



Course Syllabus

School Year	2025-2026
Subject	PE
Grade Level	Pre-K
Teacher	Jessica Ng
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COURSE DESCRIPTION:

The activities and topics within the education program enable young basic learners to develop their basic and movement skills, knowledge and most significantly, their attitudes necessary to steer an active, healthy lifestyle. The course includes a good sort of activities like dancing, basic gymnastics, calisthenics, and Introduction to basic sports skills. In addition, emphasis on developing values like sportsmanship, perseverance and fair play are incorporated into every activity.

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

1. To foster in children a love of physical activity and play.
2. To instill a need for physical fitness in each child.
3. To develop coordination, balance, agility, alertness and control through movement.
4. To provide opportunities for increased responsibility in planning, organizing, and leadership.
5. To learn as much skills, games and dance experience as possible.
6. To encourage opportunities for children to belong to a group in which each child is accepted.
7. To provide experiences which will develop initiative, self-reliance, self-worth, loyalty, honesty, kindness to others and a love of learning
8. To create a sense of fair play and co-operation in children and the ability to working in groups, leading to increased cultural understanding
9. To provide opportunities for integration of P.E. with other subject areas: language arts, math, social studies, science, health, music and art.

PRIMARY TEXTBOOKS AND OTHER RESOURCES:

- Holt/Hale, S. and Hall, T., SHAPE America — Lesson Planning for Elementary Physical Education Society of Health and Physical Educators. (2016). Grade-level outcomes for K-12 physical education. Reston, VA: Author
- Landy, M.J and Landy J.M, Ready to use P.E. Activities, Parker Publishing Company, West Nyack, New York 10995



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GRADING SYSTEM/ASSESSMENT:

The physical education grades are computed as follows:

1. Homework/Seatwork & Projects (30 %)
 - 1.1 Uniform
 - 1.2 Daily Attendance
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) (30 %)
4. Department Grade (10 %)

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

ADDITIONAL INFORMATION:

Formats for proper exercise

The following steps are the proper sequence based on Anatomy of Workouts based from the book of Successful Coaching to avoid overtraining and injury.

1. Warm-up
2. Fitness/ Sports activity
3. Cool down

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 for academic work.

Any act of academic dishonesty will result in an automatic zero on the entire assignment/learning task.



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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	Introduction to PE • Class rules, signals and cues • Meet and greet • Self- introduction • Gym and field tour • Stretch and warm up routines • Team building mini games (eg. freeze dance, etc)
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 preliminary assessment- Locomotor Skills - Body Control and movement - Weave, Sprint, Stop and Go - Jump, Gallop, Skip - Spatial Awareness
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	Soccer Unit: Introduction to Soccer - Soccer terms, vocabulary, simple rules (no hands) - Ball Control: toe taps, soccer hop - Foot control obstacle course - Kick and stop - Passing and turn taking
Week 4	Soccer Unit



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(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 handling drills - Foot control obstacle course - Kick and Stop
Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	Soccer Unit - Ball dribbling while weaving - Passing and turn taking drills - Shooting Goals
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	Mini soccer game - 3 on 3 mini soccer game - Learn the tactics of playing defense and offense - Team building
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	Skill Assessment and Exam- Soccer Skills - Locomotive/ Non- Locomotive Skills - Fitness assessment - Listening and directional skills - Readiness and participation



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Days	
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)	Soccer Unit- Dribbling Drills/ Mini Games - Dribble around the court, dribble from one line to the other - Tick tock dribble (dribble touching the ball with EVERY step) - 4 -person kick and stop - Red Light/ Green Light - Dribble Freeze tag
<i>Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day Recollection for Aunties and Uncles (no classes for students)</i>	

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 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	Basketball Unit: Introduction to Basketball Basketball terms, vocabulary, simple rules (traveling, double dribble, pivot) - Short history, equipment presentation and familiarization - Ball handling drills (while sitting) - Finger taps and ball movements around/ near the body



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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)	Basketball Unit - Ball Handling - Ball Dribbles (while sitting) - Finger taps - Side to side movement - Around the body
Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	Basketball Unit - Passing Drills - Toss and catch - Partner pass/ Pass on target - Bounce pass drills - Chest pass 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	Basketball Unit - Dribble Drills - Bounce and catch (single hand, double hand) - Side Dribbles - Passing and dribbling drills
Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Basketball Unit - Dribble Drills - Passing and dribbling drills - Shooting through hoops and target - Mini Basketball game



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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	Skill Assessment and Exam - Movement and Agility - Locomotive/ Non- locomotive Skills - Fitness assessment - Listening and Directional skills - Readiness and participation
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	Skill Assessment and Exam - Basketball Skills - Locomotive/ Non- Locomotive Skills - Fitness assessment - Listening and Directional skills - Readiness and participation
<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	Health and Safety Unit: Healthy Eating and Living - Healthy and Unhealthy food - Identifying and sorting food items - Healthy mind and body - Fitness Games



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Campus Ministry) 5- Christmas Fair Whole	
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)	Health and Safety Unit: Healthy Eating and Living - Food Groups - Christmas Holiday Games - Agility, movement, teamwork - Favorite games and activities
<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:	Volleyball Unit: Introduction to Volleyball Volleyball terms, vocabulary, simple rules (ex. dig, pass, serve, set, etc.) - Short history, equipment presentation and familiarization - Rules of the game and posture



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Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Volleyball Unit- Movement - Footwork and movement - Hand Eye Coordination - Movement drills with hoops and balls
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	Volleyball Unit - Ball Handling Drills - Toss and catch (big ball, small ball) - Bounce and catch - Ball handling drills with footwork
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	Frisbee Unit: Introduction to frisbee - Different types of frisbee - Safety precautions - How to safely catch a frisbee
Week 5 (24) (February 2 to 6) 1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUAQ Recollection for MS	Frisbee Unit: Beginning frisbee - Toss and catch - Catching partners - Frisbee drills



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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	Frisbee Unit: Beginning frisbee - Aim and control - Target throws - Speed and strength
<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	Mini Olympic Games: Knowledge and Understanding - The Olympic Game - Naming sports and sporting equipment - Sport settings (ex. field, court, gymnasium, track, etc.) - Rules and regulations
<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	Mini Olympic Games: Olympic Sports - Fundamentals of movement (Intermediate Skills) - Revise and refine the fundamental movement skills they have already acquired - Explore different olympic related games and activities
Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)	Mini Olympic Games: Olympic Sports - Develop the overall body strength, coordination, balance and agility - Develop and refine a range of ball skills including: throwing,



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	catching, kicking, passing, batting and aiming. - Explore different olympic related games and activities
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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	Flag Football Unit: Introduction to Football Football terms, vocabulary, simple rules - Short history, equipment presentation and familiarization - Sport rules, posture and positioning
<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	Flag Football Unit- Movement and Footwork - Happy Feet Drills (directional movement while practicing happy feet) - Hand Eye Coordination - Practice Drills
<i>March 30 to April 6 Easter/Spring Break</i>	
Week 3 (31) (April 7 to 10) 7- Spring University Fair	Flag Football Unit



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9- Easter Mass 9- Easter Egg Hunt for Lower School Students	- Throwing and Ball Handling - Aim and Throw - Fall Back Practices - Practice Drills
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	Flag Football Unit- “Tackling” (Pulling flags) - Flag Tag Games - Dodge and Run - Practice Drills
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	Paddles and Racquets Unit: Introduction to Paddles and Racquets Identifying different sports that use paddles and racquets Exploring paddles, racquets and different balls
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Paddles and Racquets Unit: Badminton, pickleball, table tennis - Terminology, vocabulary and simple game rules - Footwork shuffling - Paddles and racquet practice
May 1: Labor Day Public Holiday	



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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	Skill Assessment and Exam - Focus skill assessment - Fitness and agility assessment - Listen, apply and do - Readiness and participation
Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam— Undergraduate (half day) 14-16 Student Leaders Retreat Days	Skill Assessment and Exam - Soccer Skills - Locomotive/ Non- Locomotive Skills - Fitness assessment - Listening and Directional skills - Readiness and participation
<i>May 15 Record Day (No Classes for students)</i> <i>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 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	Favorite PE Games - Water balloon relay - Hoop and ball games - Team building games and activities



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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	Favorite PE Games - Water balloon relay - Hoop and ball games - Team building games and activities -Summer Fitness Plan

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