

## Overview 2024–2025 PE Lessons (Grade 10)

+Week	Standard No.	Date	Unit	Lesson	Learning Objectives
1	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	26/Aug-30/Aug	Volleyball	servicing/Underhand serve	Students will demonstrate proper serving technique in volleyball, five times correctly
2	1.5 Explain, apply and evaluate the appropriate use of the biomechanical principles of leverage, force, inertia, rotary motion, opposition, and buoyancy to achieve advanced performance in aquatics, rhythms/dance, and individual and dual activities.	2/Sep-6/ Sep	Volleyball	servicing/underhand serve	Students will demonstrate proper serving technique in volleyball, five times correctly
3	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.	9/Sep-13/Sep	Volleyball	Servicing/Overhand serve	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
4	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination,	16/Sep-20/Sep	Volleyball	Volleyball jump serve	Students will demonstrate understanding and application of serving rules in volleyball, including proper stance, toss, contact with the ball.

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	explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.				
<b>5</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	23/Sept-29/Sep	Volleyball	Volleyball serve assessment	Students will apply serving rules using accurate techniques.
<b>6</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	30/Sep-4/Oct	Volleyball	Passing /Underhand pass/bump	Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.
<b>7</b>	1.5 Explain, apply and evaluate the appropriate use of the biomechanical principles of leverage, force, inertia, rotary motion, opposition, and buoyancy to achieve advanced performance in aquatics, rhythms/dance, and individual and dual activities.	7/Oct-11/Oct	Volleyball	Passing/setting	Students will demonstrate setting five times correctly
<b>8</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	41/Oct-18/Oct	Volleyball	Passing/Setting	Students will demonstrate setting five times correctly
<b>9</b>	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power,	21/Oct-25/oct	Volleyball	Digging	Students will demonstrate the digging

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	and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.				
<b>10</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	28/Oct-1/Nov	Volleyball	Match/ rules-lines on a volleyball court	Students will apply playing match
<b>11</b>	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.	4/Nov-8/Nov	Basketball	Dribbling/high Boune	Students will learn effective techniques in basketball, including dribbling
<b>12</b>	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.	11/Nov-15/Nov	Basketball	Dribbling/ crossover	Students will learn effective techniques in basketball, including dribbling and crossover

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Nov 30 Martyr's Day and Dec 1 & 2 National Day					
<b>13</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	18/Nov-22/Nov	Basketball	Shooting\Free Throw	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.
<b>14</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	25/Nov-29/Nov	Basketball	Layup in Basketball	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.
Dec. 12, 2024 to Dec. 30, 2025: Winter holiday for students					
<b>15</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	4/Des-6/Des	Basketball	Basketball Match and rules back zone Layup assessment	Students will participate in a structured match in basketball, focusing on developing fundamental techniques and applying rules effectively.
<b>16</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	9/Des-13/Des	Basketball	Passing/overhead pass	Students will demonstrate overhead pass
<b>17</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	3/Feb –7/Feb	Basketball	Passing/one hand pass	Students will demonstrate one hand pass
Jan. 23 – Jan. 25 Revision For End of Term 1 Exam / Jan. 20 – Feb. 3 Final Exam					

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<b>18</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of sk  Skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	10/Feb – 14	Basketball	Shooting/ Jump shot	Students will apply jump shot
<b>19</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	17/Feb/21Feb	Basketball	Shooting /Hook shot	Students will apply shooting( hook shot)
<b>20</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	24/Feb-28/Feb	Basketball	Passing/overhead pass	Students will apply overhead pass
<b>21</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	3/Mar-7/Mar	Basketball	Match/Rules	Students will learn rules and will apply match
<b>22</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	10/Mar-14/Mar	Badminton	The ready stance/Gripping the racket	Students will learn and demonstrate the correct ready stance effectively
<b>23</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and	17/Mar-21/Mar	Badminton	Forehand grip	Students will correctly apply the forehand grip in badminton, demonstrating proper hand positioning.

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	individual and dual activities.				
<b>24</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	7/Apr-11/Apr	Badminton	Backhand grip	Students will demonstrate proficiency in the backhand grip in badminton by correctly positioning their hands and maintaining proper techniques.
<b>25</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	14 Apr-18/Apr	Badminton	Footwork	Students will demonstrate accurate footwork techniques in badminton.
<b>Mar 27. to Apr 7. Spring Holiday for students (2 Weeks)</b>					
<b>26</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	21/Apr-25/Apr	Badminton	Strokes (overhead- forehand)	Students will demonstrate the overhead forehand stroke in badminton, showcasing proper technique, form, and control.
<b>27</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition	28/Apr-2/May	Badminton	Underarm backhand serve	Students will demonstrate the underarm backhand serve in badminton, showcasing proper technique, accuracy, and control.

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	and performance in aquatics, rhythms/dance, and individual and dual activities.				
<b>28</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	5/May-9/May	Badminton	Match assessment	Students will play a badminton match, demonstrating proper court etiquette and sportsmanship
<b>Eid Al Fitr</b>					
<b>29</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	12/May-16/May	Football	Passing & Shooting	Students will demonstrate proficiency in passing and shooting techniques in football, showing accuracy, timing, and decision-making during practice drills and gameplay.
<b>30</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	19/May-23/May	Football	Passing & Shooting	Students will demonstrate proficiency in passing and shooting techniques in football, showing accuracy, timing, and decision-making during practice drills and gameplay.
<b>31</b>	2.1 Participate in moderate to vigorous physical activity at	26/May-30	football	Shooting - Standard shoot	Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.

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	least 4 days each week.		Football		
<b>32</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	2-6June	Football	Shooting - Inside shoot	Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.
<b>33</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	29/Mar-2/June	Football	Passing & Shooting	Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.
<b>34</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	5/June-9/June	Football	Passing & Shooting	Students will demonstrate passing & shooting
<b>Jun 13 - Jun 21 Final Exams for Gr.4-11</b>					
<b>36</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	12/June-16/June	Football	Football Match	Students will apply learnt techniques in a match



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<b>37</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.	19/June-23/Jun	Football	Football Match	Students will apply learnt techniques in a match
<b>38</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	9/Jan-13/Jan	Physical fitness	Flexibility	Overall fitness
<b>39</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	16/Jan-20/Jan	Physical fitness	Speed	Overall fitness
<b>40</b>	1.1 Combine, and apply movement patterns to progress from simple to complex in aquatics, rhythms/dance, and individual and dual activities.	24oct-28oct	Athletics	Hurdling	How to jump over obstacles
<b>41</b>	1.5 Explain, apply and evaluate the appropriate use of the biomechanical principles of leverage, force, inertia, rotary motion, opposition, and buoyancy to achieve advanced performance in aquatics,	31Oct-4Nov	Athletics	Shot put	Learn shot put techniques

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	rhythms/dance, and individual and dual activities.				
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