



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	Grade-7
Teacher	Dr. John Nguyen
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The DIS Physical Education program will follow the SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as a result of a highly effective physical education program.

1. COURSE DESCRIPTION

Grade 7 Physical Education builds on the foundational skills learned in earlier grades and challenges students to further develop their physical abilities, knowledge of fitness principles, and understanding of health-related topics. As students continue their journey through middle school, they are encouraged to take more responsibility for their personal health and well-being.

Students will:

- Learn how to design and follow personal fitness plans that promote lifelong health and physical activity.
- Deepen their understanding of fitness components, training principles, and health-related fitness.
- Improve skills in a variety of individual and team sports, while learning game strategies, sports rules, and proper techniques.
- Participate in strength, endurance, and flexibility training appropriate to their development level.
- Explore the connections between physical activity, mental health, and overall wellness.
- Develop positive character traits such as teamwork, respect, sportsmanship, and self-discipline through cooperative and competitive activities.



Through engaging lessons and a variety of sports and fitness experiences, students will be encouraged to make informed choices that support a healthy lifestyle both inside and outside of school.

2. COURSE GOALS

The Grade 7 Physical Education program is designed to help students deepen their understanding of physical activity, improve their fitness, and develop lifelong habits for health and wellness. The goals of the course include:

- **Explore the Nature and Background of Sports:** Understand the origins, cultural significance, and evolution of various team and individual sports.
- **Explain the Health and Fitness Benefits of Physical Activity:** Identify how participation in sports and exercise contributes to physical, mental, and emotional well-being.
- **Build Sport-Specific Knowledge and Skills:** Engage in a wide range of sports and physical activities that enhance athletic skills, strategic thinking, and overall fitness.
- **Assess and Improve Personal Fitness:** Learn to evaluate personal fitness levels and apply training principles to improve health and physical performance.
- **Promote Fair Play and Teamwork:** Foster a strong sense of cooperation, respect, and sportsmanship while working effectively in groups.
- **Encourage Cross-Curricular Connections:** Integrate physical education with other subjects such as health, language arts, mathematics, science, social studies, music, and visual arts.
- **Apply Psychological and Sociological Concepts:** Understand how motivation, teamwork, goal setting, and leadership influence participation and performance in sports.
- **Develop Movement and Motor Skills:** Demonstrate an understanding of motor skills, movement principles, and tactical strategies in a variety of physical activities.

These goals aim to empower students to become active, informed, and respectful participants in both physical education and their broader communities.

3. STUDENT ACTIVITIES



Grade 7 students will engage in a variety of structured and dynamic physical activities that are designed to enhance their overall fitness, develop athletic skills, and promote a healthy lifestyle. These activities focus on building essential components of physical fitness, including strength, endurance, flexibility, coordination, balance, agility, and both fine and gross motor skills.

Key Activities Include:

- **Warm-Up and Cool-Down Routines:** Emphasizing proper preparation and recovery to prevent injury and support long-term fitness habits.
- **Fitness and Conditioning Workouts:** Incorporating circuit training, strength and conditioning, functional training, and aerobic activities to improve overall health and athletic performance.
- **Movement Awareness and Rhythmic Activities:** Developing body control, rhythm, and spatial awareness through rhythms, dance, and movement exploration.
- **Gymnastics and Bodyweight Control:** Engaging in basic tumbling, balancing, and flexibility exercises that promote core strength and mobility.
- **Sport-Specific Skills and Game Play:** Practicing individual and team sports (e.g., basketball, volleyball, soccer, badminton), focusing on technique, strategy, and teamwork.
- **Recreational and Cooperative Games:** Promoting enjoyment of physical activity, social interaction, and team-building skills.
- **Basic Coaching and Officiating Skills:** Introducing leadership roles, rules interpretation, decision-making, and fair play through student-led activities and officiating practice.
- **Indoor and Outdoor Fitness Activities:** Making use of both gym and outdoor spaces for seasonal and varied physical challenges.
- **Online Class Lectures and Seatwork:** Supporting physical education with academic content, such as fitness planning, goal setting, and understanding sport science.
- **Reading and Reflecting on Journal Articles:** Encouraging critical thinking by exploring topics related to health, sports, exercise science, and personal wellness.

All activities are developmentally appropriate and designed to foster physical literacy, self-confidence, and a lifelong interest in physical activity.

4. FORMAT OF A P.E. LESSON

The following steps are the proper sequence based on the Anatomy of Workouts based on



The book Successful Coaching to avoid overtraining and injury.

- Warm-up
- Fitness/ Sports activity
- Cool down

5. GRADING ASSESSMENT

The physical education grades are computed as follows:

Class preparation (30 %)

- Uniform
- Daily Attendance

NOTE: 5% deduction from the class preparation point for each time that students attend P.E.class without P.E. uniform, tardy, or absence with permission and 10% will be applied for each absence without permission.

Quizzes/Performance in Class (30 %)

- Daily effort in participating in sports and exercise activities
- Skills in sports and exercise
- Sports rules and regulations
- Scientific paper presentations

Quarter Exam (Practical/Written) (30 %)

- Project based exam
- Sports competition
- Fitness performance
- Written exam

Department Grade (10 %)

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

6. INDOOR COURT INSTRUCTIONS/ RULES AND REGULATIONS

- No teachers/coaches, No using of gym
- No wet mop
- No chairs without carpet
- No drinks and food inside (water bottle must be placed at the designated place)



- No roller skates and skateboarding
- No sharp items and high heels
- No water retention
- Indoor courts are strictly for basketball/volleyball/badminton/ table tennis only
- All bags will be in the dressing room (bring your things after your P.E class)
- To keep the gym safe and clean up, you should store your used equipment properly.

7. OUTDOOR COURT AND SOCCER FIELD RULES AND REGULATIONS

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

8. GUIDELINES FOR WORKING WITH GROUPS IN PHYSICAL EDUCATION

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



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9. ATTENDANCE AND P.E. UNIFORM

- 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.

10. EXCUSES FROM P.E. LESSONS

- If a student is not to participate in class due to illness/injury, she/he is going to bring a note from parents/guardian/nurse.
- If a student is present at school, but not feeling well, they must see the nurse, and, at the discretion of the P.E. teacher, complete a sports/health-related assignment in the library
- 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 P.E. teacher, complete a sports/health-related assignment.
- If a student is to be limited in participation, a doctor's note is required.

11. PRIMARY TEXTBOOK & OTHER RESOURCES

- SHAPE America - Society of Health and Physical Educators. (2014). Grade level outcomes for K-12 physical education. Reston, VA: Author.
- Lesson planning for middle and high school physical education: Meeting the National Standards & Grade-Level Outcomes.
- 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. Human kinetics.

12. ACADEMIC DISHONESTY



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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 own work; and
- Representing another's intellectual work such as photographs, paintings, drawings, sculpture, or research or the like as one's own, including failure to attribute content to an AI.
- Employing a tutor, making use of 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 own 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

SUBJECT: PHYSICAL EDUCATION 7 **1st QUARTER – TENTATIVE COURSE CONTENT**

Week/Date	Fitness and Soccer Training (Intermedicate)
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 ● Class introduction ● Class rules and expectation ● Grading assessment ● Syllabus discussion ● Quizzes and quarter exam
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	Warm-up instruction ● Students will learn how to lead a warm-up lesson for 5-10 minutes



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Starts 22- Club Orientation and Club Sign-up	Introduction to soccer - How to play a soccer game - Factors are needed to be a good soccer player: fitness, skills, strategy, and teamwork. - Different types of soccer: 5-a-side, 7-a-side, 11-a-side soccer rules - Warm-up for soccer: dribbling by different parts of your foot, juggling by different parts of your body, passing and receiving mini games, and throw-in.
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	Ball handling and dribbling practice: - By different parts of the body: foot, thigh, chest, and head - Dribble with cones, one vs. one, one vs. two - Practice ball throw-in. - Strength and conditioning training: endurance
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	Ball receiving and passing - By foot: inside, outside - By front thigh - By chest/ head - Mini games: monkey in the middle. - Strength and conditioning: endurance
Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	Shooting practice - Inside foot and laces - Shooting with a stable ball - Shooting with a moving ball - Penalty kicks - Corner kicks - Strength and conditioning: endurance
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	Tactical training - Defensive formation - Offensive formation - Practice offensive and defensive: 1 on 1, 2 on 2, 3 on 3.



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deadline	Strength and conditioning: endurance
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	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)
<i>Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day Recollection for Aunties and Uncles (no classes for students)</i>	

2nd QUARTER – TENTATIVE COURSE CONTENT

Week/Date	Fitness and Volleyball Training (Intermedicate)
	<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	Introduction to Volleyball - History - Equipment - Volleyball game rules - How a game is being performed - Warm-up for volleyball
Week 2 (12) (October 20 to 24) 20- Jubilee: Marian Exhibit Opening	Defensive stand and forearm passing



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(After the Monday Assembly) 20- Campus Safety Talk for Students 24- Book Fair (Senior Escape Room)	• Learn the ready position • Foot work • Contact phase: using cone and tennis ball • Practice forearm passing in pairs • Practice forearm passing against a wall • Strength and conditioning training
Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	Underhand serving • Learn the ready position • Toss and swing the serving hand • Contact phase • Practice underhand serving against a wall and with partner • Strength and conditioning training
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	Serving and passing • Practice serving and passing against a wall • Practice serving and passing in pairs • Volleyball games using underhand serve and forearm pass (low net) • Strength and conditioning training
Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Setting • Learn ready position • Hand placement (in a shape of the ball) • Contact and following through • Practice setting: slow motion, against a wall, with partners • Strength and conditioning training



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Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	Spiking • Learn the footwork (three steps approach) • Learn the hitting arm movement (swing) • Learn the contact phase: hanging ball, toss ball • Strength and conditioning training
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	Game practice • Warm-up • Play games 3x3 players, 4x4 players, 6x6 players
<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	P.E. Exams
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)	Q2 Exams (Major subjects)
<i>December 13 Invitation for All: Advent Recollection @DIS (Saturday)</i>	
<i>December 15 to January 2 Christmas Break</i>	



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3rd QUARTER – TENTATIVE COURSE CONTENT

Week/Date	Fitness and Badminton Training (Intermedicate)
<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	Introduction to Badminton • History • Equipment • Badminton game rules • How a game is being performed • Warm-up for Badminton
Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Grips and footwork • Lean the grips for forehand and backhand strokes • Ready position (defensive position) • Footwork: Lunges, scissor, side shuffle, and split step. • Juggling the shuttlecock using two sides of the racket • Strength and conditioning
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	Forehand strokes • Forehand lift • Forehand forecourt clear • Forehand forecourt drive • Strength and conditioning
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	Backhand strokes • Backhand forecourt lift • Backhand forecourt clear • Backhand forecourt drive



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	Strength and conditioning
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	Serving - Forehand and backhand short serve - Forehand and backhand long serve - Reminding court size and rules - Strength and conditioning
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	Net plays and smash - Forehand and backhand net shots - Forehand and backhand drops - Smash - Strength and conditioning
<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	Games practice and rules review - Warm-up - Single players - Double players
<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)

4th QUARTER – TENTATIVE COURSE CONTENT



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Week/Date	Fitness and Basketball Training (Intermedicate)
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	Introduction to Basketball - History - Equipment - Basketball game rules - How a game is being performed - Warm-up for Basketball - Strength and conditioning
<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	Ball controlling and dribbling - Triple threat position - Knee dribbling (right-left hand) - Low dribbling (right-left hand) - High dribbling (right-left hand) - Games for dribbling drills - Strength and conditioning
<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	Passing and receiving - Receive the ball and return to the triple threat position - Chest pass - Bounce pass - Overhead pass - Strength and conditioning
Week 4 (32) (April 13 to 17) 13 Laudato Si Month Launching (During the Monday Assembly)	Shooting



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13-30 Laudato Si Month Activities 13-17- Class Photo Taking 17- AP Chinese/Japanese Practice Test	• Learn a proper form of shooting • Shooting from free throw zone • Shooting to the rim from different distances and angles • Strength and conditioning
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	Defense • Purpose of defending • Proper form for defending: man to man defense, zone defense, half court press defense • One on one, two on two, and three on three defensive game drills • Strength and conditioning
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Basketball game rules • Time: 24s, 14s, 8s, 3s • Faults and violations • Strength and conditioning
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	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)
May 15 Record Day (No Classes for students) Final Deliberation for Graduating/Promoting Classes	
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 Distribution, & Class Party (half day) 29- Last day for Teachers/Staff Meeting	Graduation week