



# St. Mary's Catholic High School, Dubai.

## PHYSICAL EDUCATION - LONG TERM PLAN (2024 - 2025)



Total number of periods in the academic year is 55 - 60 ( Only Yr 13,12,11,10,8 & 7 have 30 )

TERM 1		W1	W2	W3	W4	W5	W6	W7	W8	
GR. 1 & 2	Yr. 1 & 2	<b>Module 1</b>	<b>Walking &amp; Jumping</b>			<b>Module 2</b>	<b>Gymnastics</b>			
		<b>Learning Obj</b> Learn to stand in height order, straight line walk, circle walk and zigzag walk. Walk in twos' and in threes'. Hopping L&R leg Explore and improve vertical jump, horizontal jump.					<b>Learning Obj</b> Explore gymnastics action and still shapes. Introduce rolls Keeping safe in doing gymnastic. Preventive and safety methods. (Pencil roll & Forward roll)			
		W9	W10	W11	W12	W13	W14	W15	W16	
		<b>Module 3</b>	<b>Throwing &amp; Catching</b>			<b>Module 4</b>	<b>Sports Day Events and Practices</b>			
<b>Learning Obj</b> Explore ball rolling, overhead throw, tennis ball throw-Try with right & lefthand, hitting the stump. Practice with right and left hand. Develop good catching skills.					<b>Learning Obj</b> Stand at ease, attention, turns, walk in threes' and marching. Develop team work, camaraderie and sportsmanship.					
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24	
YR. 1 & 2	Yr. 1 & 2	<b>Module 5</b>	<b>Kicking &amp; Marching and Sports Day Practice</b>			<b>Module 6</b>	<b>Game Activities and Sports Day Practice</b>			
		<b>Learning Obj</b> Perform and explore different kicking skills. Turnings & develop good body Co-ordination					<b>Learning Obj</b> Participate and follow rules and direction of different minor games like fire in the mountain, tank bund, relay and hit the target etc.			
		W25	W26	W27	W28	W29	W30	W31	W32	
		<b>Module 7</b>	<b>Game Activities</b>			<b>Module 8</b>	<b>Game Activities</b>			
<b>Learning Obj</b> Partner game and group games. Develop team work Gradually introduce some rules and regulations.					<b>Learning Obj</b> Group games with smaller group of 3 or 4 then up to 7 Follow the rules and regulations. Develop team work and oneness in the team.					
TERM 1		W1	W2	W3	W4	W5	W6	W7	W8	
YR. 3 & 4	Yr. 3 & 4	<b>Module 1</b>	<b>Basketball -Oriented</b>			<b>Module 2</b>	<b>Football -Oriented &amp; Marching</b>			
		<b>Learning Obj</b> Develop the range and consistency of their skills in basketball e.g. bouncing, dribbling, passing and shooting. To use and adapt tactics and strategies in different situations.					<b>Learning Obj</b> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. ( Passing).			
		W9	W10	W11	W12	W13	W14	W15	W16	
		<b>Module 3</b>	<b>Athletics</b>			<b>Module 4</b>	<b>Gymnastics</b>			
<b>(50mts Start&amp;Finish, Long Jump, Shot put(Cricketball throw)</b> <b>Learning Obj</b> To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination.					<b>Learning Obj</b> Develop team work, camaraderie and sportsmanship. Stand at ease, attention, turns, walk in threes' and marching.					
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24	

YR. 3 & 4	Yr. 3 & 4	<b>Module 5</b>	<b>Sports Day Events and Practices</b>				<b>Module 6</b>	<b>Throwball -Oriented &amp; Sports Day Practice</b>			
		<b>Learning Obj</b> Develop team work, camaraderie and sportsmanship. Stand at ease, attention, turns, walk in threes' and marching.						<b>Learning Obj</b> Develop the range and consistency of their skills in Throwball. Play games with simple rules and strategies.			
		W25	W26	W27	W28		W29	W30	W31	W32	
		<b>Module 7</b>	<b>Game Activities</b>				<b>Module 8</b>	<b>Game Activities</b>			
TERM 1		W1	W2	W3	W4		W5	W6	W7	W8	
YR. 5 & 6	Yr. 5 & 6	<b>Module 1</b>	<b>Basketball -Oriented</b>				<b>Module 2</b>	<b>Gymnastics</b>			
		<b>Learning Obj</b> Develop the range and consistency of their skills in basketball e.g. bouncing, dribbling, passing and shooting. To use and adapt tactics and strategies in different situations.						<b>Learning Obj</b> Explore gymnastics action and still shapes. Keeping safe in doing gymnastic.( Forward roll, Backward roll & Cart wheel)			
		W9	W10	W11	W12		W13	W14	W15	W16	
		<b>Module 3</b>	<b>Athletics</b> <b>(100mts Start&amp;Finish,Long Jump, Shot put &amp; relay)</b>				<b>Module 4</b>	<b>Sports Day Events and Practices</b>			
TERM 2		W17	W18	W19	W20		W21	W22	W23	W24	
YR. 5 & 6	Yr. 5 & 6	<b>Module 5</b>	<b>Football</b>				<b>Module 6</b>	<b>Volleyball</b>			
		<b>Learning Obj</b> Develop the range and consistency of their skills in football. Play games with simple rules and strategies.						<b>Learning Obj</b> Develop the range and consistency of their skills in volleyball. Play games with simple rules and strategies.			
		W25	W26	W27	W28		W29	W30	W31	W32	
		<b>Module 7</b>	<b>Game Activities</b>				<b>Module 8</b>	<b>Game Activities</b>			
TERM 1		W1	W2	W3	W4		W5	W6	W7	W8	
		<b>Module 1</b>	<b>Basketball (Passing and Pivoting)</b>				<b>Module 2</b>	<b>Athletics</b>			
		<b>Learning Obj</b> Develop the range and consistency of their skills in basketball To use and adapt tactics and strategies in different situations. <b>*Gifted students selection For Boys &amp; Girls Basketball,Volleyball &amp; Football</b>						<b>Learning Obj</b> <b>(Marching,100 &amp;200mts.,Relay,Long Jump, Shot put)</b> To remember, repeat and link combinations of actions. To use and adapt tactics and strategies in different situations. <b>Team Practices: Boys' -Mon &amp; Wed - 2pm to 3.30pm</b> Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball Mr.Moses			

YR. 7 & 8	Yr. 7 & 8					<b>Team Practices: Girls' -Tues &amp; Thurs - 2pm to 3.30pm</b> Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza			
		W9	W10	W11	W12	W13	W14	W15	W16
		<b>Module 3</b>	<b>Football (Passing &amp; Shooting)</b>			<b>Module 4</b>	<b>Sports Day Events and Practices</b>		
		<p align="center"><u>Learning Obj</u></p> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. <p align="center"><b>Team Practices continues</b></p>				<p align="center"><u>Learning Obj</u></p> Develop team work, camaraderie and sportsmanship. Preparation- Inter-school Basketball,football, Volleyball Tournament.			
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24
GR. 7 & 8	Yr. 7 & 8	<b>Module 5</b>	<b>Athletics</b>			<b>Module 6</b>	<b>Volleyball (Position &amp; Overhead Service)</b>		
		(100mts Start&Finish,Long Jump, Shot put & relay)							
		<p align="center"><u>Learning Obj</u></p> To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination.				<p align="center"><u>Learning Obj</u></p> Develop the range and consistency of their skills in volleyball Play games with simple rules and strategies.			
		W25	W26	W27	W28	W29	W30	W31	W32
<b>Module 7</b>	<b>Game Activities</b>			<b>Module 8</b>	<b>Game Activities</b>				
<p align="center"><u>Learning Obj</u></p> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				<p align="center"><u>Learning Obj</u></p> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations					
TERM 1		W1	W2	W3	W4	W5	W6	W7	W8
GR.9&10	Yr.9&10	<b>Module 1</b>	<b>Basketball (Shooting and Attack &amp; Defence)</b>			<b>Module 2</b>	<b>Athletics</b>		
		<p align="center"><u>Learning Obj</u></p> Develop the range and consistency of their skills in basketball To use and adapt tactics and strategies in different situations. <b>*Gifted students selection For Boys &amp; Girls Basketball, Volleyball &amp; Football. Preparation-Our Own Shj Sr.Boys football,High School Football boys &amp; girls. NIMS DXB Boys Volleyball tournament and DPS ,TMS,TWS&amp; Skyline Basketball tournament for senior school boys' and girls'. AUD School sports. Also for the other inter-school tournaments.</b>				<p align="center"><u>Learning Obj</u></p> (Marching,100 &200mts.,Relay,Long Jump, Shot put) To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination. <b>Team Practices: Boys' -Mon &amp; Wed - 2pm to 3.30pm</b> Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball Mr.Moses <b>Team Practices: Girls' -Tues &amp; Thurs - 2pm to 3.30pm</b> Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza			
		W9	W10	W11	W12	W13	W14	W15	W16
		<b>Module 3</b>	<b>Football (Shooting,Attack &amp; Defence)</b>			<b>Module 4</b>	<b>Sports Day Events and Practices</b>		
<p align="center"><u>Learning Obj</u></p> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. <p align="center"><b>Team Practices Continues</b></p>				<p align="center"><u>Learning Obj</u></p> Develop team work, camaraderie and sportsmanship. <b>Preparation:Girls Football Tournament</b>					
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24
		<b>Module 5</b>	<b>Volleyball (Attack &amp; Block)</b>			<b>Module 6</b>	<b>Games</b>		

YR.9&10	Yr.9&10	<b>Learning Obj</b> Develop the range and consistency of their skills in volleyball Play games with simple rules and strategies.				<b>Learning Obj</b> Play Basketball, Football & Volleyball with proper rules.			
		W25	W26	W27	W28	W29	W30	W31	W32
		<b>Module 7</b>	<b>Game Activities</b>			<b>Module 8</b>	<b>Game Activities</b>		
		<b>Learning Obj</b> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				<b>Learning Obj</b> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations			
TERM 1		W1	W2	W3	W4	W5	W6	W7	W8
YR.11,12 &13	Yr.11,12 &13	<b>Module 1</b>	<b>Basketball , Football and Volleyball</b>			<b>Module 2</b>	<b>Badminton and Table Tennis</b>		
		<b>Learning Obj</b> Develop the range and consistency of their skills in any game. To improve the advance skills during competition/ match. <b>*Gifted students selection For Boys &amp; Girls Basketball, Volleyball &amp; Football. Preparation-Our Own Shj Sr.Boys football,High School Football boys &amp; girls. NIMS DXB Boys Volleyball tournament and DPS ,TMS,TWS&amp; Skyline Basketball tournament for senior school boys' and girls'. AUD School sports. Also for the other inter-school tournaments.</b>				<b>Learning Obj</b> To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination. <b>Team Practices: Boys' -Mon &amp; Wed - 2pm to 3.30pm</b> Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball Mr.Moses <b>Team Practices: Girls' -Tues &amp; Thurs - 2pm to 3.30pm</b> Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza			
		W9	W10	W11	W12	W13	W14	W15	W16
		<b>Module 3</b>	<b>Basketball , Football and Volleyball</b>			<b>Module 4</b>	<b>Sports Day Events and Practices</b>		
<b>Learning Obj</b> Develop the range and consistency of their skills in any one. game. Play games with proper rules and strategies. <b>Team Practices Continues</b>				<b>Learning Obj</b> Develop team work, camaraderie and sportsmanship. <b>Lawn Tennis:-</b> Provision shall be made after 1.30pm to practice and improve the skills and physical fitness.					
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24
YR.11,12 &13	Yr.11,12 &13	<b>Module 5</b>	<b>Games</b>			<b>Module 6</b>	<b>Games</b>		
		<b>Learning Obj</b> Develop the range and consistency of their skills in any two . games.One from Basketball/football/Volleyball. Other one from Table Tennis / Badminton.				<b>Learning Obj</b> Develop the range and consistency of their skills in any two . games.One from Basketball/football/Volleyball. Other one from Table Tennis / Badminton.			
		W25	W26	W27	W28	W29	W30	W31	W32
		<b>Module 7</b>	<b>Game Activities</b>			<b>Module 8</b>	<b>Game Activities</b>		
<b>Learning Obj</b> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				<b>Learning Obj</b> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations					