

Overview 2024-2025 PE (Grade 1)

Week	Standard No.	Date	Unit	Lesson	Learning Objectives
	<p>4.2 Explain that the body needs to move regularly in moderate to vigorous physical activity to achieve or maintain good health.</p> <p>4.4 Explain that water is essential during physical activity to maintain normal body temperature and normal blood volume.</p> <p>4.5 Explain that the intensity and duration of exercise, as well as nutritional choices affect fuel use during physical activity.</p>	26/8/- 30/8	Locomotor movement Skills	Walking and running a) Straight line walking/running b) Zig-zag)	Students will apply the Agility exercises. Students will apply exercises to develop hand and leg muscle strength Students will apply exercises to enhance endurance
2	<p>1.1 Move to open spaces within boundaries while traveling at higher rates of speed.</p> <p style="padding-left: 20px;">Body Management</p>	2\9 - 6\9	Locomotor movement Skills	Hops, gallops, and slides using a mature pattern.	Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities
3	<p>1.5 Jump for distance, landing on two feet and absorbing force.</p> <p style="padding-left: 20px;">1.6 Skip and leap using proper form</p>	9\9 - 13\9	Locomotor movement Skills	3) Jumping a) Leaping b) One leg jumping) Two legs jumping	Students demonstrate knowledge of movement concepts, principles and strategies that apply to the learning and performance of physical activities.
4	<p>11.4 Create a routine including two types of body rolls: log roll, egg roll, shoulder roll,</p>	16\9-20\9	Locomotor movement Skills	Rolling	Students asses and maintain a level of physical fitness to improve health and performance.

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	Forward roll, with a stationary balance position after each roll.				
5	1.4 Create a routine including two types of body rolls: log roll, egg roll, shoulder roll, forward roll, with a stationary balance position after each roll	23\9-27\9	Locomotor movement Skills	Rolling	Students asses and maintain a level of physical fitness to improve health and performance.
6	1.4 Create a routine including two types of body rolls: log roll, egg roll, shoulder roll, forward roll, with a stationary balance position after each roll	30\9-4\10	Locomotor movement Skills	Rolling with running	Students asses and maintain a level of physical fitness to improve health and performance.
7	1.5 Jump for distance, landing on two feet and absorbing force.	7\10-11\10	Handling equipment	Jumping stations games with the hula hope	Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
8	2.9 Explain key elements when throwing for distance. 2.10 Identify the roles of body parts not directly involved in catching objects.	14\10 -18\10	Handling equipment	Jumping stations games with the hula hope	Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
9	1.16 Jump a turned rope repeatedly	21\10\25\10	Handling equipment	Jumping rope	Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
10	2.3 Explain the importance of a wide rather than a narrow	28\10-31\10	Body Balance Gymnastics + assessment	Balance over objects	Students will apply exercises to enhance balance

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	base of support in balance activities.				
11	1.12 Strike a balloon consistently in an upward or forward motion.	5\11-8\11	Handling equipment	Strike balloons	Students Strike a balloons continuously upward. Using hands.
12	1.12 Strike a balloon consistently in an upward or forward motion, using a shorthanded paddle. 1.13 Strike a ball with a bat from a tee or cone, using correct grip and side orientation.	11/11-15/11	Handling equipment	Badminton balloons	Students Strike a ball continuously upward, using a paddle or racket in a right way
13	1.17 Kick a stationary ball from a stationary position	18/11 -22/11	Football kicking	Kicking	Students kicking a ball c forward, using foot
14	1.16 Kick a rolled ball from a stationary position	25/11-28/11	Football kicking	Kicking	Students will be apply to kick a ball forward.
Nov. 30 Martyrs' Day Dec 1-3 National Day					
15	1.14 Hand-dribble, with control, a ball for a sustained period	4/12-6/12	Basketball dribble	Make correct dribble high dribbling + low dribbling	Students will apply to dribble Basketball
19	1.14 Hand-dribble, with control, a ball for a sustained period.	9/12- 13/12	Basketball dribble	Make correct dribble high dribbling + low dribbling + walking and running	Students will apply to dribble Basketball

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20	1.14 Hand-dribble, with control, a ball for a sustained period.	6/1-10/1	Basketball dribble	Make correct dribble WITH walking and running.	Students will apply to dribble Basketball
21	1.8 Throw a ball for distance, using proper form	27/1– 31/1	Basketball passing	Chest pass and catching	Students will apply forearm Chest pass.
22	1.8 Throw a ball for distance, using proper form	3/2- 7/2	Basketball passing	Chest pass and catching WITH walking	Students will apply forearm Chest pass.
23	1.8 Throw a ball for distance, using proper form	10/2- 14/2	Basketball passing	Chest pass and catching WITH running	Students will apply forearm Chest pass.
24	1.9 Catch a gently thrown ball above the waist, reducing the impact force	18/2-21\2	Basketball passing	Overhead pass	Students will apply forearm Overhead pass
25	1.9 Catch a gently thrown ball above the waist by absorbing force with fingers pointing up. .	24/2 -28/2	Basketball passing	Catch Overhead pass With moving walking and running.	Students will apply forearm Overhead pass
26	1.10 Catch a gently thrown ball below the waist, reducing the impact force	3/3-7/3	Basketball passing	Catch and pass Bounce pass.	Students will apply forearm Bounce pass.
27	. 1.10 Catch a gently thrown ball below the waist, reducing the impact force.	10/3- 14/3	Basketball passing	Catch Bounce pass. WITH walking and running	Students will apply forearm Bounce pass.
28	1.8 Throw a ball for distance using proper form	17/3-21/3	Basketball	shooting basketball	Students will demonstrate the ability to shoot in basket
Mar 24. to Apr 6. Spring Holiday for students (2 Weeks)					

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29	5.7 Participate positively in physical activities that rely on cooperation .	14/4-18/4	Basketball	shooting basketball	Students will demonstrate the ability to shoot in basket
30	1.8 Throw a ball for distance using proper form 5.2 Accept responsibility for one's own behavior in a group activity.	21/4-25/4	Basketball rules	Small game with simple rules	Students will apply to play games with simple rules
31	5.3 Acknowledge one's opponent or partner before, during, and after an activity or game and give positive feedback on their performance. 5.4 Encourage others using verbal and non-verbal communication. 5.5 Demonstrate respect for self, others, and equipment during physical activities. 5.6 Demonstrate how to solve a problem with another during physical activity.	28/4/-29/4	Basketball	Small game with simple rules	Students will apply to play games
32	4.10 Identify which muscles are used in performing muscular endurance activities	5/5-9/5	Athletics	Athletics Teaching start-up	The student will apply Teaching start-up with right technique
33	1.5 Jump for distance, landing on both feet and bending the hips, knees, and ankles to reduce the impact force	12/5-16/5	Athletics	Long jump	Students demonstrate the motor skills and movement patterns needed 1 to perform a variety of physical activities

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34	1.5 Jump for distance, landing on both feet and bending the hips, knees, and ankles to reduce the impact force	19/5-23/5	Athletics	The triple Jump	Students demonstrate the motor skills and movement patterns needed 1 to perform a variety of physical activities
Mar. 25- Apr. 7 Spring holiday for students				April 09-12 Eid Al Fitter	
35	1.2 Transfer weight from feet to hands and back to feet, landing with control.	2/6-6/6	Athletics	Hurdling	The student can jump over the hurdles
36	2.10 Identify the roles of body parts not directly involved in catching objects	9/6-13/6	handball TAG GAME	RULES OF TAG GAME	Students will apply playing strategies
37	2.9 Explain key elements of throwing for distance	16/6-20/6	handball pass	Basic pass skills Short pass	Students will apply throwing
38	1.10 Catch a gently thrown ball below the waist, reducing the impact force	23/6 -27/6	Hand ball	Receiving short pass	Students will apply receiving
39	5.1 Participate in a variety of group settings (e.g., partners, small groups, large groups) without interfering with others	30/6/-3/7	handball	Receiving long pass	Students will apply receiving
40	5.7 Participate positively in physical activities that rely on cooperation		handball game	How to make a try with team	Students will apply passing & receiving

