

# Dominican International School, Taipei



## PHYSICAL EDUCATION

### Course Syllabus

**GRADE LEVEL:** Grade-7  
**TEACHER:** Dr. John Nguyen

**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 result of a highly effective physical education program. State school districts across the country use the National Standards to develop or revise existing standards, frameworks, and curricula.

### 1. COURSE DESCRIPTION

The Students will learn how to maintain a healthy lifestyle through performing sports skills and exercises. They will also learn basic training principles, basic health knowledge, and practices to ensure that they will be able to make wise health decisions for their life. Topics would include fitness components, athletic training, and individual and team sports. The students have fun enjoying sports and exercise, aiming to mold students' behavior to engage in physical activity and sports even outside the school programs.

### 2. COURSE GOAL

- Discusses the nature/ background of sports
- Explains health and fitness benefits derived from playing team/individual sports.
- Activities are expected to have the opportunity to build their knowledge and skills which empowers students to engage in different kinds of sports, to promote health and fitness.

- Assess and maintain a level of physical fitness 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.

### **3. STUDENT ACTIVITIES**

Students will be taught various stimulating activities to develop 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, play gymnastics, 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
- Recreational activities
- Exercise and fitness indoor and outdoor activities
- Playing different sports
- Circuit training
- Strength and conditioning training
- Functional training
- Reading journal papers on physical education, health, and sports

### **4. FORMATS FOR P.E. 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/Written) (30 %)**

- Project based exam
- Sports competition
- Fitness performance
- Written exam

### **Department Grade (10 %)**

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

## **6. INDOOR COURT INSTRUCTION/ RULES AND REGULATION**

- 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 REGULATION**

- 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**

- 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, no later than 5 minutes after the bell. If students are later than 5 minutes, the student will be marked as tardy. If students go to P.E. class with no P.E. uniform
- Middle and high school students will have 5 minutes before the bell rings to change back to their school uniform.
- 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 at the bell ring.

## **10. EXCUSES**

- If a student is not 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.

**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.

**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**

**SUBJECT: PHYSICAL EDUCATION 7**  
**1st QUARTER – TENTATIVE COURSE CONTENT**

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	General Fitness Training (Basic level)
<b>Week 1</b> <b>Aug 12<sup>th</sup> to 16<sup>th</sup></b> <b>4 Days of Class</b> 12~ First Day / Orientation Day 15~ Opening Mass & Assumption of Our Lady 8:00	<b>Class Orientation</b> <ul style="list-style-type: none"> <li>➤ Class introduction</li> <li>➤ Class rules and expectation</li> </ul>

<p>15~ Induction of Class, Student Council Officers and DYM</p>	<ul style="list-style-type: none"> <li>➤ Grading assessment</li> <li>➤ Syllabus discussion</li> <li>➤ Quizzes and quarter exam</li> </ul>
<p><b>Week 2</b> <b>Aug 19<sup>th</sup> to 23<sup>rd</sup></b></p>	<p><b>Warm-up instruction</b></p> <ul style="list-style-type: none"> <li>➤ Students will learn how to do a warm-up lesson for 5-10 minutes</li> </ul> <p><b>Physical Fitness Test ( 3 min step test)</b></p> <ul style="list-style-type: none"> <li>➤ Pre-test heart rate measurement: in 60 seconds</li> <li>➤ Warm-up: stretching</li> <li>➤ 3 minutes step test: frequency of 30 steps/ min</li> <li>➤ Post-test heart rate measurement: immediate and 5 mins after the test</li> <li>➤ Results discussion and reminding</li> </ul>
<p><b>Week 3</b> <b>Aug 26<sup>st</sup> to 30<sup>th</sup></b> 26~Fire drill? 26~Middle and High School Catholic Bridge Program (after assembly) 28~St. Dominic de Guzman Feast Day Celebration</p>	<p><b>Body weight exercise for lower body</b></p> <ul style="list-style-type: none"> <li>➤ Squats: regular squat/ ski squat/ sumo squat/ split squat/ single leg squat/ static- dynamic</li> <li>➤ Lunges: regular lunges/ side lunges/ static- dynamic</li> </ul>
<p><b>Week 4</b> <b>Sep 2<sup>nd</sup> to 6<sup>th</sup></b> 2~House Ceremony</p>	<p><b>Body weight exercise for upper body</b></p> <ul style="list-style-type: none"> <li>➤ Pushes: elevated push/ regular push/ static- dynamic</li> <li>➤ Pulls</li> <li>➤ Strength and conditioning training</li> </ul>
<p><b>Week 5</b> <b>Sep 9<sup>th</sup> to 13<sup>th</sup></b> 9~ Mass &amp; Birthday Mother Mary&amp; VIP Induction</p>	<p><b>Body weight exercise for core</b></p> <ul style="list-style-type: none"> <li>➤ Plank: regular plank/ side plank/ static- dynamic</li> <li>➤ Glute bridge: double legs, single leg, static- dynamic</li> <li>➤ Strength and conditioning training</li> </ul>
<p><b>Week 6</b> <b>Sep 16<sup>th</sup> to 20<sup>th</sup></b> <b>1 Day of Class</b> 17~Moon Festival 18-20~ Teacher's Conference</p>	<p><b>Body weight exercise for whole body</b></p> <ul style="list-style-type: none"> <li>➤ Jumping jack</li> <li>➤ High knee/ shuttle run</li> <li>➤ Burpee: double legs, single leg, static- dynamic</li> <li>➤ Plyometric training: using fitness box</li> </ul>
<p><b>Week 7</b> <b>Sep 23<sup>rd</sup> to 27<sup>th</sup></b> 24-26~Pre-Exam Days</p>	<p><b>Review and revise</b></p> <ul style="list-style-type: none"> <li>➤ Design and perform a HIIT session (10 exercises) that targets main muscle groups.</li> <li>➤ Discuss and modify the lesson and be ready for the P.E. exams.</li> </ul>

<b>Week 8</b> Sep 30 <sup>th</sup> to Oct 4 <sup>th</sup>	<b>P.E. Exams</b>
<b>Week 9</b> Oct 7 <sup>th</sup> to 11 <sup>th</sup> <b>1 Day of Class</b> 7~Launching - Rosary Month and Bullying Prevention Day 8-9 ~Q1 Exams 10~Double Ten 11~Record Day	<b>Q1 Exams (Major subjects)</b>

## 2<sup>nd</sup> QUARTER – TENTATIVE COURSE CONTENT

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Volleyball Training (Basic level)
<b>Week 1 (10)</b> Oct 14 <sup>th</sup> to 18 <sup>th</sup> <i>14~ Second Quarter Begins</i>	<b>Introduction to Volleyball</b> <ul style="list-style-type: none"> <li>➤ History</li> <li>➤ Equipment</li> <li>➤ Volleyball game rules</li> <li>➤ How a game is being performed</li> <li>➤ Warm-up for volleyball</li> </ul>
<b>Week 2 (11)</b> Oct 21 <sup>st</sup> to 25 <sup>th</sup> <i>25 – Book Fair</i> <i>25- Masquerade Night</i>	<b>Forearm passing</b> <ul style="list-style-type: none"> <li>➤ Learn the ready position</li> <li>➤ Foot work</li> <li>➤ Contact phase: using cone and tennis ball</li> <li>➤ Practice forearm passing in pairs</li> <li>➤ Practice forearm passing against a wall</li> <li>➤ Strength and conditioning training</li> </ul>
<b>Week 3 (12)</b> Oct 28 <sup>th</sup> to Nov 1 <sup>st</sup> <i>1-All Saint's Day Mass</i>	<b>Underhand serving</b> <ul style="list-style-type: none"> <li>➤ Learn the ready position</li> <li>➤ Toss and swing the serving hand</li> <li>➤ Contact phase</li> <li>➤ Practice underhand serving against a wall and with partner</li> <li>➤ Strength and conditioning training</li> </ul>
<b>Week 4 (13)</b> Nov 4 <sup>th</sup> to Nov 8 <sup>th</sup>	<b>Serving and passing</b> <ul style="list-style-type: none"> <li>➤ Practice serving and passing against a wall</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Practice serving and passing in pairs</li> <li>➤ Volleyball games using underhand serve and forearm pass (low net)</li> <li>➤ Strength and conditioning training</li> </ul>
<b>Week 5 (14)</b> <b>Nov 11<sup>th</sup> to 15<sup>th</sup></b>	<b>Setting</b> <ul style="list-style-type: none"> <li>➤ Learn ready position</li> <li>➤ Hand placement (in a shape of the ball)</li> <li>➤ Contact and following through</li> <li>➤ Practice setting: slow motion, against a wall, with partners</li> <li>➤ Strength and conditioning training</li> </ul>
<b>Week 6 (15)</b> <b>Nov 18<sup>th</sup> to 22<sup>nd</sup></b> <small>22-Gr.12 Q2 Exam</small> <small>22 - YSC Contest</small>	<b>Spiking</b> <ul style="list-style-type: none"> <li>➤ Learn the footwork (three steps approach)</li> <li>➤ Learn the hitting arm movement (swing)</li> <li>➤ Learn the contact phase: hanging ball, toss ball</li> <li>➤ Strength and conditioning training</li> </ul>
<b>Week 7 (16)</b> <b>Nov 25<sup>th</sup> to 29<sup>th</sup></b> <small>25-Gr.12 Q2 Exam</small> <small>26-28~Pre-Exam Day</small>	<b>Game practice</b> <ul style="list-style-type: none"> <li>➤ Warm-up</li> <li>➤ Play games 3x3 players, 4x4 players, 6x6 players</li> </ul>
<b>Week 8 (17)</b> <b>Dec 2<sup>nd</sup> to Dec 6<sup>th</sup></b> <b>6~Half Day</b> <small>Foundation Day Celebrations</small>	<b>P.E exams</b>
<b>Week 9 (18)</b> <b>Dec 9<sup>th</sup> to 13<sup>th</sup></b> <b>3 Days of Class</b> <small>12-13 ~Q2 Exams</small>	<b>Q2 Exams (Major subjects)</b>
<b>Dec 16<sup>th</sup> to Jan 3<sup>rd</sup></b>	<b>Christmas Break</b>

### 3rd QUARTER – TENTATIVE COURSE CONTENT

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

Week / Date	Badminton Training (Basic level)
<b>Week 1 (19)</b> <b>Jan 6<sup>th</sup> to 10<sup>th</sup></b> <b>4 Days of Class</b> <small>6~Record Day</small> <small>7~Third Quarter Begins</small> <small>10 ~ New Year Mass</small>	<b>Introduction to Badminton</b> <ul style="list-style-type: none"> <li>➤ History</li> <li>➤ Equipment</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Badminton game rules</li> <li>➤ How a game is being performed</li> <li>➤ Warm-up for Badminton</li> </ul>
<p><b>Week 2 (20)</b> Jan 13<sup>th</sup> to 17<sup>th</sup></p>	<p><b>Grips and footwork</b></p> <ul style="list-style-type: none"> <li>➤ Lean the grips for forehand and backhand stroke</li> <li>➤ Ready position</li> <li>➤ Footwork: Lunges, scissor, side shuffle, and split step.</li> <li>➤ Juggling the shuttlecock using two sides of the racket</li> <li>➤ Strength and conditioning</li> </ul>
<p><b>Week 3 (21)</b> Jan 20<sup>th</sup> to 24<sup>th</sup></p>	<p><b>Forehand strokes</b></p> <ul style="list-style-type: none"> <li>➤ Forehand forecourt clear</li> <li>➤ Forehand forecourt drive</li> <li>➤ Strength and conditioning</li> </ul>
<p>Jan 27<sup>th</sup> to Jan 31<sup>st</sup></p>	<p><b>Chinese New Year</b></p>
<p><b>Week 4 (22)</b> Feb 3<sup>rd</sup> to 7<sup>th</sup></p>	<p><b>Backhand strokes</b></p> <ul style="list-style-type: none"> <li>➤ Backhand forecourt clear</li> <li>➤ Backhand forecourt drive</li> <li>➤ Strength and conditioning</li> </ul>
<p><b>Week 5 (23)</b> Feb 10<sup>th</sup> to 14<sup>th</sup> <small>1-14~Catholic Week</small></p>	<p><b>Serving</b></p> <ul style="list-style-type: none"> <li>➤ Forehand and backhand short serve</li> <li>➤ Forehand and backhand long serve</li> <li>➤ Reminding court size and rules</li> <li>➤ Strength and conditioning</li> </ul>
<p><b>Week 6 (24)</b> Feb 17<sup>th</sup> to 21<sup>st</sup></p>	<p><b>Net plays</b></p> <ul style="list-style-type: none"> <li>➤ Forehand forecourt lift</li> <li>➤ Backhand forecourt lift</li> <li>➤ Forehand and backhand net shots</li> <li>➤ Strength and conditioning</li> </ul>
<p><b>Week 7 (25)</b> Feb 24<sup>th</sup> to 28<sup>th</sup> <b><u>4 Days of Class</u></b> <small>24~Lenten Mass? 25-27 ~ Pre-Exam Days 24-27~IOWA Assessments 28 ~ Memorial Day Holiday</small></p>	<p><b>Practice games</b></p> <ul style="list-style-type: none"> <li>➤ Warm-up</li> <li>➤ Single players</li> <li>➤ Double players</li> </ul>

<b>Week 8 (26)</b> March 3 <sup>rd</sup> to 7 <sup>th</sup> 5~ Ash Wednesday	<b>P.E. Exams</b>
<b>Week 9 (27)</b> March 10 <sup>th</sup> to 14 <sup>th</sup> <b>4 Days of Class</b> 14 - Q3 Exams	<b>Q3 Exams (Major subjects)</b>

## 4th QUARTER – TENTATIVE COURSE CONTENT

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Basketball Training (Basic level)
<b>Week 1 (28)</b> <b>March 17<sup>th</sup> 21<sup>st</sup></b> <b>4 Days of Class</b> 17 - Q3 Exams 18~ Fourth Quarter Begins 18~ Fire Drill? 19~ Feast of St. Joseph	<b>Introduction to Basketball</b> <ul style="list-style-type: none"> <li>➤ History</li> <li>➤ Equipment</li> <li>➤ Basketball game rules</li> <li>➤ How a game is being performed</li> <li>➤ Warm-up for Basketball</li> <li>➤ Strength and conditioning</li> </ul>
<b>Week 2 (29)</b> <b>March 24<sup>th</sup> to 28<sup>th</sup></b>	<b>Ball controlling and dribbling</b> <ul style="list-style-type: none"> <li>➤ Triple threat position</li> <li>➤ Knee dribbling (right-left hand)</li> <li>➤ Low dribbling (right-left hand)</li> <li>➤ High dribbling (right-left hand)</li> <li>➤ Games for dribbling drills</li> <li>➤ Strength and conditioning</li> </ul>
<b>Week 3 (30)</b> <b>March 31<sup>st</sup> to April 4<sup>th</sup></b> <b>4 Days of Class</b> 4~Tomb Sweeping	<b>Passing and receiving</b> <ul style="list-style-type: none"> <li>➤ Receive the ball and return to the triple threat position</li> <li>➤ Chest pass</li> <li>➤ Bounce pass</li> <li>➤ Overhead pass</li> <li>➤ Strength and conditioning</li> </ul>
<b>Week 4 (31)</b> <b>Apr 7<sup>th</sup> to 11<sup>th</sup></b>	<b>Shooting</b>

	<ul style="list-style-type: none"> <li>➤ Learn a proper form of shooting</li> <li>➤ Shooting from free throw zone</li> <li>➤ Shooting to the rim from different distances and angles</li> <li>➤ Strength and conditioning</li> </ul>
<b>April 14<sup>th</sup> to April 18<sup>th</sup></b>	<b>Easter Break</b>
<p><b>Week 5 (32)</b>  <b>Apr 21<sup>st</sup> to 25<sup>th</sup></b>  23~Easter Mass  21-25 ~ AP Mock Exams  26~Spring Fair</p>	<p><b>Defense</b></p> <ul style="list-style-type: none"> <li>➤ Purpose of defending</li> <li>➤ Proper form for defending: man to man defense, zone defense, half court press defense</li> <li>➤ One on one, two on two, and three on three defensive game drills</li> <li>➤ Strength and conditioning</li> </ul>
<p><b>Week 6 (33)</b>  <b>Apr 28<sup>th</sup> to May 2<sup>nd</sup></b>  4/29-5/1~ Pre-Exam Days  1-2~ Final Exams (K, 5, 8, 12 only)</p>	<p><b>Basketball game rules</b></p> <ul style="list-style-type: none"> <li>➤ Time: 24s, 14s, 8s, 3s</li> <li>➤ Faults and violations</li> <li>➤ Strength and conditioning</li> </ul>
<p><b>Week 7 (34)</b>  <b>May 5<sup>th</sup> to 9<sup>th</sup></b>  5-9~ Final Exams (K, 5, 8, 12 only)  5-9 ~ AP Exams</p>	<b>P.E. Exams</b>
<p><b>Week 8 (35)</b>  <b>May 12<sup>th</sup> to 16<sup>th</sup></b>  <u><b>4 Days of Class</b></u>  14-15~ Q4 Exam  16~ Record Day  12-16 ~ AP Exams</p>	<b>Q4 Exams (Major subjects)</b>
<p><b>Week 9 (36)</b>  <b>May 19<sup>th</sup> to 23<sup>rd</sup></b>  19-23 ~ Student Clearance  19~ Baccalaureate Mass  23~Gr. 6 - 7 Recognition and Gr. 8 Graduation</p>	<b>Student clearance week</b>
<p><b>Week 10 (37)</b>  <b>May 26<sup>th</sup> to 30<sup>th</sup></b>  <u><b>4 Days of Class</b></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>	<b>Graduation week</b>