

Physical Education 4



Dominican International School

Course Syllabus

School Year 2026–27



Teacher: Demetrius Binichakis

Teacher/Position: P.E. teacher

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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.

COURSE DESCRIPTION:

The activities and topics within the education program enable young learners to develop their intra and inter personal skills, knowledge and most significantly, their attitudes necessary to steer an active, healthy lifestyle. The course includes a good sort of activities like average dancing, fitness, calisthenics, and moderate individual, dual and team sports skills. In addition, emphasis on developing values like sportsmanship, perseverance, team game 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 work 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/Hele, 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, MJ and Landy J.M, Ready to use P.E. Activities, Paker Publishing Company, West Nyack, New York 10995

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/Written) (30 %)
4. Deportment Grade (10 %)

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

1. 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 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

First Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 Aug 10 - 14	Orientation Self Introduction Gym tour DO AND DON'TS Safety and Class expectations Physical Fitness Test(PFT) Friday Opening Mass & Assumption of Our Lady 8:00
Week 2 Aug 17 - 21	Introduction to Basketball -Equipment -How to play the game -Skills • Dribbling • Passing • Shooting
Week 3 Aug 24 - 28	-Rules - Hand signals - Game 2 vs 2
Week 4 Aug 31 - Sep 4	Team game - 3 vs 3 - 4 vs 4
Week 5 Sep 7 - 11	Assessment of skills - Dribbling - Shooting - Passing
Week 6 Sep 14 - 18	Mini-game/ Team game 5v5
Week 7 Sep 21 - 25	PE Exam/PLT Friday Moon Festival - Public Holiday

Week 8 Sep 28 - Oct 2	Monday Thursday Friday	Confucius' Birthday ~ Public Holiday Major Exams Day 1 Major Exams Day 2
Week 9 Oct 5 - 9	Monday T-W-Th Friday	Record Day ~ Student Holiday Teachers Conference ~ Student Holiday Double 10 Day ~ Public Holiday

Second Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (10) Oct 12 - 16	Badminton - Introduction - How to play the game - Equipment - Game exploration - Hand eye drills
Week 2 (11) Oct 19 - 23	Skill: Receiving - with the teacher - with a partner Racket grip Hand-eye drills
Week 3 (12) Oct 26 - 30	Skill: Service - with the teacher - with a partner Footwork drills - Solo - Group work Monday Retrocession Day ~ Public Holiday
Week 4 (13) Nov 2 - 6	Skills review: Service - with the teacher - with a partner Receiving: - with a partner Footwork - Solo by group
Week 5 (14) Nov 9 - 13	Assessment: - Receiving - Serving

Week 6 (15) Nov 16 - 20	Team game - 1v1 - 2v2 - Refing
Week 7 (16) Nov 23 - 27	PE Exam/PFT Friday Grade 12 Exams
Week 8 (17) Nov 30 - Dec 4	Monday Grade 12 Exams
Week 9 (18) Dec 7 - Dec 11	Monday TBD Tuesday Foundation Day Mass 9:00, Cutting of the Cake Ceremony, Christmas Fair, (Whole day) Wednesday TBD Thursday Major Final Exams half day Friday Major Final Exams half day
Dec 14 to Jan 1 Christmas Break	

Third Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (19) Jan 4 - Jan 8	Volleyball - How to play the game - Equipment - Game exploration Monday Record Day - Student Holiday Friday New Year Mass at 8:00
Week 2 (20) Jan 11 - Jan 15	Skill: Receiving - Drill 1 - Drill 2 Footwork - Drills
Week 3 (21) Jan 18 - Jan 22	DodgeBall - Introduction - How to play the game - Equipment - Game exploration - Hand eye drills - Throwing - Catching

Week 4 (22) Jan 25 - Jan 29	Dodgeball team games
Week 5 (23) Feb 1 - Feb 5	Thursday Little New Year's Eve ~ Public Holiday Friday Lunar New Year ~ Public Holiday
<i>February 8 to 12 Chinese New Year Holiday</i>	
Week 6 (24) Feb 15 - Feb 19	Team games
Week 7 (25) Feb 22 - Feb 26	Team games 22-26 IOWA Assessments
Week 8 (26) Mar 1 - Mar 5	Volleyball skills review - Serving/return - Set and bumps Monday Memorial Day ~ Public Holiday T-W-Th Pre-Exam Days
Week 9 (27) Mar 8 - Mar 12	DodgeBall skills/games - Throwing - Catching
Week 10 (28) Mar 15 - Mar 19	PE Exam/PFT
Week 11 (29) Mar 22- Mar 26	Tuesday Major Final Exams half day Wednesday Major Final Exams half day Thurs - Fri Easter Break (Spring Break) ~ Public Holiday
<i>March 25 to April 2 Easter & Spring Break</i>	

Fourth Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (30) Apr 5 - Apr 9	Soccer - Introduction - Equipment - How to play the game - Sports exploration Monday Tomb Sweeping Day ~ Public Holiday Tuesday Children's Day ~ Public Holiday
Week 2 (31) Apr 12 - Apr 16	Skill: Dribbling - Drill 1

	- Drill 2
Week 3 (32) Apr 19 - Apr 23	Skill: Passing - Drill 1 - Drill 2 19 - 23 AP Mock Exams
Week 4 (33) Apr 26 - Apr 30	Skill: Shooting - Drill 1 - Drill 2 Skill: Defending - Drill 1 - Drill 2 T-W-Th Pre-Exam Days Friday Labor Day ~ Public Holiday
Week 5 (34) May 3 - May 7	Soccer mini games 3 - 7 Final Exams (K, Gr. 5, 8, & 12 Only) 3 - 14 AP Exams
Week 6 (35) May 10 - May 14	PE Exam/PFT 3 - 14 AP Exams Wednesday Major Final Exams Undergraduates half day Thursday Major Final Exams Undergraduates half day Friday Record Day ~ Student Holiday
Week 7 (36) May 17 - May 21	PE Review Monday Gr. 12 Recollection (Morning) Monday Baccalaureate Mass (Afternoon, Schoolwide) Wednesday House Sports Day Thursday High School Field Trip Friday House Culminating Activity All Week Student Clearance Days & Special Events
Week 8 (37) May 24 - May 28	PE Review Monday Middle & High School Sports Day Monday LS Field Trip Tuesday Kindergarten Graduation/Gr. 5 Promotion Wednesday Gr. 8 Graduation and Gr. 12 Graduation Thursday Pre-Kindergarten & Gr. 1 - 4, 6 & 7, 9-11 Recognition Friday Last Day of School for Students

