



**SAMSEN WITTAYALAI SCHOOL  
ENGLISH PROGRAM**

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**COURSE OUTLINE**

**Subject:** Health and Physical Education (HP33103) **Course Classification:** √ Foundation

**Learning Period:** 1 Period/Week

**Credit Unit:**0.5

**Grade Level:** Matthayomsuksa 6(Grade 12)

**Semester 1 Academic Year 2022**

**Learning Area:** Health and Physical Education

**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, dribbling skills and lead-up games. This course is designed to reinforce and further develop the rudiments of 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

By presenting the lessons in appropriate order and in creative way along with exercises, demonstrations and assignments it will help the learners to summarize the main point of knowledge from the content. Evaluations are done via various assessment methods and skill test according to the school's curriculum and the Individual student's skill level and interest. Familiar situations or latest events are used to illustrate ideas, and learners are given more opportunities to experience hands-on applications of the concepts and theories they study.

For applying the knowledge and develop it in their daily life. The course encourages students to gain self-confidence, systematic work, responsibility, morality, self-confidence and appreciation of physical fitness. It aims to apply kinesthetic activities, physical exercises, playing games and sports. It serves as an instrument in holistic development in all respects – physical, mental, emotional, social and intellectual, as well as imparting capacities for health and sports.

## II. INDICATORS / LEARNING OUTCOMES

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. H1.1 Gr 10-12/1 Explain processes of strengthening and maintaining efficient functioning of various organ systems.

4. H1.1 Gr 10-12/2 Plan for health care in accordance with conditions of their own growth and development and those of their family members.

5. H4.1 Gr 10-12/1 Analyze the roles and responsibilities of individuals for health-strengthening and disease prevention in the community.

6. H4.1 Gr 10-12/3 Observe consumers' rights.

7. H4.1 Gr 10-12/6 Participate in strengthening and developing community health.

8. H3.1 Gr 10-12/1 Analyze concepts of various patterns of movements in playing sports.

9. H3.2 Gr 10-12/1 Do physical exercise and play sports suitable to themselves regularly and use their capacities for increasing the potential of the team, decreasing egoism, and bearing in mind the effects on society.

10. H3.2 Gr 10-12/4 Participate in physical activities and play sports happily; appreciate the value and aesthetics of sports.

11. H4.1 Gr 10-12/7 Devise and follow plans for developing physical and mechanical capacities.

## III. ASSESSMENT AND EVALUATION

Semester 2	
Item	Percentage
Formative 1	30
Mid-term Examination	20
Formative 2	10
Final Examination	20
Desirable Characteristics ( <i>Love of nation, religion and king, Honesty and integrity, Self-discipline, Avidity for learning, Observance of principles of Sufficiency Economy Philosophy in one's way of life, Dedication and commitment to work, Cherishing Thai-ness, Public-mindedness</i> )	10
Learner's Key Competencies ( <i>Capacities for Communication, Thinking, Problem-Solving, Applying Life Skills, and Technological Application</i> )	10
<b>Total</b>	<b>100</b>

### III. TENTATIVE COURSE OUTLINE

Week	Topics / Contents	Indicators	Period(s)
1	Reproductive Health and Pregnancy	H1.1.1	1
2-3	Teenage Pregnancy	H1.1.2	2
4	Building Relationship in the Family	H4.1.6	1
5-6	Disease Prevention	H4.1.1	2
7-8	Health Care in the Community	H4.1.3	2
9	Unit test		1
10	<b>Midterm Examination</b>		1
11	Introduction to Social Dance	H1.1.1	1
12	Basic Steps of Social Dance	H1.1.1	1
13	Basic Steps of Social Dance	H1.1.2	1
14	Unit test (Skill Test)	H1.1.2	1
15	Beguine Steps Introduction	H1.1.2	1
16	Beguine Basic Steps	H4.1.1	1
17	Beguine Basic Steps	H4.1.3	1
18	Unit test (Skill Test)	H4.1.6	1
19	Review		1
20	Final Examination		1

### IV. Teaching Methods and Management<sup>0</sup>

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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 .....(name of text book)..... |                                     |  |

DVD/VCD.....(name).....

Website.....(name).....

Others .....

## VI. Assignment

No.	Assignment	Score (points)	Dead line	Type		Remark
				Individual	Group	
1.	Quiz/homework/ worksheet/ report/project	5	Dec	✓		
2.	Quiz/homework/ worksheet/ report/project	10			✓	
3.	Quiz/homework/ worksheet/ report/project	10	Jan		✓	
4.	Quiz/homework/ worksheet/ report/project	10	Jan	✓		
5.	Quiz/homework/ worksheet/ report/project	5	..		✓	
6.	Quiz/homework/ worksheet/ report/project	5	..			
			..			
Total		45				

## VII. ASSESSMENT AND EVALUATION

Item	Percentage
Ratio of	80 : 20
Ratio of K : P : A	50 : 30 : 20
<b>Formative 1</b>	<b>25</b>
Quiz/homework/worksheet/ report/project	5
Quiz/homework/worksheet/ report/project	10
Quiz/homework/worksheet/ report/project	10
<b>Mid-term Examination</b>	<b>15</b>
<b>Formative 2</b>	<b>40</b>
Desirable Characteristics	10
Learner's Key Competencies	10
Quiz/homework/worksheet/ report/project	10

Quiz/homework/worksheet/ report/project	5
Quiz/homework/worksheet/ report/project	5
<b>Final Examination</b>	<b>20</b>
<b>Total</b>	<b>100</b>