



**SUBJECT:** Physical Education

**GRADE LEVEL:** Grade 1

**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 introduction to basic dancing, fitness, calisthenics, and very light 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.1**  
**1st 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
<p><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 &amp; Assumption of Our Lady 8:00            15~ Induction of Class, Student Council Officers and DYM</p>	<p><b>Orientation</b>            Self Introduction            Gym tour- DO AND DON'TS            Annual Lessons Presentation            Physical Fitness Test for Grade 1</p> <ul style="list-style-type: none"> <li>- sit ups</li> <li>- zipper test</li> <li>- high jump using the box</li> </ul>
<p><b>Week 2</b>  <b>Aug 19<sup>th</sup> to 23<sup>rd</sup></b></p>	<p><b>Introduction to Basketball</b>            -equipment            -how to play the game            -skills</p> <ul style="list-style-type: none"> <li>• dribbling</li> <li>- drill 1= horizontal cones</li> <li>- drill 2= vertical cones</li> </ul> <p><b>Fitness No. 1- Dance Exercise</b>            -group performance</p>

<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>Dribbling  - the giant is sleeping</p> <p><b>Fitness No. 1- Dance Exercise</b>  -group performance</p>
<p><b>Week 4</b>  <b>Sep 2<sup>nd</sup> to 6<sup>th</sup></b>  2~House Ceremony</p>	<p><b>Passing</b>  - drill 1- with a teacher  - drill 2- with a partner</p> <p><b>Fitness No. 2- Cardio Kickboxing</b>  -group performance</p>
<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>Shooting</b>  Drill 1- free throw shot</p> <p><b>Fitness No. 2- Cardio Kickboxing</b>  -group performance</p>
<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>Assessment  - Shooting  - Passing  - dribbling</p>
<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>Combination of skills</b>  - passing and shooting and passing</p>
<p><b>Week 8</b>  <b>Sep 30<sup>th</sup> to Oct 4<sup>th</sup></b></p>	<p><b>1st Quarter Exam</b></p>
<p><b>Week 9</b>  <b>Oct 7<sup>th</sup> to 11<sup>th</sup></b>  <b>1 Day of Class</b>  7~Launching - Rosary Month and Bullying Prevention Day  8-9 ~Q1 Exams  10~Double Ten  11~Record Day</p>	<p><b>Table tennis</b>  -floor activities drills</p> <p><b>Running Race</b>  - group activity</p>

## 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	Topic / Projects / Assessments
<p><b>Week 1 (10)</b>  <b>Oct 14<sup>th</sup> to 18<sup>th</sup></b>  14~ Second Quarter Begins</p>	<p>Grip  - with the teacher  - solo</p> <p>Receiving  - throw and receive with the teacher</p>
<p><b>Week 2 (11)</b>  <b>Oct 21<sup>st</sup> to 25<sup>th</sup></b>  25 – Book Fair  25- Masquerade Night</p>	<p>Receiving  - throw and receive with the teacher  - assessment</p> <p><b>Running Race</b></p>

	-group activity
<b>Week 3 (12)</b> <b>Oct 28<sup>th</sup> to Nov 1<sup>st</sup></b> <i>1-All Saint's Day Mass</i>	<b>Skill: Service</b> - with the teacher <b>Footwork</b> - solo
<b>Week 4 (13)</b> <b>Nov 4<sup>th</sup> to Nov 8<sup>th</sup></b>	<b>Skill: Service</b> - throw and receive with the teacher -assessment
<b>Week 5 (14)</b> <b>Nov 11<sup>th</sup> to 15<sup>th</sup></b>	1 V 1 with the teacher individually
<b>Week 6 (15)</b> <b>Nov 18<sup>th</sup> to 22<sup>nd</sup></b> <i>22-Gr.12 Q2 Exam</i> <i>22 - YSC Contest</i>	Athletics - running - relay - obstacle trainings
<b>Week 7 (16)</b> <b>Nov 25<sup>th</sup> to 29<sup>th</sup></b> <i>25-Gr.12 Q2 Exam</i> <i>26-28~Pre-Exam Day</i>	Athletics - running - relay - obstacle trainings
<b>Week 8 (17)</b> <b>Dec 2<sup>nd</sup> to Dec 6<sup>th</sup></b> <b><u>6~Half Day</u></b> <i>Foundation Day Celebrations</i>	<b>2nd Quarter Exam</b>
<b>Week 9 (18)</b> <b>Dec 9<sup>th</sup> to 13<sup>th</sup></b> <b><u>3 Days of Class</u></b> <i>12-13 ~Q2 Exams</i>	<b>Badminton</b> - exploration  Dance Aerobics -group performance
<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	Topic / Projects / Assessments
<b>Week 1 (19)</b> <b>Jan 6<sup>th</sup> to 10<sup>th</sup></b> <b><u>4 Days of Class</u></b> <i>6~Record Day</i> <i>7~Third Quarter Begins</i> <i>10 ~ New Year Mass</i>	<b>Badminton</b> - ball control - short overview
<b>Week 2 (20)</b> <b>Jan 13<sup>th</sup> to 17<sup>th</sup></b>	<b>Skills: Exploration</b>  Receiving - with the teacher Grip - solo
<b>Week 3 (21)</b> <b>Jan 20<sup>th</sup> to 24<sup>th</sup></b>	<b>Skills: Exploration</b>  Receiving

	<ul style="list-style-type: none"> <li>- with the teacher</li> </ul> <b>Grip</b> <ul style="list-style-type: none"> <li>- solo</li> </ul>
<b>Jan 27<sup>th</sup> to Jan 31<sup>st</sup></b>	<b>Chinese New Year</b>
<b>Week 4 (22)</b> <b>Feb 3<sup>rd</sup> to 7<sup>th</sup></b>	<b>Skills: Exploration</b> <b>Serving</b> <ul style="list-style-type: none"> <li>- with the teacher</li> </ul> <b>Footwork</b> <ul style="list-style-type: none"> <li>- solo</li> </ul>
<b>Week 5 (23)</b> <b>Feb 10<sup>th</sup> to 14<sup>th</sup></b> <i>1-14~Catholic Week</i>	<b>Assessment</b> <ul style="list-style-type: none"> <li>- Receiving</li> </ul>
<b>Week 6 (24)</b> <b>Feb 17<sup>th</sup> to 21<sup>st</sup></b>	<b>Skills: Exploration</b> <b>Serving</b> <ul style="list-style-type: none"> <li>- with the teacher</li> </ul> <b>Footwork</b> <ul style="list-style-type: none"> <li>- solo</li> </ul>
<b>Week 7 (25)</b> <b>Feb 24<sup>th</sup> to 28<sup>th</sup></b> <b>4 Days of Class</b> <i>24~Lenten Mass?</i> <i>25-27 ~ Pre-Exam Days</i> <i>24-27~IOWA Assessments</i> <i>28 ~ Memorial Day Holiday</i>	<b>Skills: Exploration</b> <b>Serving</b> <ul style="list-style-type: none"> <li>- with the teacher</li> </ul> <b>Footwork</b> <ul style="list-style-type: none"> <li>- solo</li> </ul>
<b>Week 8 (26)</b> <b>March 3<sup>rd</sup> to 7<sup>th</sup></b> <i>5~ Ash Wednesday</i>	<b>Assessment</b> <ul style="list-style-type: none"> <li>- Serving</li> </ul>
<b>Week 9 (27)</b> <b>March 10<sup>th</sup> to 14<sup>th</sup></b> <b>4 Days of Class</b> <i>14 – Q3 Exams</i>	<b>3rd Quarter Exams</b>

## 4th QUARTER – TENTATIVE COURSE CONTENT

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

Week / Date	Topic / Projects / Assessments
<b>Week 1 (28)</b> <b>March 17<sup>th</sup> 21<sup>st</sup></b> <b>4 Days of Class</b> <i>17 – Q3 Exams</i> <i>18~ Fourth Quarter Begins</i> <i>18~ Fire Drill?</i> <i>19~ Feast of St. Joseph</i>	<b>Soccer</b> <ul style="list-style-type: none"> <li>- introduction</li> <li>- ball control</li> </ul>
<b>Week 2 (29)</b> <b>March 24<sup>th</sup> to 28<sup>th</sup></b>	<b>Skill: Passing</b> <ul style="list-style-type: none"> <li>- drill 1- by partner</li> <li>- drill 2- with a teacher</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> <i>4~Tomb Sweeping</i>	<b>Skill: Dribbling</b> <ul style="list-style-type: none"> <li>- drill 1- by partner</li> <li>- drill 2- with a teacher</li> </ul>
<b>Week 4 (31)</b> <b>Apr 7<sup>th</sup> to 11<sup>th</sup></b>	<b>Skill: Receiving</b> -with the teacher



	- with a partner -by group
<b>April 14<sup>th</sup> to April 18<sup>th</sup></b>	<b>Easter Break</b>
<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	<b>Skill: Shooting</b> - with the teacher - with a partner - by group
<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)	<b>Skill: Defending</b> - with the teacher - with a partner - by group
<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	<b>Assessment</b> -defending -shooting -passing
<b>Week 8 (35)</b> <b>May 12<sup>th</sup> to 16<sup>th</sup></b> <b><u>4 Days of Class</u></b> 14-15~ Q4 Exam 16~ Record Day 12-16 ~ AP Exams	<b>4th Quarter Examination</b>
<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	<b>-Mini-game</b>
<b>Week 10 (37)</b> <b>May 26<sup>th</sup> to 30<sup>th</sup></b> <b><u>4 Days of Class</u></b> 26~House Culminating Activity 27~Gr. 9-11 Recognition and Gr. 12 Graduation 28! Class Party 29- ~ Students Last Day 30~ Teachers/Staff Meeting	<b>Year-end Activities</b> - recreational games/ parlor games - picnic