



Overview 2025/2026 PE Lessons (Grade 12)



| M.....+ Week | Standard No. | Date | Unit | Lesson | Learning Objectives |
|-----------------|---|---------------|----------|---------------------------------------|--|
| 1 | Demonstrate proficient movement skills in aquatic, rhythms/dance, and individual and dual activities. | 26/Aug-30/Aug | Handball | Rules (Field size and player numbers) | The student knows the dimensions of the handball court and the number of players in a handball game. |
| 2 | Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship between those factors. | 2/Sep-6/ Sep | Handball | Passing and receiving | The student demonstrates how to properly pass and receive the ball |
| 3 | Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities. | 9/Sep-13/Sep | Handball | Over hand pass | The student learns how to professionally execute an overhead pass |
| 4 | Assess the effect/outcome of a particular performance strategy in aquatic, | 16/Sep-20/Sep | Handball | Under hand pass | The student learns how to professionally execute an underhand pass |



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| | rhythms/dance, and individual and dual activities. | | | | |
| 5 | Analyze and explain which training and conditioning practices have the greatest impact on skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities. | 23/Sept-29/Sep | Handball | Under hand shooting | The student demonstrates how to powerfully shoot from below with professional techniques while deceiving the opposing team |
| 6 | Combine and apply movement patterns, simple to complex, in aquatic, rhythms/dance, and individual and dual activities. | 30/Sep-4/Oct | Handball | Over hand shooting | The student demonstrates how to powerfully shoot from above with professional techniques while deceiving the opposing team |
| 7 | Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatic, rhythms/dance, and individual and dual activities. | 7/Oct-11/Oct | Athletics | Long Jump | The student demonstrates the long jump correctly |



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| 8 | Explain and demonstrate advanced offensive, defensive, and transition strategies in aquatic and individual and dual activities | 14/Oct-18/Oct | Athletics | Hardle jumping | The student learns how to jump over both small and large hurdles. |
| 9 | Analyze and evaluate feedback from proprioception, from others, and from the performance of complex motor (movement) activities to improve performance in aquatic, rhythms/dance, individual activities, and dual activities. | | Athletics | Runing | The student demonstrates running with full strength and energy |
| 10 | Explain the use of the principles of biomechanics (leverage, force, inertia, rotary motion, opposition, and buoyancy); apply the principles to achieve advanced performance in aquatic, rhythms/dance, | 21/Oct-25/oct | Football | Passing | The student applies the skill of passing with both the inside and outside of the foot |



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| | and individual and dual activities; and evaluate the performance based on the use of the principles. | | | | |
| 11 | Analyze situations and determine appropriate strategies for improved performance in aquatic, rhythms/dance, and individual and dual activities. | 28/Oct-1/Nov | Football | Dribbling the ball | The student demonstrates professional dribbling skills with the ball |
| 12 | Demonstrate independent learning of movement skills. | 4/Nov-8/Nov | Football | cross | The students will demonstrate the effective technique of crossing |
| Nov 30 Martyr's Day and Dec 1 & 2 National Day | | | | | |
| 13 | 1 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities | 11/Nov-15/Nov | Football | Shooting | The student demonstrates accuracy in shooting at the goal |
| 14 | 1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities | 18/Nov-22/Nov | Football | Football serve assessment | Students will apply serving rules using accurate techniques. |
| Dec. 11, 2024 to Jan. 1, 2025: Winter holiday for students | | | | | |
| 15 | 2.1 Participate in moderate to vigorous physical activity at least 4 days each week. | 25/Nov-29/Nov | BASKETBALL | CONTROL THE BALL | The students will demonstrate effectively that they are capable of controlling the ball. |



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| 16 | 1.2 Identify the characteristics and critical elements of highly skilled performance in individual and dual activities and demonstrate them | 4/Des-6/Des | BASKETBALL | RECEIVE THE BALL | The students will be able to receive the ball smoothly in this skill |
| 17 | 1.5 List the safety equipment required for participation in individual and dual activities; describe and demonstrate the use of such equipment. | 9/Des-13/Des | BASKETBALL | Dribbling | The students are able to evade the opponent's marking." |
| Jan. 24 – Jan. 25 Revision For End of Term 1 Exam / Jan. 24 – Feb. 2 Final Exam | | | | | |
| 18 | 1.6 Demonstrate independent learning of movement skills in individual and dual activities. | 3/Feb –7/Feb | BASKETBALL | REBOUND PASS | "The students are able to pass the ball with a bounce to the players." |
| 19 | 1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities | 10/Feb – 14 | BASKETBALL | FAKING | The students will be able to get past the opposing team |
| 20 | 1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities | 17/Feb/21Feb | BASKETBALL | SHOOTING | The students will demonstrate accuracy in shooting |
| 21 | 2.1 Participate in moderate to vigorous physical activity at least 4 days each week. | 24/Feb-28/Feb | VOLLYBALL | SERVING OVERHAND | Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock. |



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| 22 | 2.1 Participate in moderate to vigorous physical activity at least 4 days each week. | 3/Mar-7/Mar | VOLLYBALL | SERVING UNDERHAND | Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock. |
| 23 | 1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill | 10/Mar-14/Mar | VOLLYBALL | JUMP SERVE | Students will demonstrate understanding and application of serving rules in volleyball, including proper stance, toss, contact with the ball. |
| 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 | VOLLYBALL | SERVE ASSESSMENT | Students will apply serving rules Students will apply serving rules using accurate techniqu |
| 25 | 2.1 Participate in moderate to vigorous physical activity at least 4 days each week. | 7/Apr-11/Apr | VOLLYBALL | OVERHEAD BASS | Students will demonstrate the overhead pass volley technique in volleyball, showing proper hand positioning, timing, and control |
| 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 | VOLLYBALL | UNDERHAED BASS | Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control. |
| 27 | 1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill | 21/Apr-25/Apr | volleyball | Power hit | The student will be able to perform a powerful spike while jumping |



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| | acquisition and performance in aquatics, rhythms/dance, and individual and dual activities. | | | | |
| 28 | Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities. | 28/Apr-2/May | fitness | flexibility | Overall fitness |
| | | | | | |
| 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 | fitness | endurance | Overall fitness |
| 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 | Football match | Students will apply learnt techniques in a match |
| 31 | 2.1 Participate in moderate to vigorous | 19/May-23/May | | Handball match | Students will apply learnt techniques in a match |



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| | physical activity at least 4 days each week. | | handball | | |
| 32 | 2.1 Participate in moderate to vigorous physical activity at least 4 days each week. | 26/May-30/May | basketball | Basketball match | Students will apply learnt techniques in a match |
| 33 | Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship between those factors. | 2/3-Jun | volleyball | Volleyball match | Students will apply learnt techniques in a match |
| 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 | Football match | Students will apply learnt techniques in a match |
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