



## **PHYSICAL EDUCATION Course Syllabus**

**GRADE LEVEL: 10**

**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**

In grade 10, the physical education course will prepare students to maintain a healthy lifestyle through exercises and various sports. They will learn basic training principles applicable to daily life and acquire essential health knowledge and practices to make informed health decisions. Topics will include fitness components, athletic training, and both individual and team sports. The course aims to make sports and exercise enjoyable, encouraging students to develop a lasting habit of physical activity and sports beyond school programs.

### **COURSE GOAL**

- 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 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.

### **PRIMARY TEXTBOOK & OTHER RESOURCES:**

- Essentials of Strength Training and Conditioning/ National and Strength and Conditioning Association; Thomas R. Baechle, Roger W. Earle, edition. – 3<sup>rd</sup> ed.
- Performance-Based Assessment for Middle and High School Physical Education / Jacalyn L. Lund, Mary Fortman Kirk. – 2<sup>nd</sup> 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 to develop their alertness, balance, coordination, strength, agility, endurance, flexibility, and fine and gross motor skills through movement. Activities include warmup 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 need in mind with the aim of creating 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 5 minutes after the bell. If they are later than 5 minutes, the student will be marked as tardy.
2. Class will be dismissed 5-8 minutes before the dismissal bell to prepare changing their clothes.
3. Students should leave immediately after P.E class to attend class or lunch time.

## **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 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, and paying for an essay to be written by someone else and presented as the student's 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 10** **1st QUARTER – TENTATIVE COURSE CONTENT**

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

	<ul style="list-style-type: none"> <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>Fitness Training 1: Lower body</b></p> <ul style="list-style-type: none"> <li>➤ Warm-up</li> <li>➤ Squats: Static/ dynamic</li> <li>➤ Lunges: Static/ dynamic</li> <li>➤ Plyometric training for lower body</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>Fitness Training 1: Upper body</b></p> <ul style="list-style-type: none"> <li>➤ Pulls</li> <li>➤ Pushes: Static/ dynamic</li> <li>➤ Arms and shoulders</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>Fitness Training 1: Core</b></p> <ul style="list-style-type: none"> <li>➤ Plank: Static/ dynamic</li> <li>➤ Bridge: 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>  <u>1 Day of Class</u>  17~Moon Festival  18-20~ Teacher's Conference</p>	<p><b>Fitness Training 1: Speed and agility</b></p> <ul style="list-style-type: none"> <li>➤ Quickness/ High knees</li> <li>➤ 30m and 60m sprint</li> <li>➤ Agility drills</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</b></p> <ul style="list-style-type: none"> <li>➤ Design and perform a HIIT session (5 exercises) that targets main muscle groups.</li> <li>➤ Discuss and modify the lesson and be ready for the P.E. exams.</li> </ul>
<p><b>Week 8</b>  <b>Sep 30<sup>th</sup> to Oct 4<sup>th</sup></b></p>	<p><b>P.E Exams</b></p>
<p><b>Week 9</b>  <b>Oct 7<sup>th</sup> to 11<sup>th</sup></b>  <u>1 Day of Class</u>  7~Launching - Rosary Month and Bullying Prevention Day  8-9 ~Q1 Exams  10~Double Ten  11~Record Day</p>	<p><b>Q1 Exams (Major subjects)</b></p>

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

### Extending Students' Skills and Knowledge to Multi-Sports Events

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

Week / Date	Topic / Projects / Assessments Basketball/ Fitness/ Volleyball
<b>Week 1 (10)</b> <b>Oct 14<sup>th</sup> to 18<sup>th</sup></b> 14~ Second Quarter Begins	<b>Volleyball training</b> <ul style="list-style-type: none"> <li>➤ History</li> <li>➤ Equipment</li> <li>➤ Rules</li> </ul> How to play the game
<b>Week 2 (11)</b> <b>Oct 21<sup>st</sup> to 25<sup>th</sup></b> 25 – Book Fair 25- Masquerade Night	<b>Passing practice</b> <ul style="list-style-type: none"> <li>➤ Practice the ready position</li> <li>➤ How to move efficiently</li> <li>➤ Practice passing/ wall/ partner</li> </ul> Strength and conditioning training
<b>Week 3 (12)</b> <b>Oct 28<sup>th</sup> to Nov 1<sup>st</sup></b> 1-All Saint's Day Mass	<b>Setting practice</b> <ul style="list-style-type: none"> <li>➤ Learn a ready position and hand placement</li> <li>➤ Practice setting/ wall/ partner</li> <li>➤ Passing and setting</li> </ul> Strength and conditioning training
<b>Week 4 (13)</b> <b>Nov 4<sup>th</sup> to Nov 8<sup>th</sup></b>	<b>Serving practice</b> <ul style="list-style-type: none"> <li>➤ Introduction of low serve/ high serve/ jump serve</li> <li>➤ Practicing serving</li> </ul> Strength and conditioning training
<b>Week 5 (14)</b> <b>Nov 11<sup>th</sup> to 15<sup>th</sup></b>	<b>Attacking 1</b> <ul style="list-style-type: none"> <li>➤ Practice the foot movement (three steps)</li> <li>➤ Practice the hitting arm movement (swing)</li> <li>➤ Practice hitting a volleyball: wall/ hanging ball</li> </ul> Strength and conditioning training
<b>Week 6 (15)</b> <b>Nov 18<sup>th</sup> to 22<sup>nd</sup></b> 22-Gr.12 Q2 Exam 22 - YSC Contest	<b>Attacking 2</b> <ul style="list-style-type: none"> <li>➤ Practice setting and hitting at position #4</li> <li>➤ Practice setting and hitting at position #3</li> <li>➤ Practice setting and hitting at position #2</li> </ul> Strength and conditioning training

<b>Week 7 (16)</b> <b>Nov 25<sup>th</sup> to 29<sup>th</sup></b> 25-Gr.12 Q2 Exam 26-28--Pre-Exam Day	<b>Blocking practice</b> <ul style="list-style-type: none"> <li>➤ Learn how to jump and hand placement</li> <li>➤ Practice hitting and blocking</li> </ul> Strength and conditioning training
<b>Week 8 (17)</b> <b>Dec 2<sup>nd</sup> to Dec 6<sup>th</sup></b> <b>6~Half Day</b> Foundation Day Celebrations	<b>Practice game 1</b> <ul style="list-style-type: none"> <li>➤ Warm-up</li> </ul> Play games 3x3 players, 6x6 players
<b>Week 9 (18)</b> <b>Dec 9<sup>th</sup> to 13<sup>th</sup></b> <b>3 Days of Class</b> 12-13 ~Q2 Exams	<b>P.E. Exams</b> <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

<b>Extending Students' Skills and Knowledge to Rackets Sports Events</b> <i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments Basketball/ Badminton/ Table Tennis
<b>Week 1 (19)</b> <b>Jan 6<sup>th</sup> to 10<sup>th</sup></b> <b>4 Days of Class</b> 6~Record Day 7~Third Quarter Begins 10 ~ New Year Mass	<b>Badminton training</b> <ul style="list-style-type: none"> <li>➤ Practice grips for forehand and backhand stroke\</li> <li>➤ Practice footwork: Front lunge, lateral lunge</li> </ul> Strength and conditioning
<b>Week 2 (20)</b> <b>Jan 13<sup>th</sup> to 17<sup>th</sup></b>	<b>Clear strokes practice</b> <ul style="list-style-type: none"> <li>➤ Forehand clear stroke</li> <li>➤ Backhand clear stroke</li> <li>➤ Playing games using clear strokes</li> </ul> Strength and conditioning
<b>Week 3 (21)</b> <b>Jan 20<sup>th</sup> to 24<sup>th</sup></b>	<b>Drive strokes practice</b> <ul style="list-style-type: none"> <li>➤ Forehand drive stroke</li> <li>➤ Backhand drive stroke</li> <li>➤ Playing games using drive strokes</li> </ul> Strength and conditioning
<b>Jan 27<sup>th</sup> to Jan 31<sup>st</sup></b>	<b>Chinese New Year</b>
<b>Week 4 (22)</b>	<b>Smash strokes practice</b>



<b>Feb 3<sup>rd</sup> to 7<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ Forehand smash stroke</li> <li>➤ Smash and clear practice (a pair of student)</li> </ul> <p>Strength and conditioning</p>
<b>Week 5 (23)</b> <b>Feb 10<sup>th</sup> to 14<sup>th</sup></b> 1-14~Catholic Week	<b>Drop and netplay</b> <ul style="list-style-type: none"> <li>➤ Forehand and backhand drop stroke</li> <li>➤ Forehand and backhand net play</li> <li>➤ Playing games using drop and net play</li> </ul> <p>Strength and conditioning</p>
<b>Week 6 (24)</b> <b>Feb 17<sup>th</sup> to 21<sup>st</sup></b>	<b>Serving Practice</b> <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> </ul> <p>Strength and conditioning</p>
<b>Week 7 (25)</b> <b>Feb 24<sup>th</sup> to 28<sup>th</sup></b> <u>4 Days of Class</u> 24~Lenten Mass? 25-27 ~ Pre-Exam Days 24-27~IOWA Assessments 28 ~ Memorial Day Holiday	<b>Practice games</b> <ul style="list-style-type: none"> <li>➤ Warm-up</li> <li>➤ Single play</li> </ul> <p>Double play</p>
<b>Week 8 (26)</b> <b>March 3<sup>rd</sup> to 7<sup>th</sup></b> 5~ Ash Wednesday	<b>P.E. Exams</b>
<b>Week 9 (27)</b> <b>March 10<sup>th</sup> to 14<sup>th</sup></b> <u>4 Days of Class</u> 14 – Q3 Exams	<b>Q3 Exams (Major subjects)</b>

## 4th QUARTER – TENTATIVE COURSE CONTENT

### Extending Students' Skills and Knowledge to Team Sports Events

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

Week / Date	Topic / Projects / Assessments Volleyball/Track and Field
<b>Week 1 (28)</b> <b>March 17<sup>th</sup> 21<sup>st</sup></b> <u>4 Days of Class</u> 17 – Q3 Exams 18~ Fourth Quarter Begins 18~ Fire Drill? 19~ Feast of St. Joseph	<b>Soccer training</b> <ul style="list-style-type: none"> <li>➤ General warm-up</li> <li>➤ Warm-up for soccer</li> </ul> <p>5-a-side, 7-a-side, 11-a-side soccer rules</p>
<b>Week 2 (29)</b> <b>March 24<sup>th</sup> to 28<sup>th</sup></b>	<b>Ball handling and dribbling practice</b> <ul style="list-style-type: none"> <li>➤ By different parts of the body: foot, thigh, chest, and head</li> <li>➤ Dribble with cones, one vs one, one vs two</li> </ul> <p>Strength and conditioning training</p>

<p><b>Week 3 (30)</b>  <b>March 31<sup>st</sup> to April 4<sup>th</sup></b>  <u>4 Days of Class</u>  4~Tomb Sweeping</p>	<p><b>Ball receiving and passing practice</b></p> <ul style="list-style-type: none"> <li>➤ By foot: inside, outside</li> <li>➤ By front thigh</li> <li>➤ By chest/ head</li> </ul> <p style="text-align: right;">Strength and conditioning</p>
<p><b>Week 4 (31)</b>  <b>Apr 7<sup>th</sup> to 11<sup>th</sup></b></p>	<p><b>Shooting practice 1</b></p> <ul style="list-style-type: none"> <li>➤ Inside foot and laces</li> <li>➤ Shooting with a stable ball</li> <li>➤ Shooting with a moving ball</li> </ul> <p style="text-align: right;">Strength and conditioning</p>
<p><b>April 14<sup>th</sup> to April 18<sup>th</sup></b></p>	<p style="text-align: center;"><b>Easter Break</b></p>
<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>Shooting practice 2</b></p> <ul style="list-style-type: none"> <li>➤ Volley kick</li> <li>➤ Corner kick</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>Tactical training</b></p> <ul style="list-style-type: none"> <li>➤ Defensive formation</li> <li>➤ Attacking formation</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>	<p><b>P.E. Exams</b></p>
<p><b>Week 8 (35)</b>  <b>May 12<sup>th</sup> to 16<sup>th</sup></b>  <u>4 Days of Class</u>  14-15~ Q4 Exam  16~ Record Day  12-16 ~ AP Exams</p>	<p><b>Q4 Exams (Major subjects)</b></p>
<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>	<p>19-23 ~ Student Clearance  19~ Baccalaureate Mass</p>
<p><b>Week 10 (37)</b>  <b>May 26<sup>th</sup> to 30<sup>th</sup></b>  <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>27~Gr. 9-11 Recognition and Gr. 12 Graduation  28! Class Party  29- ~ Students Last Day  30~ Teachers/Staff Meeting</p>