

OVERVIEW 2024-2025 PE LESSONS (GRADE2)

we ek	Standard No.	Date	Unit	Lesson	Learning Objectives
	4.2 Explain that the body needs to move regularly in moderate to vigorous physical activity to achieve or maintain good health. 4.4 Explain that water is essential during physical activity to maintain normal body temperature and normal blood volume. 4.5 Explain that the intensity and duration of exercise, as well as nutritional choices affect fuel use during physical activity.	26/8/2024	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	1.1 Move to open spaces within boundaries while traveling at higher rates of speed. Body Management	2\9/2024- 6\9\2024	Locomotor movement Skills	hops, gallops, and slides using a mature pattern.	Students demonstrate knowledge of movement concepts, principles,
3	1.5 Jump for distance, landing on two feet and absorbing force. 1.6 Skip and leap using proper form	9\9 \2024 13\9\2024	Locomotor movement Skills	3) Jumping a) Leaping b) One leg jumping) Two legs jumping	Students demonstrate knowledge of movement concepts, principles
4	11.4 Create a routine including two types of body rolls: log roll, egg roll, shoulder roll,	16\9\2024- 20\9\2024	Locomotor movement Skills	rolling	Students demonstrate knowledge of movement concepts, principles

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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	23/9/2024-27/9/2004	Locomotor movement Skills	Rolling	Students demonstrate knowledge of movement concepts, principles
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\2024-4\10\2024	Locomotor movement Skills	Rolling + assessment	Students demonstrate knowledge of movement concepts, principles
7	1.5 Jump for distance, landing on two feet and absorbing force.	7\10\2024-11\10\2024	Handling equipment	Jumping stations games with the hula hope	1 Students demonstrate the motor skills and movement patterns needed
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 2024-18\10\2024	Handling equipment	Jumping stations games with the hula hope	1 Students demonstrate the motor skills and movement patterns needed
9	1.16 Jump a turned rope repeatedly	21\10\2024-25\10\2024	Handling equipment	Jumping rope	1 Students demonstrate the motor skills and movement patterns needed
10	2.3 Explain the importance of a wide rather than a narrow	28/10/2004-31/10/2004	Body Balance Gymnastics + assessment	Balance OVER OBJECT	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, using a shorthanded paddle.	5\11\2024-8\11\2024	Handling equipment	Badminton balloons	Students Strike a ball continuously upward, using a paddle or racket in a right way
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.	11/112024-15/11/2024	Handling equipment	Badminton balloons	Students Strike a ball continuously upward, using a paddle or racket in a right way
13	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.	18/11 /2024-22/11/2024	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
14	1.12 Strike a balloon consistently in an upward or forward motion, using a short handled paddle. 1.13 Strike a ball with a bat from a tee or cone, using correct grip and side orientation	25/11/2004-28/11/2004	Handling equipment+ assessment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way

Nov. 30 Martyrs' Day Dec 1-3 National Day

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15	1.14 Hand-dribble, with control, a ball for a sustained period	4/12/2004-6/12/2004	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.	9/12/2024-13/12/2024	Basketball dribble	Make correct dribble high dribbling + low dribbling + walking and running	Students will apply to dribble Basketball
20	1.14 Hand-dribble, with control, a ball for a sustained period.	6/1/2025-10/1/2025	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	27/1/2025-31/1/2025	Basketball passing	Chest pass and catching	Students will apply forearm Chest pass.
22	1.8 Throw a ball for distance, using proper form	3/2/2025-7/2/2025	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	10/2/2025-14/2/2025	Basketball passing	Chest pass and catching WITH walking and	Students will apply forearm Chest pass.
24	1.9 Catch a gently thrown ball above the waist, reducing the impact force	18/2/2025-21/2/2025	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 /2025 - 28/2/2025	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	3/3/2005-7/3/2025	Basketball passing	Catch and pass Bounce pass.	Students will apply forearm Bounce pass.

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27	1.10 Catch a gently thrown ball below the waist, reducing the impact force.	10/3/2025-14/3/2025	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	17/3/2025-21/3/2025	Basketball	shooting basketball	Students will demonstrate the ability to shoot in basket
Mar 24. to Apr 6. Spring Holiday for students (2 Weeks)					
29	5.7 Participate positively in physical activities that rely on cooperation .	14/4/2025-18/4/2025	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.	21/4/2025-25/4/2025	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	28/4/2025-29/4/2025	Basketball	Small game with simple rules	Students will apply to play games

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	another during physical activity.				
32	4.10 Identify which muscles are used in performing muscular endurance activities	5/5/2025-9/5/2025	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	12/5/2025-16/5/2025	Athletics	Long jump	Students demonstrate the motor skills and movement patterns needed 1 to perform a variety of physical activities
34	1.5 Jump for distance, landing on both feet and bending the hips, knees, and ankles to reduce the impact force	19/5/2025-23/5/2025	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.	2/6/2025-6/6/2025	Athletics	Hurdling	The student can jump over the hurdles
36	2.10 Identify the roles of body parts not directly involved in catching objects	9/6/2025-13/6/2025	RUGBY TAG GAME	RULES OF TAG GAME	Students will apply playing strategies
37	2.9 Explain key elements of throwing for distance	16/6/2025-20/6/2025	Rugby 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	23/6/2025-27/6/2025	Rugby	Receiving short pass	Students will apply receiving

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39	5.1 Participate in a variety of group settings (e.g., partners, small groups, large groups) without interfering with others	30/6/6/2025-3/7/2025	Rugby	Receiving long pass	Students will apply receiving
40	5.7 Participate positively in physical activities that rely on cooperation		Rugby try	How to make a try with team	Students will apply passing & receiving
41	5.1 Participate in diverse group settings without interfering with others. 5.2 Accept responsibility for one's own behavior in a group activity. Social Interaction 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.		Rugby try	Rugby small game	Students will apply passing & receiving

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	5.7 Participate positively in physical activities that rely on cooperation.				
42	1.15 Foot-dribble, with control, a ball along the ground..		Football	Dribbling	Students will demonstrate Dribbling