



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	9
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 in grade 9 is a transition from middle to high school. The Students will learn how to maintain a healthy lifestyle through performing sports skills and exercises. They will also learn basic training principles, basic health knowledge, and practices to ensure that they will be able to make wise health decisions for their life. Topics would include fitness components, athletic training, and individual and team sports. The students have fun enjoying sports and exercise, aiming to mold students' behavior to engage in physical activity and sports even outside the school programs.

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

- Discusses the nature/ background of sports
- Explains health and fitness benefits derived from playing team/individual sports.
- Activities are expected to have the opportunity to build their knowledge and skills which empowers students to engage in different kinds of sports, to 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.



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- 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:

- 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.

GRADING SYSTEM/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.

INDOOR COURT INSTRUCTION/ RULES AND REGULATION

- 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.

OUTDOOR COURT AND SOCCER FIELD RULES AND REGULATION

- 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.

GUIDELINES FOR WORKING WITH GROUPS

- 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



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.

EXCUSES

- 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.

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



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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 ➤ 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 Starts 22- Club Orientation and Club Sign-up	Warm-up instruction ➤ Students will learn how to do a warm-up lesson for 5-10 minutes ➤ Physical Fitness Test ➤ Pre-test heart rate measurement: in 60 seconds ➤ Warm-up: stretching ➤ 3 minutes step test: frequency of 30 steps/ min ➤ Post-test heart rate measurement: immediate and 5 mins after the test ➤ 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	Whole body weight exercises ➤ Squats: regular squat/ ski squat/ sumo squat/ split squat/ single leg squat/ static- dynamic ➤ Lunges: regular lunges/ side lunges/ static- dynamic
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	Whole body exercises for upper body ➤ Pushes: elevated push/ regular push/ static- dynamic ➤ Pulls ➤ Strength and conditioning training
Week 5	Body weight exercise for core



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(September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	➤ Plank: regular plank/ side plank/ static- dynamic ➤ Glute bridge: double legs, single leg, 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	Body weight exercise for whole body ➤ Jumping jack ➤ High knee/ shuttle run ➤ Burpee: double legs, single leg, static- dynamic ➤ Plyometric training: using fitness box
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 and revise ➤ Design and perform a HIIT session (10 exercises) that targets main muscle groups. ➤ Discuss and modify the lesson and be ready for the 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)	P.E. Exams 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
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 Enrollment for 2nd Semester 14- Visit of Mother Mary to	Introduction to Volleyball ➤ History ➤ Equipment ➤ Volleyball game rules ➤ How a game is being performed



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Classrooms (During the morning prayer) 15- AP Exam Only Registration Deadline 15- Monthly Career Talk - College Prep 17- PSAT/NMSQT Digital Exam	➤ Warm-up for volleyball
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)	Defensive stand and Forearm passing ➤ 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 ➤ Practice underhand serving against a wall and with partner Overhand 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	Setting ➤ Practice setting against a wall and with partners ➤ Setting from one place to different designated area ➤ Setting with different ball high ➤ Strength and conditioning training
Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Spiking ➤ Practice swinging the hitting arm and contact phase. ➤ Toss the ball and spike the ball against a wall ➤ Spike with three steps approach (hanging ball) ➤ Spike with tossed ball with the net ➤ Strength and conditioning training
Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	Setting and Spiking ➤ Spiking at position No. 4 ➤ Spiking at position No. 3 ➤ Spiking at position No. 2 ➤ Strength and conditioning training
Week 7 (17) (November 24 to 28)	Game practice ➤ Warm-up



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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	➤ Play games 3x3 players, 4x4 players, 6x6 players
Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)	
Week 8 (18) (December 1 to 5) 1- First Week of Advent: Lighting of First Advent Candle (During the Monday Assembly) 3- Monthly Career Talk - College Prep 5- Nativity Play (Collaboration with Campus Ministry) 5- Christmas Fair Whole Day	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)
December 13 Invitation for All: Advent Recollection @DIS (Saturday)	
December 15 to January 2 Christmas Break	

Third Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
January 5- Record Day (No Classes for students)	
Week 1 (20) (January 5 to 9) 5- PSAT 8/9 Registration Starts 6- Third Quarter Begins 7- Monthly Career Talk-College Prep 9- New Year Mass at 8:00	Introduction to Basketball ➤ History ➤ Equipment ➤ Basketball game rules ➤ How a game is being performed ➤ Warm-up for Basketball ➤ Strength and conditioning



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Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Dribbling and passing ➤ Dribbling drills: push-pull, right-left, V-dribble, between the leg, behind your back ➤ Dribbling in place and dribbling while moving ➤ Dribbling and pass with different styles (work with partner) ➤ 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	Shooting ➤ Shooting from free throw zone ➤ Shooting to the rim from different distances and angles ➤ Jump shoot from different distances and angles ➤ 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	Lay-ups ➤ Practice overhand finishing with both right and left hands while standing in the right and left side of the hoop. ➤ Practice underhand finishing with both right and left hands while standing under the hoop. ➤ Practice layup (overhand and underhand) with 1-2 steps with correct hand and foot ➤ Catching the ball from midcourt, dribbling and layup (overhand and underhand). ➤ Catching and layup ➤ 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	Offensive and Defensive ➤ Purpose of offense and defense ➤ 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 (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	Mini games ➤ Apply all learned skills into a real game situation ➤ 3 vs. 3 half court ➤ 5 vs. 5 full court ➤ Strength and conditioning
<i>February 16-20 Chinese New Year Holiday</i>	



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Week 7 (26) (February 23 to 26) 23-26- IOWA Assessments 23- Student Council Application 24-26- Pre-Exam Days	Review: Basketball game rules ➤ Time: 24s, 14s, 8s, 3s ➤ Faults and violations ➤ Strength and conditioning
<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	Introduction to Badminton ➤ History ➤ Equipment ➤ Badminton game rules ➤ How a game is being performed ➤ Warm-up for Badminton
<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	Forehand strokes ➤ Forehand forecourt and midcourt clear ➤ Forehand forecourt and midcourt drive ➤ Strength and conditioning



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March 30 to April 6 Easter/Spring Break	
Week 3 (31) (April 7 to 10) 7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	Backhand strokes ➤ Backhand forecourt and midcourt clear ➤ Backhand forecourt and midcourt drive ➤ 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	Serving ➤ Forehand low and high serves ➤ Backhand low and high serves ➤ Serving rules for single and doubles players ➤ 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	Net plays ➤ Forehand and backhand drop ➤ Forehand forecourt lift ➤ Backhand forecourt lift ➤ Strength and conditioning
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Practice games ➤ Warm-up ➤ Single players ➤ Double players ➤ Reminders of rules, judge, scorer
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	



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Week 9 (37) (May 18 to 22) 18- Gr. 5 Recollection & Mass 19- Gr. 8 Recollection & Mass 20- Gr. 12 Recollection 20- Baccalaureate Mass (Whole School) 18-21 WIDA Testing 19- Lower School Sports Day / Gr. 6 & 7 School Field Trip 19- Gr. 9 - 11 - "Senior Success Forum: Inspiring the Next Generation" 19-22 Student Clearance Days 21- Middle & High School Sports Day 21- High School Field Trip 22- House Culminating Activity 20-22 Final Deliberation for Non-Graduating Classes 22- Student Leaders One Day Recollection / Turn Over Ceremony	Student clearance week
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"