

Overview 2024/2025 PE Lessons (Grade 11)

M.....+ 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	badminton	The ready stance/Gripping the racket	Students will learn and demonstrate the correct ready stance effectively.
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	badminton	The ready stance/Gripping the racket	Students will correctly apply the ready stance.
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	badminton	Forehand grip	Students will correctly apply the forehand grip in badminton, demonstrating proper hand positioning.
4	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance	16/Sep-20/Sep	Badminton	Forehand grip	Students will correctly apply the forehand grip in badminton, demonstrating proper hand positioning.

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	performance levels in aquatics, rhythms/dance, and individual and dual activities.				
5	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	23/Sept-29/Sep	Badminton	Backhand grip	Students will demonstrate proficiency in the backhand grip in badminton by correctly positioning their hands and maintaining proper techniques.
6	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	30/Sep-4/Oct	Badminton	Backhand grip	Students will demonstrate proficiency in the backhand grip in badminton by correctly positioning their hands and maintaining proper techniques.
7	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	Badminton	Footwork	Students will demonstrate accurate footwork techniques in badminton.
8	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	41/Oct-18/Oct	Badminton	Strokes (overhead forehand)	Students will demonstrate the overhead forehand stroke in badminton, showcasing proper technique, form, and control.
9	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		Badminton	Underarm backhand serve	Students will demonstrate the underarm backhand serve in badminton, showcasing proper technique, accuracy, and control.

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	individual and dual activities.				
10	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/Oct-25/oct	Badminton	Match /rules assessment	Students will play a badminton match, demonstrating proper court etiquette and sportsmanship.
11	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.	28/Oct-1/Nov	Volleyball	Serving - underhand	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
12	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	Volleyball	Serving – overhand	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
Nov 30 Martyr's Day and Dec 1 & 2 National Day					
13	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms	11/Nov-15/Nov	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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	Individual Activities Dual Activities				
14	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	18/Nov-22/Nov	Volleyball	Volleyball serve assessment	Students will apply serving rules using accurate techniques.
Dec. 11, 2023 to Jan. 1, 2024: Winter holiday for students					
15	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	25/Nov-29/Nov	Volleyball	Volleying – overhead pass	Students will demonstrate the overhead pass volley technique in volleyball, showing proper hand positioning, timing, and control.
16	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	4/Des-6/Des	Volleyball	Volleying – underhand pass	Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.
17	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.	9/Des-13/Des	Handball	Dribbling	Students will demonstrate effective dribbling skills in handball including control, speed, and changes in direction.
Jan. 24 – Jan. 25 Revision For End of Term 1 Exam / Jan. 24 – Feb. 2 Final Exam					
18	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	Handball	Dribbling / chest pass	Students will apply effective techniques in handball including dribbling and chest pass.

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19	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	10/Feb – 14	Handball	Passing\ bounce pass	Students will demonstrate effective passing and bouncing techniques in handball.
20	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	17/Feb/21Feb	Handball	Passing\ over hand pass	Students will demonstrate proficiency in passing techniques, including both standard passes and overhead passes in handball.
21	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	24/Feb-28/Feb	Handball	Kind of pass assessment	Student will apply the techniques learned including both standard passes and overhead passes in handball.
22	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	3/Mar-7/Mar	Handball	Defending and offensive	Students apply both defending and offensive strategies in handball during the match.
23	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.	10/Mar-14/Mar	Basketball	Dribbling \Crossover	Students will learn effective techniques in basketball, including dribbling and crossover.
24	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.	17/Mar-21/Mar	Basketball	Defensive and offensive	Students will learn and practice effective offensive and defensive techniques in basketball.

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25	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	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.
Mar 25. to Apr 7. Spring Holiday for students (2 Weeks)					
26	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	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.
27	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	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.
28	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/Apr-2/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.

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29	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	Football	Shooting \standard shoot	Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.
30	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	Shooting - Inside shoot	Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.
31	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	19/May-23/May	Football	Shooting - Standard shoot	Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.
32	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	26/May-30/May	Football	Shooting - Inside shoot	Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.
33	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.	2/3-Jun	Football	Passing & Shooting	Students will demonstrate proficiency in both passing and shooting techniques in football.

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34	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.		Football	Passing & Shooting	Students will demonstrate proficiency in both passing and shooting techniques in football.
Jun 13 - Jun 21 Final Exams for Gr.4-11					
35	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.		Football Football	Football Match	Students will apply the learned techniques effectively.
36	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/June	Football	Football Match Assessment	Students will apply the learned techniques effectively.
38	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	9/Jan-13/Jan	Physical fitness	Flexibility	Overall fitness
39	2.1 Participate in moderate to vigorous physical activity at	16/Jan-20/Jan	Physical fitness	Speed	Overall fitness

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	least 4 days each week.				
40	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
41	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.	31Oct-4Nov	Athletics	Shot put	Learn shot put techniques