

St. Mary's Catholic High School, Dubai. PHYSICAL EDUCATION - LONG TERM PLAN (2024 - 2025)



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

| TERM 1 | | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | |
|-----------|-----------|---|---------------------------------|---------------------------------|--|---|--|----------------|-----------------------|--|
| | | Module 1 | Walking | & | Jumping | Module 2 | | Gymnastics | 3 | |
| | | Learning Obj | | | | | Learning Obj | | | |
| | | Learn to stand | _ ight line walk,circle walk | Explore gyn | Explore gymnastics action and still shapes.Introduce rolls | | | | | |
| | | and zigzag walk. Walk in twos' and in threes'. Hopping L&R leg | | | | Keeping saf | Keeping safe in doing gymnastic.Preventive and safety methods. | | | |
| GR. 1 & 2 | | Explore and in | ical jump | , horizontal jump. | | (Pencil roll & Forward roll) | | | | |
| | Yr. 1 & 2 | W9 | W10 | W11 | W12 | W13 | W14 | W15 | W16 | |
| | | Module 3 | Throwing | & | Catching | Module 4 | | Sports Day E | vents and Practices | |
| | | | | earning C | _ - | | Learning Obj | | | |
| | | Explore ball ro | olling,overh | ead throv | v, tennis ball throw-Try with | Stand at ea | Stand at ease, attention, turns, walk in threes' and marching. | | | |
| | | right & lefthar | nd,hitting th | ne stump | . Practice with right and left | Develop tea | Develop team work, camaraderie and sportsmanship. | | | |
| | | hand.Develor | good catcl | ning skills | i | | | | | |
| TER | RM 2 | W17 | W18 | W19 | W20 | W21 | W22 | W23 | W24 | |
| | | Module 5 | | | ng and Sports Day Practice | Module 6 | Game | Activities and | d Sports Day Practice | |
| | | | earning C | _ - | | L <u>earning Obj</u> | | | | |
| | | | | ing skills. Turnings & develop | | Participate and follow rules and direction of different | | | | |
| | | good body Co-ordination | | | | _ | minor games likefire in the mountain, | | | |
| | | | | | | tank bund, relay and hit the target etc. | | | | |
| YR. 1 & 2 | Yr. 1 & 2 | W25 | W26 | W27 | W28 | W29 | W30 | W31 | W32 | |
| | | Module 7 | | Game Ad | | Module 8 | | Game Activit | ties | |
| | | | earning C | — - | | | Learning Obj | | | |
| | | _ | _ | evelop team work | | Group games with smaller group of 3 or 4 then up to 7 | | | | |
| | | Gradually intr | e rules an | d regulations. | | Follow the rules and regulations. Develop team work and oneness in the team. | | | | |
| | | | | | | | | | | |
| TER | M 1 T | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | |
| | | Module 1 | | | all -Oriented | Module 2 | | Oriented & N | larcning | |
| | | D 4h | earning (| | Davidan the | Learning Obj Develop the range and consistency of their skills in football. | | | | |
| | | 1 | | y of their skills in basketball | | Play games with simple rules and strategies. (Passing). | | | | |
| | | e.g. bouncing, | _ | _ | Play games | riay games with simple rules and strategies.(Passing). | | | | |
| YR. 3 & 4 | Yr. 3 & 4 | W9 | | | egies in different situations. | W13 | \A/1.4 | W15 | \M16 | |
| 1K. 5 & 4 | 11.3 & 4 | Module 3 | W10 | W11 Athletics | W12 | Module 4 | W14 | Gymnastics | W16 | |
| | | | | | hot put(Cricketball throw) | Wiodule 4 | | Gymnastics | | |
| | | (Some Starte | | earning (| - | | Learning Obj | | | |
| | | To remember | | | nbinations of actions. | Develop te | Develop team work, camaraderie and sportsmanship. | | | |
| | | | | | | | Stand at ease, attention, turns, walk in threes' and marching. | | | |
| | | To use their bodies and a variety of equipment with greater control and coordination. | | | | Staria at ea. | Stand at ease, attention, turns, walk in threes and marching. | | | |
| TER | TERM 2 | | W18 | W19 | W20 | W21 | W22 | W23 | W24 | |
| 1211 | = | W17 | *** | 1115 | 1120 | *** | .,, | 1123 | | |

| | | Sports Day Events and Pr | actices | Module 6 | Throwball -Oriented & Spo | orts Day Practice | | |
|-----------|-----------------|--|--|---|---|--|--|--|
| | | | | | | | | |
| | Davidan taan | Learning Obj | una nun albi in | Learning Obj | | | | |
| Yr. 3 & 4 | | | | Develop the range and consistency of their skills in Throwball. | | | | |
| | | | | , , , | | | | |
| | | | VV 28 | | | VV3Z | | |
| | Module 7 | Gaine Activities | | Widule 8 | Gaine Activities | | | |
| | | Learning Ohi | | Learning Ohi | | | | |
| | Develon team | | en to the leader | Develop team work, oneness in the team, listen o the leader. | | | | |
| | | | | | | | | |
| 1 | | | | | | | | |
| | | | | | | | | |
| | | | | oudic = | · | | | |
| | Develop the r | | kills in basketball | Explore gymnastics action and still shapes. Keeping safe in | | | | |
| | | | | doing gymnastic.(Forward roll, Backward roll & Cart wheel) | | | | |
| | " | · · · · · · | • | | | | | |
| r. 5 & 6 | W9 | W10 W11 | W12 | W13 | W14 W15 | W16 | | |
| | Module 3 | Athletics | | Module 4 | Sports Day Events and P | | | |
| | (100mt | s Start&Finish,Long Jump, Shot | put & relay) | | | | | |
| | | | | Learning Obj | | | | |
| | To remember | | of actions. | Develop team work, camaraderie and sportsmanship. | | | | |
| | To use their b | odies and a variety of equipme | ent | Stand at eas | se, attention, turns, walk in th | rees' and marching. | | |
| | with greater of | control and coordination. | | | (Sprint Start & Finish and Re | elay practice) | | |
| 2 | W17 | W18 W19 | W20 | W21 | W22 W23 | W24 | | |
| | Module 5 | Football | | Module 6 | Volleyball | | | |
| | | | | · | | | | |
| | · · | _ | kills in football. | Develop the range and consistency of their skills in volleyball. | | | | |
| | Play games wi | ith simple rules and strategies. | | Play games with simple rules and strategies. | | | | |
| | | | | | | | | |
| r. 5 & 6 | | | W28 | | | W32 | | |
| | Module 7 | | | Module 8 | | | | |
| | | | | | | | | |
| | • | | • | | | | | |
| 1 | | | | | | | | |
| 1 | | | | | | VVO | | |
| | Wiodule 1 | Dasketball (Fassilig allu Fivoti | iig <i>j</i> | | | nn Shot nut) | | |
| | | Learning Ohi | | Learning Obj To remember, repeat and link combinations of actions. | | | | |
| | Develop the r | ange and consistency of their sk | kills in baskethall | | | | | |
| | | lapt tactics and strategies in diff | | To use and adapt tactics and strategies in different situations. | | | | |
| | LLO USE AND AD | ani iatilits aliu siraregies iii iiii | | Team Practices: Boys' -Mon & Wed - 2pm to 3.30pm | | | | |
| | l o use and ad | - | | I | | | | |
| | To use and ad | *Gifted students selection Fo Basketball,Volleyball & | or Boys & Girls | Team Practi | | m to 3.30pm | | |
| r. | 1 ∵5&6 | Stand at ease, W25 Module 7 Develop team Play team gan Module 1 Develop the ree.g. bouncing, To use and add (100mts) To remember, To use their b with greater of with greater of Play games with Section 1 Develop the reel of the re | Stand at ease, attention, turns, walk in threese. W25 | Learning Obj Develop team work, oneness in the team, listen to the leader. Play team games . Introduce the rules step by step 1 W1 W2 W3 W4 Module 1 Basketball -Oriented Learning Obj 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. W9 W10 W11 W12 Module 3 Athletics (100mts Start&Finish,Long Jump, Shot put & relay) Learning Obj To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination. 2 W17 W18 W19 W20 Module 5 Football Learning Obj Develop the range and consistency of their skills in football. Play games with simple rules and strategies. 5 & 6 W25 W26 W27 W28 Module 7 Game Activities Learning Obj Develop team work, stratagies, oneness , interact with captain. Introduce the rules and regulations of the game 1 W1 W2 W3 W4 Module 1 Basketball (Passing and Pivoting) | Stand at ease, attention, turns, walk in threes' and marching. W25 W26 W27 W28 W29 Module 7 Game Activities Module 8 Learning Obj Develop team work, oneness in the team, listen to the leader. Play team games . Introduce the rules step by step Module 1 W1 W2 W3 W4 W5 Module 1 Basketball -Oriented Module 2 Learning Obj 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. W9 W10 W11 W12 W13 Module 3 Athletics Module 4 (100mts Start&Finish,Long Jump, Shot put & relay) Learning Obj To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination. 2 W17 W18 W19 W20 W21 Module 5 Football Learning Obj Develop the range and consistency of their skills in football. Play games with simple rules and strategies. Develop the Play games Module 7 Game Activities Module 8 Learning Obj Develop team work, stratagies, oneness , interact with captain. Introduce the rules and regulations of the game Play the gam Module 1 Basketball (Passing and Pivoting) Module 2 (Marching, 1) | Stand at ease, attention, turns, walk in threes' and marching. W25 W26 W27 W28 W29 W30 W31 Learning Obj Develop team work, oneness in the team, listen to the leader. Play team games. Introduce the rules step by step 1 W1 W2 W3 W4 W5 W6 W7 Develop team work, oneness in the team, listen to the leader. Play team games. Introduce the rules step by step 1 W1 W2 W3 W4 W5 W6 W7 Develop team work, oneness in the team Play team games with rules and regulation games with rules and regulation. Learning Obj 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. W9 W10 W11 W12 W13 W14 W15 W15 W6 W6 W7 W11 W12 W13 W14 W15 W15 W6 W6 W6 W7 W11 W12 W13 W14 W15 W15 W6 W6 W7 W11 W12 W13 W14 W15 W15 W6 W6 W7 W15 W15 W15 W6 W6 W7 W15 W15 W6 W6 W7 W15 | | |

| YR. 7 & 8 | Yr. 7 & 8 | | | | Team Practices: Girls' -Tues & Thurs - 2pm to 3.30pm Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball | | | | |
|-----------|--------------|--|--|---|---|--|--|--|--|
| | | | | | Ms.Liza | , , | | | |
| | | W9 | W10 W11 | W12 | W13 | W14 W | 15 W16 | | |
| | | Module 3 | Football (Passing & Shoo | ting) | Module 4 | Sports Day I | Events and Practices | | |
| | Learning Obj | | | | Learning Obj | | | | |
| | | Develop the range and consistency of their skills in football. | | | | m work, camara | iderie and sportsmanship. | | |
| | | Play games w | ith simple rules and strategies. | Preparation | - Inter-school Ba | sketball,football, Volleyball | | | |
| | | | Team Practices contnues | | Tournamen | t. | | | |
| TERM 2 | | W17 | W18 W19 | W20 | W21 | W22 W | 23 W24 | | |
| | | Module 5 | Athletics | | Module 6 | Volleyball (Po | sition & Overhead Service) | | |
| | | (100mts Start | t&Finish,Long Jump, Shot put & | relay) | | | | | |
| | | | Learning Obj | | Learning Obj | | | | |
| | | l . | , repeat and link combinations of | | Develop the | e range and cons | istency of their skills in volleyball | | |
| | | To use their b | odies and a variety of equipment | t with greater | Play games with simple rules and strategies. | | | | |
| | | control and c | oordination. | | | | | | |
| GR. 7 & 8 | Yr. 7 & 8 | W25 | W26 W27 | W28 | W29 | W30 W | 31 W32 | | |
| | | Module 7 | Game Activities | | Module 8 | | e Activities | | |
| | | L <u>earning Obj</u> | | | Learning Obj | | | | |
| | | | | | | | | | |
| | | • | n work, stratagies, oneness, inter | • | Develop team work, stratagies, oneness, interact with captain. | | | | |
| | | • | yers, sportsmen spirit & leadersh | • • | and team players, sportsmen spirit & leadership qualities. | | | | |
| | | | es with standard rules and regula | | | | d rules and regulations | | |
| TER | RM 1 | W1 | W2 W3 | W4 | W5 | W6 M | | | |
| | | Module 1 | Basketball (Shooting and Attac | k & Defence) | Module 2 | Athle | | | |
| | | | | | (Marching 1 | | | | |
| | | | | | (Widi cilling) | | elay,Long Jump, Shot put) | | |
| | | Davida a Aba a | Learning Obj | II.a in la a de a de a U | | L <u>earni</u> | ng Obj | | |
| | | I | ange and consistency of their ski | | To rememb | L<u>earni</u> er, repeat and li | ng Obj nk combinations of actions. | | |
| | | To use and ac | ange and consistency of their ski lapt tactics and strategies in diffe | erent situations. | To rememb | Learni er, repeat and li bodies and a va | ng Obj | | |
| | | To use and ac | ange and consistency of their ski lapt tactics and strategies in diffe ents selection For Boys & Girls E | erent situations. Basketball, | To rememb To use their control and | Learni er, repeat and li bodies and a va l coordination. | ng Obj nk combinations of actions. riety of equipment with greater | | |
| | | To use and ac *Gifted stude Volleyball & I | ange and consistency of their ski lapt tactics and strategies in diffe ents selection For Boys & Girls E Football. Preparation-Our Own S | erent situations. Basketball, Shj Sr.Boys | To rememb To use their control and Team Pract | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor | ng Obj nk combinations of actions. riety of equipment with greater n & Wed - 2pm to 3.30pm | | |
| | | To use and ac *Gifted stude Volleyball & I football, High | ange and consistency of their ski lapt tactics and strategies in diffe ents selection For Boys & Girls E Football. Preparation-Our Own S School Football boys & girls. NII | erent situations. Basketball, Shj Sr.Boys MS DXB Boys | To rememb To use their control and Team Pract Basketball | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor | ng Obj nk combinations of actions. riety of equipment with greater | | |
| GP 98-10 | Vr 98.10 | To use and ac *Gifted stude Volleyball & I football,High Volleyball to. | ange and consistency of their ski lapt tactics and strategies in diffe ents selection For Boys & Girls E Football. Preparation-Our Own S School Football boys & girls. NII urnament and DPS,TMS,TWS& S | erent situations. Basketball, Bhj Sr.Boys MS DXB Boys Skyline Basketball | To rememb To use their control and Team Pract Basketball - Mr.Moses | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo | ng Obj nk combinations of actions. riety of equipment with greater a & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball | | |
| GR.9&10 | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football, High Volleyball toutournament | ange and consistency of their ski lapt tactics and strategies in diffe ents selection For Boys & Girls E Football. Preparation-Our Own S School Football boys & girls. NII urnament and DPS,TMS,TWS& S for senior school boys' and girls' | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo | ng Obj nk combinations of actions. riety of equipment with greater n & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball s & Thurs - 2pm to 3.30pm | | |
| GR.9&10 | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football, High Volleyball toutournament | ange and consistency of their ski lapt tactics and strategies in diffe ents selection For Boys & Girls E Football. Preparation-Our Own S School Football boys & girls. NII urnament and DPS,TMS,TWS& S | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract Basketball - | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo | ng Obj nk combinations of actions. riety of equipment with greater a & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball | | |
| GR.9&10 | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football,High Volleyball to tournament sports. Also f | ange and consistency of their ski lapt tactics and strategies in differents selection For Boys & Girls Efootball. Preparation-Our Own Sechool Football boys & girls. NII urnament and DPS, TMS,TWS& Sefor senior school boys' and girls' or the other inter-school tourna | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School ments. | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract Basketball - Ms.Liza | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo ices: Girls' -Tues Mrs. Aevelyn; F | ng Obj nk combinations of actions. riety of equipment with greater n & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball s & Thurs - 2pm to 3.30pm potball - Mrs. S. Fredita; Volleyball | | |
| GR.9&10 | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football,High Volleyball to tournament sports. Also f | ange and consistency of their ski lapt tactics and strategies in differents selection For Boys & Girls Efootball. Preparation-Our Own S School Football boys & girls. NII urnament and DPS ,TMS,TWS& S for senior school boys' and girls' or the other inter-school tourna | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School ments. W12 | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract Basketball - Ms.Liza W13 | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo ices: Girls' -Tues Mrs. Aevelyn; F | ng Obj nk combinations of actions. riety of equipment with greater n & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball s & Thurs - 2pm to 3.30pm potball - Mrs. S. Fredita; Volleyball | | |
| GR.9&10 | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football,High Volleyball to tournament sports. Also f | ange and consistency of their ski lapt tactics and strategies in differents selection. For Boys & Girls & Football. Preparation-Our Own S School Football boys & girls. NII surnament and DPS ,TMS,TWS& S for senior school boys' and girls' or the other inter-school tournative W10 W11 Football (Shooting,Attack & De | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School ments. W12 | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract Basketball - Ms.Liza | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo ices: Girls' -Tues Mrs. Aevelyn; F W14 W Sports Day I | ng Obj nk combinations of actions. riety of equipment with greater a & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball a & Thurs - 2pm to 3.30pm potball - Mrs. S. Fredita; Volleyball W16 Events and Practices | | |
| GR.9&10 | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football,High Volleyball tou tournament sports. Also f | ange and consistency of their ski lapt tactics and strategies in differents selection. For Boys & Girls & Football. Preparation-Our Own S School Football boys & girls. NII surnament and DPS ,TMS,TWS& S for senior school boys' and girls' or the other inter-school tourna. W10 W11 Football (Shooting,Attack & De Learning Obj | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School ments. W12 efence) | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract Basketball - Ms.Liza W13 Module 4 | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo ices: Girls' -Tues Mrs. Aevelyn; F W14 W Sports Day I Learni | ng Obj nk combinations of actions. riety of equipment with greater n & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball s & Thurs - 2pm to 3.30pm potball - Mrs. S. Fredita; Volleyball W16 Events and Practices ng Obj | | |
| GR.9&10 | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football, High Volleyball tou tournament sports. Also f W9 Module 3 | ange and consistency of their ski lapt tactics and strategies in differents selection. For Boys & Girls & Football. Preparation-Our Own S School Football boys & girls. NII urnament and DPS ,TMS,TWS& S for senior school boys' and girls' or the other inter-school tournative with the other wit | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School ments. W12 efence) | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract Basketball - Ms.Liza W13 Module 4 Develop tea | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo ices: Girls' -Tues Mrs. Aevelyn; F W14 W Sports Day I Learni um work, camara | ng Obj nk combinations of actions. riety of equipment with greater n & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball s & Thurs - 2pm to 3.30pm potball - Mrs. S. Fredita; Volleyball 15 W16 Events and Practices ng Obj nderie and sportsmanship. | | |
| GR.9&10 | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football, High Volleyball tou tournament sports. Also f W9 Module 3 | ange and consistency of their ski lapt tactics and strategies in differents selection. For Boys & Girls & Football. Preparation-Our Own S School Football boys & girls. NII urnament and DPS ,TMS,TWS& S for senior school boys' and girls' or the other inter-school tournative with a wind of their ski lith simple rules and strategies. | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School ments. W12 efence) | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract Basketball - Ms.Liza W13 Module 4 Develop tea | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo ices: Girls' -Tues Mrs. Aevelyn; F W14 W Sports Day I Learni | ng Obj nk combinations of actions. riety of equipment with greater n & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball s & Thurs - 2pm to 3.30pm potball - Mrs. S. Fredita; Volleyball 15 W16 Events and Practices ng Obj nderie and sportsmanship. | | |
| | Yr.9&10 | To use and ac *Gifted stude Volleyball & I football, High Volleyball tou tournament sports. Also f W9 Module 3 | ange and consistency of their ski lapt tactics and strategies in differents selection. For Boys & Girls & Football. Preparation-Our Own S School Football boys & girls. NII urnament and DPS ,TMS,TWS& S for senior school boys' and girls' or the other inter-school tournative with the other wit | erent situations. Basketball, Shj Sr.Boys MS DXB Boys Skyline Basketball '. AUD School ments. W12 efence) | To rememb To use their control and Team Pract Basketball - Mr.Moses Team Pract Basketball - Ms.Liza W13 Module 4 Develop tea | Learni er, repeat and li bodies and a va coordination. ices: Boys' -Mor Mr. Chandra; Fo ices: Girls' -Tues Mrs. Aevelyn; F W14 W Sports Day I Learni am work, camara i:Girls Football | ng Obj nk combinations of actions. riety of equipment with greater n & Wed - 2pm to 3.30pm potball - Mr. G. Oliver; Volleyball s & Thurs - 2pm to 3.30pm potball - Mrs. S. Fredita; Volleyball 15 W16 Events and Practices ng Obj nderie and sportsmanship. | | |

| | | 1 | Learning Obj range and consistency of the rith simple rules and strategi | Learning Obj Play Basketball, Football & Volleyball with proper rules. | | | | | |
|-----------------|-----------------|---|--|--|---|-------------|-----------------|------|--|
| YR.9&10 | Yr.9&10 | W25 | W26 W27 | W28 | W29 | W30 | W31 | W32 | |
| | | Module 7 | Game Activities | | Module 8 | G | ame Activitie | s | |
| | | | Learning Obj n work, stratagies, oneness, yers, sportsmen spirit & lead | Learning Obj Develop team work, stratagies, oneness, interact with captain. and team players, sportsmen spirit & leadership qualities. | | | | | |
| | | Play the game | es with standard rules and re | | Play the games with standard rules and regulations | | | | |
| TER | RM 1 | W1 | W2 W3 | W4 | W5 | W6 | W7 | W8 | |
| | | Module 1 | Basketball , Football and \ | /olleyball | Module 2 | Badminton a | and Table Ter | nnis | |
| YR.11,12 &13 | Yr.11,12 &13 | To improve the *Gifted study Volleyball & football, High Volleyball to tournament sports. Also for the M9 Module 3 | Learning Obj range and consistency of the ne advance skills during coments selection For Boys & Gi Football. Preparation-Our Of School Football boys & girls urnament and DPS ,TMS,TW for senior school boys' and for the other inter-school to the other inter-school to the other inter-school and the Learning Obj range and consistency of the sames with proper rules and so Team Practices Continues | petition/ match. irls Basketball, own Shj Sr.Boys s. NIMS DXB Boys /S& Skyline Basketball girls'. AUD School urnaments. W12 /olleyball eir skills in any one. | Learning Obj To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination. Team Practices: Boys' -Mon & Wed - 2pm to 3.30pm Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball Mr.Moses Team Practices: Girls' -Tues & Thurs - 2pm to 3.30pm Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza W13 W14 W15 W16 Module 4 Sports Day Events and Practices Learning Obj Develop team work, camaraderie and sportsmanship. Lawn Tennis:- Provision shall be made after 1.30pm to | | | | |
| TER | RM 2 | W17 | W18 W19 | W20 | W21 | W22 | e skills and ph | W24 | |
| | | Module 5 Develop the I games.One fr | Games Learning Obj range and consistency of the rom Basketball/football/Volle ennis / Badminton. | ir skills in any two . | Module 6 Learning Obj Develop the range and consistency of their skills in any two . games.One from Basketball/football/Volleyball. Other one from Table Tennis / Badminton. | | | | |
| YR.11,12 | Yr.11,12 | W25 | W26 W27 | W28 | W29 | W30 | W31 | W32 | |
| &13 | &13 | Module 7 | Game Activities | | Module 8 | | ame Activitie | S | |
| | | Learning Obj Develop team work, stratagies, oneness, interact with captain. and team players, sportsmen spirit & leadership qualities. | | | Learning Obj Develop team work, stratagies, oneness, interact with captain. and team players, sportsmen spirit & leadership qualities. | | | | |
| | | Play the game | es with standard rules and re | Play the games with standard rules and regulations | | | | | |