



**SAMSEN WITTAYALAI SCHOOL
ENGLISH PROGRAM**

COURSE OUTLINE

Subject: Physical Education HP23102

Course Classification: Foundation Additional

LearningPeriod: 1 Period/Week

CreditUnit: 0.5

GradeLevel: Mattayomsuksa 3

Semester 1 AcademicYear 2022

LearningArea: Health and Physical Ed

Samsenwittayalai School English Program

Teacher: Marychelle Louise Asombrado

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, dribbling skills and lead-up games. This course is designed to reinforce and further develop the rudiments of basketball as a team activity and to improve the techniques and skills necessary for successful participation. In addition, concomitant learning such as respect for others, sportsmanship, respect for rules and proper competitive attitude are exemplified

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	Can play Thai and international sports, one of each kind, by using techniques suitable to themselves and to the teams.
4	H3.1.2	Apply principles, knowledge and kinesthetic skills to physical activities, playing games, sports for health strengthening on a continuous and systematic basis.

5	H3.2.1	Have good manners in playing and watching sports with sporting spirit.
6	H3.2.2	Do physical exercise and play sports regularly and proudly apply the concepts and principles gained from playing for developing their quality of life.
7	H3.2.5	Present results of their own health development from doing physical exercise and playing sports regularly.
8	H4.1.4	Plan and allocate time for doing physical exercise, rest and strengthening physical capacity.

III. TENTATIVE COURSE OUTLINE

Week	Topics / Contents	Indicators	Period(s)
1	Orientation Introduction to Basketball, History, Physical Test (Pre-Test)	H3.1.1	1
2	Rules and equipment used in Basketball Ball Handling Drills	H3.1.1	1
3	Ball Dribbling and Handling Skills	H3.1.1	1
4	Skill test 1 (Ball handling Skills)	H3.1.1	1
5	Basic dribble, low- dribble	H3.1.1	1
6	Basic dribble. Low-dribble Skill Test 2	H3.1.1	1
7	Cross-over, Triple Threat	H3.1.2	1
8	Skill Test 3 (Cross-over, Triple Threat)	H3.1.2	1
9	Mid-term Examination		1
10	Bounce Pass, Chest Pass	H3.2.2	1
11	Overhead Pass, Baseball Pass	H3.2.2	1
12	Skill Test 4 (Types of Pass)	H3.2.2	1
13	Shooting Drills	H4.1.4	1
14	Foul Shooting	H4.1.4	1
15	Lay-ups (One-hand, Jump shot)	H3.2.1	1
16	Competition (Application)	H3.2.1	1
17	Competition (Application)	H3.2.5	1
18	Physical Test (Post test)	H3.2.5	1
19	Final Examination		1

IV. Teaching Methods and Management0

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|---|---|-------------------------------------|
| <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.	Skill Test 1	10		/		
3.	Skill Test 2	10		/		
4.	Midterm	20			/	
5.						
6.						
Total		45				

VII. ASSESSMENT AND EVALUATION

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