



Tohoku International School

7-101-1 Yakata, Izumi-ku, Sendai 981-3214, Japan

Tel: (022) 348-2468 Fax: (022) 348-2467

Website: <http://www.tisweb.net> E-mail: office@tisweb.net

Tohoku International School Secondary Physical Education & Health Syllabus 2021-2022

General Expectations

All PE students are required to

- Wear athletic clothes and shoes. The TIS T-shirt should be worn on top, TIS sweatshirt can be on top of the TIS T-shirt, and athletic shorts or TIS Sweatpants or athletic pants on bottom. No denim or denim looking patterns.
- Bring a full change of clothes and change immediately after PE class.

Philosophy and Methods of Instruction

In PEH (Physical Education and Health) Class students will develop both physical and social skills through healthy competition during our time in PE, and they will learn about important health-related topics in the Health section of the class.

Physical Education - The Sports Education Model

Starting last year we have adopted the Sports Education Model as our method for conducting the PE side of the class. In the Sports Education Model, students will be in charge of all aspects of learning and competing. Students will become coaches, umpires/referees, equipment managers and scorekeepers. They will work together to design and compete in a tournament for each unit or sport. Teachers will facilitate and guide students to empower them with leadership skills.

Health

Knowledge of the many aspects of a healthy lifestyle can empower us to make good decisions and reach our full potential in life. In Health class we will delve into learning about what health is and how to be as healthy as possible. There will be four units each year, Physical Health, Environment and Culture, Anatomy and Physiology, and Mental and Emotional Health. Over the course of four years, we will investigate these aspects of health from numerous angles. We are looking forward to assisting students in gaining a more comprehensive understanding of their own health.



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Units in 2021-2022 School Year

Physical Education	Health Education
Futsal	Physical Health - Nutrition
Basketball	Environment and Culture - Life Expectancy
Volleyball	Anatomy and Physiology - Childhood Development
Handball	Mental and Emotional Health - Mindfulness

**The sports or order of sports may change based on Covid Safety considerations.*

Assessment

PE (75% of total)

Each unit will have a rubric upon which students will be graded. These will be distributed to students at the beginning of the unit.

Activities off the field will include:

- Rules quiz
- Reflection document

Health (25% of total grade)

Assessments will be:

- Physical Health - Meal Plan
- Environment & Culture - Comparison Poster
- Anatomy & Physiology - Paper Test
- Mental/Emotional Health - Daily Journal

Notice of Absence or Inability to Attend PE class

If the student is unable to participate in PE class, the parent should email to PE@tisweb.net - this one email will be delivered to all three PE teachers and the TIS office.