



SUBJECT: Physical Education

GRADE LEVEL: Grade 5

TEACHER: Emily Lacangan

SCHOOL YEAR: 2024-2025

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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 results of a highly effective education program. States and native school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

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 dancing, more advance fitness, calisthenics, and maximum individual, dual and team sports skills. In addition, emphasis on developing values like sportsmanship, perseverance, team game and fair play are incorporated to every activity.

COURSE OBJECTIVES:

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 TEXTBOOK & 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, Paker Publishing Company, West Nyack, New York 10995

ASSESSMENT:

- Homework, seatwork and projects
 - Uniform
 - Daily Attendance
- Quizzes/ Performance in class
 - Daily effort in participating sports and exercise activities
 - Individual skills in sports and exercise
- Quarter Exam (Practical/Written)
- Department Grade

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 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
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. 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.
10. Be responsible in returning the equipment that you have borrowed from the store room.

Guidelines for working with groups

- Respect everyone's feelings
- Use each other's' strengths, not weaknesses
- Give regeneration when someone does something well
- Compete to enhance your group, not necessarily against other groups
- Safety first
- Anticipate unsafe situations
- Try everyone's suggestions then formulate/try what is going to best suit your group.

Attendance

Students are expected to meet at the designated area, no later than 5 minutes after the bell. If they are later than 5 minutes, the student will be marked as tardy. Class will be dismissed 5-8 minutes before the dismissal bell to prepare changing their clothes

Students with any type of 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 to bring a note from 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

The teaching strategies depend on student learning styles and behavior in class. The teacher uses the google classroom for posting homework, advance announcement, PowerPoint presentation, health articles, 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: Gr.5
1st QUARTER – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)

Week / Date	Topic / Projects / Assessments
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	Orientation Self Introduction Reminder- DO AND DON'TS Annual Lessons Presentation Physical Fitness Test for Grade 5 <ul style="list-style-type: none"> - sit ups - zipper test - high jump using the box - Endurance- jumping rope - BMI computation
Week 2 Aug 19th to 23rd	Introduction to Basketball -equipment -how to play the game -skills

	<ul style="list-style-type: none"> dribbling
<p>Week 3 Aug 26st to 30th 26~Fire drill? 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"> passing shooting officiating <p>Weight Training -kettlebell/planking</p> <p>Endurance Training Running</p>
<p>Week 4 Sep 2nd to 6th 2~House Ceremony</p>	<p>Combination of skills -passing and shooting -dribbling and passing -dribbling and shooting</p> <p>Weight Training - kettlebell/planking</p> <p>Endurance Training - Running</p>
<p>Week 5 Sep 9th to 13th 9~ Mass & Birthday Mother Mary& VIP Induction</p>	<p>Assessment of skills</p> <ul style="list-style-type: none"> dribbling shooting passing
<p>Week 6 Sep 16th to 20th 1 Day of Class 17~Moon Festival 18-20~ Teacher's Conference</p>	<p>Mini-game/ Team game Group 1v2 Group 3v4 Winner vs. Winner Loser vs. Loser</p>
<p>Week 7 Sep 23rd to 27th 24-26~Pre-Exam Days</p>	<p>Team game -continuation -assessment</p>
<p>Week 8 Sep 30th to Oct 4th</p>	<p>First Quarter Exam</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>Badminton</p> <ul style="list-style-type: none"> introduction how to play the game equipment game exploration officiating <p>Kettlebell training</p> <ul style="list-style-type: none"> by group solo

2nd QUARTER – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)

Week / Date	Topic / Projects / Assessments
<p>Week 1 (10) Oct 14th to 18th 14~ Second Quarter Begins</p>	<p>Skill: Receiving</p> <ul style="list-style-type: none"> with a partner <p>Grip</p> <ul style="list-style-type: none"> by group <p>Skill: Service</p> <ul style="list-style-type: none"> with a partner <p>Footwork</p>

	- by group
Week 2 (11) Oct 21st to 25th 25 – Book Fair 25- Masquerade Night	Fast Match - with the teacher
Week 3 (12) Oct 28th to Nov 1st 1-All Saint's Day Mass	Assessment: - receiving - serving
Week 4 (13) Nov 4th to Nov 8th	Team game - 1v1
Week 5 (14) Nov 11th to 15th	Team game -2v2 - assessment
Week 6 (15) Nov 18th to 22nd 22-Gr.12 Q2 Exam 22 - YSC Contest	Volleyball - how to play the game - equipment - game exploration - wall activities - officiating
Week 7 (16) Nov 25th to 29th 25-Gr.12 Q2 Exam 26-28~Pre-Exam Day	Skill: Receiving - drill 1 - drill 2 Footwork - drill 1 - drill 2
Week 8 (17) Dec 2nd to Dec 6th 6~Half Day Foundation Day Celebrations	Skill: Passing - drill 1 - drill 2
Week 9 (18) Dec 9th to 13th 3 Days of Class 12-13 ~Q2 Exams	Second Quarter Exam
Dec 16th to Jan 3rd	Christmas Break

3rd QUARTER – TENTATIVE COURSE CONTENT

<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 7~Third Quarter Begins 10 ~ New Year Mass	Table tennis - equipment - how to play the game - history - game exploration - officiating Dumbbells Activities
Week 2 (20) Jan 13th to 17th	Skills: Exploration Receiving - with a partner Grip - by group

Week 3 (21) Jan 20th to 24th	Skills: Exploration Serving <ul style="list-style-type: none"> - with a partner Footwork <ul style="list-style-type: none"> - by group
Jan 27th to Jan 31st	Chinese New Year
Week 4 (22) Feb 3rd to 7th	Assessment <ul style="list-style-type: none"> - Serving - Receiving
Week 5 (23) Feb 10th to 14th <i>1-14~Catholic Week</i>	Team Game 1v1
Week 6 (24) Feb 17th to 21st	Team Game <ul style="list-style-type: none"> - 2v2 - assessment
Week 7 (25) Feb 24th to 28th 4 Days of Class <i>24~Lenten Mass?</i> <i>25-27 ~ Pre-Exam Days</i> <i>24-27~IOWA Assessments</i> <i>28 ~ Memorial Day Holiday</i>	Athletics <ul style="list-style-type: none"> - high jump - long jump
Week 8 (26) March 3rd to 7th <i>5~ Ash Wednesday</i>	Athletics: continuation <ul style="list-style-type: none"> - high jump - long jump
Week 9 (27) March 10th to 14th 4 Days of Class <i>14 – Q3 Exams</i>	Third Quarter Exams

4th QUARTER – TENTATIVE COURSE CONTENT

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
Week 1 (28) March 17th 21st 4 Days of Class <i>17 – Q3 Exams</i> <i>18~ Fourth Quarter Begins</i> <i>18~ Fire Drill?</i> <i>19~ Feast of St. Joseph</i>	Soccer <ul style="list-style-type: none"> - introduction - equipment - how to play the game - sports exploration - Running and Relay - officiating
Week 2 (29) March 24th to 28th	Skill: Passing <ul style="list-style-type: none"> - drill Skill: Shooting <ul style="list-style-type: none"> - drill Skill: Defending <ul style="list-style-type: none"> - drill Combination of Skills
Week 3 (30) March 31st to April 4th 4 Days of Class	Team Game Training

4~Tomb Sweeping	
Week 4 (31) Apr 7th to 11th	Team game
April 14th to April 18th	Easter Break
Week 5 (32) Apr 21st to 25th 23~Easter Mass 21-25 ~ AP Mock Exams 26~Spring Fair	Team game
Week 6 (33) Apr 28th to May 2nd 4/29-5/1~ Pre-Exam Days 1-2~ Final Exams (K, 5, 8, 12 only)	Fourth Quarter Exam
Week 7 (34) May 5th to 9th 5-9~ Final Exams (K, 5, 8, 12 only) 5-9 ~ AP Exams	Culminating activities- mini tournament - basketball -volleyball
Week 8 (35) May 12th to 16th 4 Days of Class 14-15~ Q4 Exam 16~ Record Day 12-16 ~ AP Exams	Culminating activities- mini tournament - badminton - table tennis
Week 9 (36) May 19th to 23rd 19-23 ~ Student Clearance 19~ Baccalaureate Mass 23~Gr. 6 – 7 Recognition and Gr. 8 Graduation	- soccer - athletics
Week 10 (37) May 26th to 30th 4 Days of Class 26~House Culminating Activity 27~Gr. 9-11 Recognition and Gr. 12 Graduation 28! Class Party 29- ~ Students Last Day 30~ Teachers/Staff Meeting	Year-end Activities - recreational games/ parlor games - picnic