



**SAMSEN WITTAYALAI SCHOOL  
ENGLISH PROGRAM**

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**COURSE OUTLINE**

**Subject:** Physical Education HP22104

**Course Classification:** Foundation Additional

**LearningPeriod:** 1 Period/Week

**CreditUnit:** 0.5

**GradeLevel:** Mattayomsuksa 2

**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 fundamental skills, knowing the equipment and how to take care of it, differentiate lawn tennis from table tennis 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	Apply results of self-conduct regarding mechanical and kinesthetic skills in playing sports from a variety of data sources for conclusion of suitable methods in their own contexts.
4	H3.1.2	Can play Thai and international sports as individuals and in teams, one of each kind.
5	H3.2.1	Explain causes of changes in physical, mental, emotional, social and intellectual respects resulting from regularly doing physical exercise and playing sports until they become a way of life.
6	H3.2.2	Choose to participate in doing physical exercises and playing sports in

		accord with their aptitudes and interests as well as analyze individual differences for providing guidelines for self-development.
7	H3.2.4	Plan offensive and defensive strategies for playing the sports chosen, and apply them for appropriate team play.
8	H3.2.5	Apply results of performance in playing sports for concluding with determination the methods suitable to themselves.
9	H4.1.7	Develop their own physical capacities so as to meet the criteria prescribed.

### III. TENTATIVE COURSE OUTLINE

Week	Topics / Contents	Indicators	Period(s)
1	Orientation Introduction to Volleyball, History, Physical Test (Pre-Test)	H3.1.1	1
2	Rules and equipment used in Volleyball Types of Grips and Different Strokes	H3.1.1	1
3	Volleyball and Hand Coordination Skills	H3.1.2	1
4	Skill test 1 (Volleyball Pass Coordination)	H3.1.2	1
5	Volleyball Bump (Individual)	H3.2.2	1
6	Volleyball Bump Skill Test 2 (Volleyball Bump Control Skills)	H3.2.2	1
7	Volleyball Setting	H3.2.2	1
8	Skill Test 3 (Volleyball Setting with Partner)	H3.2.2	1
9	<b>Mid-term Examination</b>		1
10	Types of Serve	H3.2.4	1
11	Underhand Serve	H3.2.4	1
12	Underhand Serve (Skill Test 4)	H3.2.4	1
13	Overhead Serve	H3.2.5	1
14	Competition (Application)	H3.2.4	1
15	How to Officiate a Volleyball Game	H3.2.5	1
16	Competition (Application)	H3.2.4	1
17	Competition (Application)	H4.1.7	1
18	Physical test (Post Test)	H4.1.7	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

- |   |                                     |  |
|---|-------------------------------------|--|
| <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>