



PHYSICAL EDUCATION Course Syllabus

GRADE LEVEL: 11

TEACHER: Dr. Gustl B. Pido

SCHOOL YEAR: 2024-2025

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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:

Students will learn how to maintain a healthy lifestyle through exercises and various sports, focusing on physical and mental training to achieve peak performance. They will be introduced to basic training principles that can be applied to daily life, gaining essential health knowledge and practices to make informed health decisions. Topics will include fitness components, athletic training, and both individual and team sports. The aim is for students to enjoy sports and exercise, encouraging them to continue engaging in physical activity and sports beyond school programs.

COURSE OBJECTIVES:

- Discusses the nature/background of sports
- Explain the health and fitness benefits of participating in team and individual sports.
- Activities are designed to build students' knowledge and skills, empowering them to engage in various sports and promote health and fitness.
- Assess and maintain physical fitness levels 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.
- 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 TEXTBOOK & OTHER RESOURCES:

- 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 / Jacalyn L. Lund, Mary Fortman Kirk. – 2nd ed.
- SHAPE America — Society of Health and Physical Educators. (2013). Grade-level outcomes for K-12 physical education. Reston, VA: Author
- Rainer Martens. *Successful Coaching*. American Sport Education Program Founder
- MacDonald,LC., R.J. Doan, and S. Chepko, Eds., 2018. Lesson planning for high school physical education: Meeting the National Standards & Grade Level Outcomes. Reston, VA: SHAPE America- Society of Health and Physical Educators; Champaign, IL: Human Kinetics.
- National Federation of States High School Association

STUDENT ACTIVITIES

Students will be taught various stimulating activities aimed at developing their alertness, balance, coordination, strength, agility, endurance, flexibility, and fine and gross motor skills through movement. Activities include warm-up activities, fitness activities, movement awareness, rhythms and dance, game skills, special games, basic coaching, officiating, and closing activities. These activities are carefully chosen with the child's needs in mind to create a well-balanced physical education lesson.

- Online Class Lectures and Seatwork
- Practicing different types of locomotion
- Recreational activities
- Exercise and fitness indoor and outdoor activities
- Playing different sports
- Circuit training
- Conditioning training

ADDITIONAL INFORMATION:

Formats for proper exercise

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

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

Grading Assessment

The physical education grades are computed as follows:

1. Homework/Seatwork & Projects (30 %)
 - 1.1 Uniform
 - 1.2 Daily Attendance
 - 1.3 Seatwork/Homework
 - 1.4 Online Homework
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
 - 2.4 Online Quizzes
3. Quarter Exam (Practical/Written) (30 %)
4. Department Grade (10 %)

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

Indoor Court Instruction/ Rules and Regulations

1. No teachers/coaches, No using of gym
2. No wet mop
3. No chairs without carpet
4. No drinks and food inside (water bottle must be placed at the designated place)
5. No roller skates and skateboarding
6. No sharp items and high heels
7. No water retention
8. Indoor courts are strictly for Basketball/Volleyball/Badminton only.
9. All Bags will be in the dressing room (bring your things after your P.E class)
10. To keep the gym safe and cleaned up, you should store the equipment you have used properly.

Outdoor Court and Soccer Field Rules and Regulation

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

Guidelines for working with groups

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

Attendance

1. Students are expected to arrive at the designated area no later than 10 minutes after the bell. Arriving more than 10 minutes late will result in being marked as tardy.
2. The class will be dismissed 5-8 minutes before the dismissal bell to prepare to change their clothes.
3. Students should leave immediately after P.E. class to attend class or lunchtime.

Students with any health-related issue must notify the school nurse and their PE teacher.

Excuses

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

Teaching Strategies Additional Information

The teaching strategies depend on student learning styles and behavior in class. The teacher uses google classroom for posting homework, advance announcements, PowerPoint presentations, health articles, and sports and fitness-related videos.

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:

1. Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and
1. 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.
2. Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.
3. 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 Grade 11 **1st QUARTER – TENTATIVE COURSE CONTENT**

<i>Extending Students' Skills and Knowledge to Advance Fitness Testing and Evaluation</i>	
<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
<p style="text-align: center;">Week 1 Aug 12th to 16th 4 Days of Class 12~ First Day / Orientation Day 15~ Opening Mass & Assumption of Our Lady 8:00 15~ Induction of Class, Student Council Officers and DYM</p>	<p>Class Orientation</p> <ul style="list-style-type: none"> ➤ Self-introduction ➤ Grading assessment ➤ Syllabus discussion ➤ Class rules and expectation
<p style="text-align: center;">Week 2 Aug 19th to 23rd</p>	<p>Physical Fitness Test 2</p> <ul style="list-style-type: none"> ➤ Pre-test heart rate measurement ➤ Warm-up/12 minutes running test ➤ Strength tests: push-up and squats ➤ Post-test heart rate measurement ➤ Results discussion and reminding
<p style="text-align: center;">Week 3 Aug 26st to 30th 26~Fire drill?</p>	<p>Fitness Training 2: Lower body</p> <ul style="list-style-type: none"> ➤ Warm-up

<p>26~Middle and High School Catholic Bridge Program (after assembly) 28~St. Dominic de Guzman Feast Day Celebration</p>	<ul style="list-style-type: none"> ➤ Squats: Static/ dynamic ➤ Lunges: Static/ dynamic <p>Plyometric training for lower body</p>
<p>Week 4 Sep 2nd to 6th 2~House Ceremony</p>	<p>Fitness Training 2: Upper body</p> <ul style="list-style-type: none"> ➤ Pulls ➤ Pushes: Static/ dynamic ➤ Arms and shoulders ➤ Strength and conditioning training
<p>Week 5 Sep 9th to 13th 9~ Mass & Birthday Mother Mary & VIP Induction</p>	<p>Fitness Training 2: Core</p> <ul style="list-style-type: none"> ➤ Plank: Static/ dynamic ➤ Bridge: Static/ dynamic ➤ Strength and conditioning training
<p>Week 6 Sep 16th to 20th 1 Day of Class 17~Moon Festival 18-20~ Teacher's Conference</p>	<p>Fitness Training 2: Speed and agility</p> <ul style="list-style-type: none"> ➤ Quickness/ High knees ➤ 30m and 60m sprint <p>Agility drills</p>
<p>Week 7 Sep 23rd to 27th 24-26~Pre-Exam Days</p>	<p>Review</p> <ul style="list-style-type: none"> ➤ Design and perform a HIIT session (5 exercises) that targets main muscle groups. ➤ Discuss and modify the lesson and be ready for the P.E. exams.
<p>Week 8 Sep 30th to Oct 4th</p>	<p>P.E exams</p>
<p>Week 9 Oct 7th to 11th 1 Day of Class 7~Launching - Rosary Month and Bullying Prevention Day 8-9 ~Q1 Exams 10~Double Ten 11~Record Day</p>	<p>Q1 Exams (Major subjects)</p>

2nd QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to Injury Prevention and Training Competitive Sports	
<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments Basketball/ Fitness/ Volleyball
<p>Week 1 (10) Oct 14th to 18th 14~ Second Quarter Begins</p>	<ul style="list-style-type: none"> • Injury Prevention • Rules and Regulation of Basketball • Sports Activity
<p>Week 2 (11) Oct 21st to 25th</p>	<ul style="list-style-type: none"> • Knowing the Equipment

25 – Book Fair 25- Masquerade Night	<ul style="list-style-type: none"> Coaching Skills <ul style="list-style-type: none"> Dribbling Passing
Week 3 (12) Oct 28th to Nov 1st 1-All Saint's Day Mass	<ul style="list-style-type: none"> Athletic Training Application of Sports Activity <ul style="list-style-type: none"> Dribbling of ball Passing Defensive
Week 4 (13) Nov 4th to Nov 8th	<ul style="list-style-type: none"> Application of Sports Activity <ul style="list-style-type: none"> Dribbling of ball Passing Defensive Offensive
Week 5 (14) Nov 11th to 15th	<ul style="list-style-type: none"> Group Game <ul style="list-style-type: none"> Sports Activity Application of basketball skills
Week 6 (15) Nov 18th to 22nd 22-Gr.12 Q2 Exam 22 - YSC Contest	<ul style="list-style-type: none"> Fitness Testing 2 Group Game 3 on 3 basketball game
Week 7 (16) Nov 25th to 29th 25-Gr.12 Q2 Exam 26-28--Pre-Exam Day	<ul style="list-style-type: none"> Group Game 5 vs 5 basketball game
Week 8 (17) Dec 2nd to Dec 6th 6~Half Day Foundation Day Celebrations	<ul style="list-style-type: none"> Group Game <ul style="list-style-type: none"> Sports Activity Application of basketball skills
Week 9 (18) Dec 9th to 13th 3 Days of Class 12-13 ~Q2 Exams	P.E. Exams Q1 Exams (Major subjects)
Dec 16 th to Jan 3 rd	Christmas Break

3rd QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to Individual Sports	
<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
Week 1 (19) Jan 6th to 10th 4 Days of Class 6-Record Day	Table tennis training <ul style="list-style-type: none"> ➤ History

<p>7~Third Quarter Begins 10 ~ New Year Mass</p>	<ul style="list-style-type: none"> ➤ Equipment ➤ Rules ➤ How to play the game <p>Gripping the paddle and ball controlling</p> <ul style="list-style-type: none"> ➤ Shake-hand grip: Neutral grip, strong forehand grip, strong backhand grip. ➤ Pen-hold grip: Neutral grip, strong forehand grip, strong backhand grip. ➤ Practice Shake-hand neutral grip: ball bouncing <p>Practice bouncing the ball with forehand, backhand, and alternative.</p>
<p>Week 2 (20) Jan 13th to 17th</p>	<p>Ready position and footwork</p> <ul style="list-style-type: none"> ➤ Learn the ready position: feet, knees, arms, paddle ➤ Learn the footwork: one step to right and left, two steps to right and left. ➤ Practice forehand and backhand stroke without a ball. ➤ Strength and conditioning training
<p>Week 3 (21) Jan 20th to 24th</p>	<p>Forehand Drive</p> <ul style="list-style-type: none"> ➤ Back swing phase ➤ Contact phase: How, when, and where ➤ Follow through phase ➤ Recovery phase ➤ Strength and conditioning training
<p>Jan 27th to Jan 31st</p>	<p style="text-align: center;">Chinese New Year</p>
<p>Week 4 (22) Feb 3rd to 7th</p>	<p>Backhand Drive</p> <ul style="list-style-type: none"> ➤ Back swing phase ➤ Contact phase: How, when, and where ➤ Follow through phase ➤ Recovery phase ➤ Strength and conditioning training
<p>Week 5 (23) Feb 10th to 14th 1-14~Catholic Week</p>	<p>Forehand and backhand pushes</p> <ul style="list-style-type: none"> ➤ Back swing phase ➤ Contact phase: How, when, and where ➤ Follow through phase ➤ Recovery phase ➤ Strength and conditioning training
<p>Week 6 (24) Feb 17th to 21st</p>	<p>Serving and return serving</p> <ul style="list-style-type: none"> ➤ Forehand serving grip ➤ Backhand serving grip ➤ How, when, and where

	Strength and conditioning training
Week 7 (25) Feb 24th to 28th 4 Days of Class 24~Lenten Mass? 25-27 ~ Pre-Exam Days 24-27~IOWA Assessments 28 ~ Memorial Day Holiday	Practice playing and to be a judge <ul style="list-style-type: none"> ➤ The differences between single and double players. ➤ Scoring system. ➤ How a judge controls the game.
Week 8 (26) March 3rd to 7th 5~ Ash Wednesday	P.E. Exams
Week 9 (27) March 10th to 14th 4 Days of Class 14 – Q3 Exams	Q3 Exams (Major subjects)

4th QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to Multi-Sports	
<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments Volleyball/Track and Field
Week 1 (28) March 17th 21st 4 Days of Class 17 – Q3 Exams 18~ Fourth Quarter Begins 18~ Fire Drill? 19~ Feast of St. Joseph	<ul style="list-style-type: none"> • • History of badminton • Rules of badminton Sports activity
Week 2 (29) March 24th to 28th	<ul style="list-style-type: none"> • Introduction of Track and field event • 100 sprints • 200 Sprints Running drills
Week 3 (30) March 31st to April 4th 4 Days of Class 4~Tomb Sweeping	<ul style="list-style-type: none"> • How body works • Badminton clear shots • Practicing the skills • Sports Activity
Week 4 (31) Apr 7th to 11th	Shooting practice 1 <ul style="list-style-type: none"> ➤ Inside foot and laces ➤ Shooting with a stable ball ➤ Shooting with a moving ball ➤ Strength and conditioning
April 14th to April 18th	Easter Break

<p>Week 5 (32) Apr 21st to 25th 23~Easter Mass 21-25 ~ AP Mock Exams 26~Spring Fair</p>	<ul style="list-style-type: none"> • Body composition • Badminton serves • Practicing the serve skills <p>Sports Activity</p>
<p>Week 6 (33) Apr 28th to May 2nd 4/29-5/1~ Pre-Exam Days 1-2~ Final Exams (K, 5, 8, 12 only)</p>	<ul style="list-style-type: none"> • Badminton smash • Skills practice • Playing sports
<p>Week 7 (34) May 5th to 9th 5-9~ Final Exams (K, 5, 8, 12 only) 5-9 ~ AP Exams</p>	<ul style="list-style-type: none"> • Skills practice • Playing Sports
<p>Week 8 (35) May 12th to 16th <u>4 Days of Class</u> 14-15~ Q4 Exam 16~ Record Day 12-16 ~ AP Exams</p>	<ul style="list-style-type: none"> ➤ Final Exam for P.E ➤ Quarter Exam
<p>Week 9 (36) May 19th to 23rd 19-23 ~ Student Clearance 19~ Baccalaureate Mass 23~Gr. 6 – 7 Recognition and Gr. 8 Graduation</p>	<p>Gr. 6- 7 Recognition Gr. 8 Graduation</p>
<p>Week 10 (37) May 26th to 30th <u>4 Days of Class</u> 26~House Culminating Activity 27~Gr. 9-11 Recognition and Gr. 12 Graduation 28! Class Party 29- ~ Students Last Day 30~ Teachers/Staff Meeting</p>	<p>Gr. 9-11 Recognition Gr. 12 Graduation</p>