 2. Age-appropriate coaching techniques 3. Identifying and nurturing talent 4. Setting goals and creating a season plan 5. Sports and Exercise Activity
Week 4 (32) (April 13 to 17) 13 Laudato Si Month Launching	Lesson 4: Warm-up, Cool-down, Injury Prevention, and Conditioning



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(During the Monday Assembly) 13-30 Laudato Si Month Activities 13-17- Class Photo Taking 17- AP Chinese/Japanese Practice Test	1. Importance of warm-up and cool-down 2. Stretching and flexibility routines 3. Common sports injuries and prevention 4. Components of fitness: strength, endurance, agility, speed 5. Conditioning drills and fitness monitoring 6. Sports and Exercise 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	Lesson 5: Sports Nutrition & Skill Development 1. Basic nutrition principles for athletes 2. Meal planning and hydration strategies 3. Designing drills for skill improvement 4. Adapting drills for different skill levels 5. Progressive training methods 6. Sports and Exercise Activity
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Game Strategies, Tactics, and Motivation 1. Offensive and defensive strategies 2. Formations and adapting to opponents 3. Building athlete confidence 4. Managing performance anxiety 5. Team-building activities 6. Sports and Exercise Activity
<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	Lesson 7: Mock Coaching Sessions & Final Assessment 1. Students lead a training session 2. Peer and teacher feedback 3. Written exam on coaching concepts 4. Coaching portfolio submission 5. Self-reflection on coaching growth 6. Sports and Exercise Activity
Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam—Undergraduate (half day) 14-16 Student Leaders Retreat Days	➤ Final Exam for P.E ➤ Quarter Exam
<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	Student clearance week



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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	
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"