



**SAMSEN WITTAYALAI SCHOOL  
ENGLISH PROGRAM**

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**COURSE OUTLINE**

**Subject:** Physical Education HP21104

**Course Classification:** Foundation Additional

**LearningPeriod:** 1 Period/Week

**CreditUnit:** 0.5

**GradeLevel:** Mattayomsuksa 1

**Semester 1 AcademicYear 2022**

**LearningArea:** Health and Physical Ed

**Samsenwittayalai School English Program**

**Teacher:** Marychelle Louise Asombrado

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**I. COURSE DESCRIPTION**

This course provides students the opportunity to learn through a comprehensive sequentially planned physical education program aligned with the Physical Education Standards from The Basic Education Curriculum. The focus of this course is the development of movement skill combinations and movement skill knowledge; the assessment and maintenance of physical fitness to improve health and performance, and the requisite knowledge of physical fitness concepts, principles and strategies, and the application of psychological and sociological concepts including self-responsibility, positive social interaction and group dynamics in the learning and performance of physical activity. Most of the lessons will focus on rules, regulations, the basic stroke techniques, knowing the equipment and how to take care of it and the spirit of sportsmanship. Units of the activity include: physical fitness, cooperative activities, racket skills and lead-up games.

**II. INDICATORS / LEARNING OUTCOMES**

No.	Indicators	Description
1		Learners' reading, analytical thinking and writing skills meet the criteria prescribed by the respective educational institutions.
2		Learners' desirable characteristics meet the criteria prescribed by the respective educational institutions.
3	H3.1.1	Increase their own capacities in line with the kinesthetic principles conducive to development of skills for playing sports.
4	H3.1.2	Can play Thai and international sports as individuals and in teams by using basic skills of the sports.
5	H3.2.1	Explain the importance of doing physical exercise and playing sports until they become a healthy way of life.
6	H3.2.4	Plan offensive and defensive strategies for playing the sports chosen and systematically apply them in playing.
7	H3.2.5	Cooperate in playing team sports and in team-working with enjoyment
8	H4.1.4	Strengthen and improve physical capacity from test results.

### III. TENTATIVE COURSE OUTLINE

Week	Topics / Contents	Indicators	Period(s)
1	Orientation Introduction to Table Tennis, History, Physical Test (Pre-Test)	H4.1.4	1
2	Rules and equipment used in Table Tennis Rules and regulations Types of Grips and Different Strokes	H3.1.1	1
3	Racket and Ball Coordination Skills	H3.1.2	1
4	Skill test 1 (Racket and Ball Coordination)	H3.1.2	1
5	Forehand Stroke	H3.2.4	1
6	Backhand Stroke and Push Skill Test 2 (Forehand and Backhand Skills)	H3.2.4	1
7	Forehand and Backhand Strokes	H3.2.4	1
8	Skill Test 3 (Forehand and Backhand Strokes with Partner Using the Table)	H3.2.4	1
9	<b>Mid-term Examination</b>		1
10	Types of Serve (Top Spin)	H3.2.4	1
11	Under spin Serve	H3.2.4	1
12	Side Spin Serve (Skill Test 4)	H3.2.4	1
13	How to Play (Singles)	H3.2.5	1
14	Competition (Application)	H3.2.5	1
15	How to Play (Doubles)	H3.2.5	1
16	Competition (Application)	H3.2.5	1
17	Physical Test (Post-Test)	H4.1.4	1
18	Competition	H3.2.4	1
19	<b>Final Examination</b>		1

### IV. Teaching Methods and Management0

- |   |   |                                     |
|---|---|-------------------------------------|
| <input type="checkbox"/> Experiment         | <input type="checkbox"/> Lecture/Discussion | <input type="checkbox"/> Group work |
| <input type="checkbox"/> Individual work    | <input type="checkbox"/> Game               | <input type="checkbox"/> Song       |
| <input type="checkbox"/> Self-learning      | <input type="checkbox"/> Demonstration      | <input type="checkbox"/> Role play  |
| <input type="checkbox"/> Project            | <input type="checkbox"/> Experience         | <input type="checkbox"/> ICT        |
| <input type="checkbox"/> Local Wisdom based | <input type="checkbox"/> Others             |                                     |

## V. Teaching Materials/ Supplements

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|---|-------------------------------------|--|
| <input type="checkbox"/> Handouts             | <input type="checkbox"/> Worksheets | <input type="checkbox"/> Teacher's text book |
| <input type="checkbox"/> Graphs/ Diagrams     | <input type="checkbox"/> Maps       | <input type="checkbox"/> Pictures            |
| <input type="checkbox"/> Samples/ Models      | <input type="checkbox"/> Exercises  |  |
| <input type="checkbox"/> Commercial Text Book |                                     |  |
| <input type="checkbox"/> DVD/VCD              |                                     |  |
| <input type="checkbox"/> Website              |                                     |  |
| <input type="checkbox"/> Others               |                                     |  |

## VI. Assignment

No.	Assignment	Score (points)	Dead line	Type		Remark
				Individual	Group	
1.	Physical Test	5		/		
2.	<b>Skill Test 1</b>	10		/		
3.	<b>Skill Test 2</b>	10		/		
4.	<b>Midterm</b>	20			/	
5.						
6.						
<b>Total</b>		45				

## VII. ASSESSMENT AND EVALUATION

<b>Item</b>	<b>Percentage</b>
Ratio of	80 : 20
Ratio of K : P : A	50 : 30 : 20
<b>Formative 1</b>	<b>20</b>
Physical Test (Pre)	5
Skill Test 1	5
Skill Test 2	10
<b>Mid-term Examination</b>	<b>20</b>
<b>Formative 2</b>	<b>40</b>
Desirable Characteristics	10
Learner's Key Competencies	10
Skill Test 3	10
Skill Test 4	5
Physical Test (Post)	5
<b>Final Examination</b>	<b>20</b>
<b>Total</b>	<b>100</b>