



PHYSICAL EDUCATION

Course Syllabus

GRADE LEVEL: 12

SCHOOL YEAR: 2024-2025

TEACHER: Dr. Gustl Pido

EMAIL: gpido@dishs.tp.edu.tw

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:

Physical education for grade 12 students will include research in sports history, exercise, dance choreography, sports refereeing, sports coaching, training program planning, and sports activities that can be applied in daily life. The aim is to ensure students make wise, healthy decisions regarding their well-being. The program is designed to be enjoyable, helping students engage in physical activity and sports while integrating these practices into their personal lives.

COURSE OBJECTIVES:

- Analyzes the impact of life choices, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings
- Design and implement a strength and conditioning program that develops balance in opposing muscle groups.
- Create a snack plan for before, during, and after exercise that addresses nutrition needs for each phase.
- Assumes a leadership role (e.g., task or group leaders, referee, coaching) in a physical activity setting.
- Chooses an appropriate level of challenge to experience success and desires to participate in a self-selected physical activity.

- Discusses the nature and background of team sports and individual sports (basketball, volleyball, softball, soccer, badminton, track and field, and others).
- Executes how muscle works and its training effects
- Determines the muscular demands of sports and assesses muscular fitness.
- Engages in sports to be physically active and promotes a healthy lifestyle for all students.
- Designs and implements a personalized exercise program to improve and sustain the desired level of fitness.
- Practice sports coaching, refereeing, and training program planning.

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 meet at the designated area, no later than 10 minutes after the bell. If they are later than 10 minutes, the student will be 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 lunch time.

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 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 acknowledgment, 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 12

1st QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to Research in Sports History	
<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
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	Class Orientation <ul style="list-style-type: none">• Online Class Orientation day• Grading Assessment• Class rule and expectation• Introducing Different Kinds of Sports
Week 2 Aug 19th to 23rd	Lesson 1: Basketball Presentation <ol style="list-style-type: none">1. History of basketball2. Rules and Regulations3. Sports and Physical Activity
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	Lesson 2: Table Tennis Presentation <ol style="list-style-type: none">1. History of Tennis2. Rules and Regulations3. Sports and Physical Activity
Week 4 Sep 2nd to 6th 2~House Ceremony	Lesson 3: Soccer Presentation <ol style="list-style-type: none">1. History of Tennis2. Rules and Regulations

	3. Sports and Physical Activity
Week 5 Sep 9th to 13th 9~ Mass & Birthday Mother Mary& VIP Induction	Lesson 4: Badminton Student Presentation 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
Week 6 Sep 16th to 20th 1 Day of Class 17~Moon Festival 18-20~ Teacher's Conference	Lesson 5: Volleyball 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
Week 7 Sep 23rd to 27th 24-26~Pre-Exam Days	Lesson 6: Track and Field Presentation 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
Week 8 Sep 30th to Oct 4th	➤ P.E Final Exam (Written Exam)
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	➤ Quarter Final Exam

2nd QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to Dance Choreography and Exercise	
<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
Week 1 (10) Oct 14th to 18th 14~ Second Quarter Begins	Lesson 1: Movement Map 1. Review 2. Creating a Movement Map 3. Adding Movement Choreographic Tools 4. Cool down and Debrief 5. Formal and Informal Assessments 6. Sports and Physical Activity
Week 2 (11) Oct 21st to 25th 25 – Book Fair 25- Masquerade Night	Lesson 2: Improvisation of games 1. Discussion of Improvisation 2. Discussion 3. Formal and Informal Assessments 4. Sport Activity
Week 3 (12) Oct 28th to Nov 1st 1-All Saint's Day Mass	Lesson 3: Mirroring 1. Improvisation Exercise 2. Adding Choreography Tools 3. Layering Tools 4. Nutrition Discussion 5. Formal and Informal Assessments 6. Sports and Physical Activity
Week 4 (13) Nov 4th to Nov 8th	Lesson 4: Across the floor 1. Introduction to Interplay 2. Across-the-Floor Interplay

	<ol style="list-style-type: none"> 3. Cool down and Debrief 4. Formal and Informal Assessments 5. Sports and Physical Activity
Week 5 (14) Nov 11th to 15th	Lesson 5: Mood Exploration <ol style="list-style-type: none"> 1. Solo Improvisation 2. Cool-Down and Discussion 3. Choreography Portfolio 4. Formal and Informal Assessments 5. Sports and Physical Activity
Week 6 (15) Nov 18th to 22nd 22-Gr.12 Q2 Exam 22 - YSC Contest	Lesson 6: Wall Improvisation <ol style="list-style-type: none"> 1. Wall Improvisation Task 2. Peer Assessment 3. Discussion 4. Formal and Informal Assessments 5. Sports and Physical Activity
Week 7 (16) Nov 25th to 29th 25-Gr.12 Q2 Exam 26-28~Pre-Exam Day	Lesson 7: Choreography Project <ol style="list-style-type: none"> 1. Choreography Project 2. Researching Your Emotion 3. Formal and Informal Assessments 4. Sports and Physical Activity
Week 8 (17) Dec 2nd to Dec 6th <u>6~Half Day</u> Foundation Day Celebrations	Lesson 8: Strange Fruit <ol style="list-style-type: none"> 1. Discussion of the poem "Strange Fruit" 2. Discussion of the dance "Strange Fruit" 3. Formal and Informal Assessments Lesson 9: Selected Poem <ol style="list-style-type: none"> 1. Selecting a Poem 2. Choreography the poem 3. Costumes and Props 4. Formal and Informal Assessments 5. Sports and Physical Activity
Week 9 (18) Dec 9th to 13th <u>3 Days of Class</u> 12-13 ~Q2 Exams	➤ Final Exam for P.E
Week 10 (19) Dec 11th to 15th <u>3 Days of Class</u> 14-15 ~ Q2 Exams	➤ Quarter Final Exam
Dec 16th to Jan 3rd	Christmas Break

3rd QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to *Sports Referees*

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

Week / Date	Topic / Projects / Assessments
Week 1 (19) Jan 6th to 10th <u>4 Days of Class</u> 6~Record Day 7~Third Quarter Begins 10 ~ New Year Mass	Lesson 1: Boxing <ol style="list-style-type: none"> 1. Student Presentation 2. Sports and Exercise Activity
Week 2 (20) Jan 13th to 17th	Lesson 2: Taekwondo <ol style="list-style-type: none"> 1. Student Presentation 2. Sports and Exercise Activity

Week 3 (21) Jan 20th to 24th	Lesson 3: Swimming 1. Student Presentation 2. Sports and Exercise Activity
Jan 27th to Jan 31st	Chinese New Year
Week 4 (22) Feb 3rd to 7th	Lesson 4: Flag Football Student Presentation
Week 5 (23) Feb 10th to 14th <i>1-14~Catholic Week</i>	Lesson 5: Ultimate Frisbee 1. Student Presentation Sports and Exercise Activity
Week 6 (24) Feb 17th to 21st	Lesson 6: Bowling 1. Student Presentation Sport Activity
Week 7 (25) Feb 24th to 28th <u>4 Days of Class</u> <i>24~Lenten Mass? 25-27 ~ Pre-Exam Days 24-27~IOWA Assessments 28 ~ Memorial Day Holiday</i>	Lesson 7: Track and Field (Throwing Event) 1. Student Presentation 2. Sports and Exercise Activity
Week 8 (26) March 3rd to 7th <i>5~ Ash Wednesday</i>	➤ P.E Final Exam (Practical)
Week 9 (27) March 10th to 14th <u>4 Days of Class</u> <i>14 – Q3 Exams</i>	➤ Quarter Final Exam

4th QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to Sport Coaching and Program Planning

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

Week / Date	Topic / Projects / Assessments
Week 1 (28) March 17th 21st <u>4 Days of Class</u> <i>17 – Q3 Exams 18~ Fourth Quarter Begins 18~ Fire Drill? 19~ Feast of St. Joseph</i>	Lesson 1: Review of Fitness Principles (Pg.630) 1. Vocabulary Task 2. Curl-Up Test 3. Fitness Station Review 4. Formal and Informal Assessments 5. Sports and Exercise Activity
Week 2 (29) March 24th to 28th	Lesson 2: Physical Fitness Log 1. Activity gram Instruction 2. Upper- Body Strength and Endurance Testing 3. Fitness Station and Self-Assessment 4. Formal and Informal Assessments 5. Sports and Exercise Activity
Week 3 (30) March 31st to April 4th <u>4 Days of Class</u> <i>4~Tomb Sweeping</i>	Lesson 3: Health-Related Fitness Assessment 1. Dynamic Warm-Up with FITT Vocabulary 2. 1- Mile Run 3. Fitness Assessment 4. Formal and Informal Assessments Sports and Exercise Activity

<p>Week 4 (31) Apr 7th to 11th</p>	<p>Lesson 4: Resistance Training</p> <ol style="list-style-type: none"> 1. Weight Room Etiquette and Safety Reminders 2. Station Review 3. Formal and Informal Assessments 4. Resistance Training Vocabulary 5. Sports and Exercise Activity
<p>April 14th to April 18th Easter Holiday</p>	
<p>Week 5 (32) Apr 21st to 25th 23~Easter Mass 21-25 ~ AP Mock Exams 26~Spring Fair</p>	<p>Lesson 5: Modified 1 Repetition Maximum</p> <ol style="list-style-type: none"> 1. Warm-up 2. Finding Modified 1 Repetition Max (1RM) 3. Formal and Informal Assessments 4. Determining the Modified 1RM 5. Sports and Exercise Activity
<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>	<p>Lesson 6: Step Aerobic Workout 1 and Target Heart Rate Zone</p> <ol style="list-style-type: none"> 1. Determining the Heart Rate Zone 2. Step Aerobics 3. Formal and Informal Assessments 4. Sports and Exercise Activity
<p>Week 7 (34) May 5th to 9th 5-9~ Final Exams (K, 5, 8, 12 only) 5-9 ~ AP Exams</p>	<p>Lesson 7: Muscle Fitness Workout 1</p> <ol style="list-style-type: none"> 1. Warm-Up (8-10 Minutes) 2. Weight Room Workout 3. Stretching 4. Formal and Informal Assessments 5. Sports and Exercise Activity
<p>Week 8 (35) May 12th to 16th 4 Days of Class 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 23-26 23~Gr. 6 – 7 Recognition and Gr. 8 Graduation</p>	<p>Recognition Gr. 8 Graduation</p>
<p>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</p>	<p>Recognition Gr. 12 Graduation</p>