

Physical Education 5



Dominican International School

Course Syllabus

School Year 2026–27



Teacher: Demetrius Binichakis

Teacher/Position: P.E. teacher

Email: dbinichakis@dishs.tp.edu.tw

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 5 Physical Education serves as a bridge between elementary and middle school PE, helping students build confidence, independence, and responsibility in maintaining a healthy lifestyle. Students will learn how regular physical activity, proper fitness habits, and smart health choices contribute to overall well-being.

Throughout the course, students will:

- Develop and refine skills in a variety of individual and team sports.
- Learn and apply basic training principles such as warm-up, cool-down, overload, and recovery.
- Explore the components of fitness (cardiovascular endurance, muscular strength and endurance, flexibility, and body composition).
- Understand basic health and wellness concepts, including the importance of nutrition, hydration, and rest.
- Participate in activities that promote cooperation, teamwork, and sportsmanship.

Students will engage in fun, challenging exercises and games that promote physical development while encouraging them to stay active beyond school hours. By the end of the year, students will

be better equipped to make informed choices about their health and physical activity and will develop positive habits that support lifelong fitness.

2. COURSE OBJECTIVES

The Grade 5 Physical Education program aims to empower students with the knowledge, skills, and attitudes necessary to lead healthy, active lives through meaningful participation in physical activity and sports. Specifically, the course will:

- Introduce students to the nature and background of various individual and team sports, including their history, rules, and cultural significance.
- Help students understand the health and fitness benefits gained from regular participation in physical activity and organized sports.
- Provide students with opportunities to build their physical competence and confidence, enabling them to engage in a wide variety of sports and activities that promote lifelong fitness.
- Guide students in assessing and maintaining personal fitness levels to enhance both health and sports performance.
- Foster a strong sense of fair play, respect, and cooperation, while encouraging students to work effectively in teams and appreciate diverse perspectives and cultures.
- Encourage interdisciplinary learning by integrating physical education concepts with other subject areas such as health, language arts, mathematics, science, social studies, music, and visual arts.
- Develop students' understanding of psychological and sociological principles related to sports and physical activity, such as motivation, teamwork, leadership, and goal setting.
- Strengthen students' ability to apply motor skills, movement concepts, and tactical strategies to improve their performance and understanding of physical activities.

The ultimate goal is to support students in becoming active, healthy, and socially responsible individuals who value the role of physical activity in their daily lives.

3. STUDENT ACTIVITIES

Grade 5 students will participate in a wide range of engaging and purposeful physical activities designed to develop key fitness components such as balance, coordination, strength, agility, endurance, and flexibility. The program also supports the growth of both fine and gross motor skills through dynamic movement experiences.

Key Activities Include:

- **Warm-Up and Cool-Down Routines:** Students will learn proper techniques to prepare their bodies for activity and recover safely afterward.
 - **Fitness and Conditioning Exercises:** Activities such as circuit training, bodyweight exercises, cardio routines, and functional training will be used to build physical strength, endurance, and flexibility.
 - **Movement Awareness and Rhythmic Activities:** Students will explore rhythm, body control, and spatial awareness through dance, creative movement, and simple choreography.
 - **Modified Gymnastics:** Age-appropriate activities such as balancing, rolling, and static holds to build core strength and coordination.
 - **Sport Skills and Game Play:** Introduction to both individual and team sports, focusing on skill development, strategy, and game rules (e.g., basketball, volleyball, badminton, futsal, and more).
 - **Recreational Games and Team Challenges:** Fun and cooperative games that promote teamwork, communication, and leadership.
 - **Basic Coaching and Officiating:** Students will begin to understand roles such as refereeing and coaching, learning how to give feedback and make fair decisions.
 - **Integrated Health and PE Lessons:** Blended learning through online lectures, seatwork, and reading assignments, including journal articles related to health, sports science, and wellness.
 - **Indoor and Outdoor Activities:** Students will experience both indoor gym activities and outdoor physical challenges to keep learning diverse and active year-round.
- All activities are designed to support the development of lifelong fitness habits and to foster a love for physical activity in a positive, inclusive environment.

4. FORMAT OF PE LESSONS

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) (30 %)

- Project based exam
- Sports competition
- Fitness performance

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

9. ATTENDANCE AND P.E. UNIFORM

- Students must be ready for the lesson with completed P.E. uniform after the bell.

If students are later than 2 minutes -5% and the student will be marked as tardy. That includes forgetting PE uniforms.

- 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 when the bell rings.

10. EXCUSES FROM P.E. LESSONS

- If a student is not able 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.

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	Class Orientation • Class introduction • Class rules and expectation • Grading assessment • Syllabus discussion • Quizzes and PFT Friday Opening Mass & Assumption of Our Lady 8:00
Week 2 Aug 17 - 21	Warm-up instruction • Students will learn how to lead a warm-up lesson for 5-10 minutes 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 Aug 24 - 28	Ball handling and dribbling practice: • 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 Aug 31 - Sep 4	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 Sep 7 - 11	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 Sep 14 - 18	Tactical training • Defensive formation • Offensive formation • Practice offensive and defensive: 1 on 1, 2 on 2, 3 on 3. • Strength and conditioning: endurance
Week 7 Sep 21 - 25	PE Exam/PFT Friday Moon Festival - Public Holiday
Week 8 Sep 28 - Oct 2	Monday Confucius' Birthday - Public Holiday Thursday Major Exams Day 1 Friday Major Exams Day 2
Week 9 Oct 5 - 9	Monday Record Day - Student Holiday T-W-Th Teachers Conference - Student Holiday Friday Double 10 Day - Public Holiday

Second Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (10) Oct 12 - 16	Introduction to Volleyball • History • Equipment • Volleyball game rules • How a game to play • Warm-up for volleyball

Week 2 (11) Oct 19 - 23	Defensive stand and forearm passing • Learn the readyFoot work • Contact phase: using cone and tennis ball • Practice forearm passing in pairs • Practice forearm passing against a wall • Strength and conditioning training position
Week 3 (12) Oct 26 - 30	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 Monday Retrocession Day ~ Public Holiday
Week 4 (13) Nov 2 - 6	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 (14) Nov 9 - 13	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
Week 6 (15) Nov 16 - 20	Spiking Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest • 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 (16) Nov 23 - 27	PE Exam/PFT Friday Grade 12 Exams
Week 8 (17) Nov 30 - Dec 4	Game practice • Warm-up • Play games 3x3 players, 4x4 players, 6x6 players

	Monday <i>Grade 12 Exams</i>
Week 9 (18) <i>Dec 7 - Dec 11</i>	Monday <i>TBD</i> Tuesday <i>Foundation Day Mass 9:00, Cutting of the Cake Ceremony, Christmas Fair, (Whole day)</i> Wednesday <i>TBD</i> Thursday <i>Major Final Exams half day</i> Friday <i>Major Final Exams half day</i>
<i>Dec 14 to Jan 1 Christmas Break</i>	

Third Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (19) <i>Jan 4 - Jan 8</i>	Introduction to Badminton • History • Equipment • Badminton game rules • How a game to play • Warm-up for Badminton Monday <i>Record Day – Student Holiday</i> Friday <i>New Year Mass at 8:00</i>
Week 2 (20) <i>Jan 11 - Jan 15</i>	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 (21) <i>Jan 18 - Jan 22</i>	Forehand strokes • Forehand lift • Forehand forecourt clear • Forehand forecourt drive • Strength and conditioning
Week 4 (22) <i>Jan 25 - Jan 29</i>	Backhand strokes • Backhand forecourt lift • Backhand forecourt clear • Backhand forecourt drive • Strength and conditioning
Week 5 (23) <i>Feb 1 - Feb 5</i>	Thursday <i>Little New Year's Eve ~ Public Holiday</i> Friday <i>Lunar New Year ~ Public Holiday</i>

<i>February 8 to 12 Chinese New Year Holiday</i>	
Week 6 (24) <i>Feb 15 - Feb 19</i>	Serving • Forehand and backhand short serve • Forehand and backhand long serve • Reminding court size and rules • Strength and conditioning
Week 7 (25) <i>Feb 22 - Feb 26</i>	Net plays and smash • Forehand and backhand net shots • Forehand and backhand drops • Smash • Strength and conditioning 22-26 IOWA Assessments
Week 8 (26) <i>Mar 1 - Mar 5</i>	Volleyball skills review - serving/return - set and bumps Monday Memorial Day ~ Public Holiday T-W-Th Pre-Exam Days
Week 9 (27) <i>Mar 8 - Mar 12</i>	Games practice and rules review • Warm-up • Single players • Double players
Week 10 (28) <i>Mar 15 - Mar 19</i>	PE Exam/PFT
Week 11 (29) <i>Mar 22- Mar 26</i>	PE sports review 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) <i>Apr 5 - Apr 9</i>	Introduction to Basketball • History • Equipment • Basketball game rules • How a game is being performed • Warm-up for Basketball

	• Strength and conditioning Monday Tomb Sweeping Day ~ Public Holiday Tuesday Children's Day ~ Public Holiday
Week 2 (31) Apr 12 - Apr 16	Passing and receiving • Receive the ball and return to the triple threat position • Chest pass • Bounce pass • Overhead pass • Strength and conditioning
Week 3 (32) Apr 19 - Apr 23	Shooting • Learn a proper form of shooting • Shooting from free throw zone • Shooting to the rim from different distances and angles • Strength and conditioning 19 - 23 AP Mock Exams
Week 4 (33) Apr 26 - Apr 30	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 T-W-Th Pre-Exam Days Friday Labor Day ~ Public Holiday
Week 5 (34) May 3 - May 7	Basketball game rules • Time: 24s, 14s, 8s, 3s • Faults and violations • Strength and conditioning 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	Basketball games 3v3

	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