

Overview 2024-2025 PE Lessons (Grade 3)

week	Standard No.	Date	Unit	Lesson	Learning Objectives
1	3.1 Demonstrate warm-up and cool-down exercises 2.1 Describe how changing speed and changing direction can allow one person to move away from another 3.1 Demonstrate warm-up and cool-down exercises	26/8/2024	Orientation Locomotor movement Skills	Welcome back to school Talking about PE lesson rules and expectation 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	.3.1 Demonstrate warm-up and cool-down exercises.	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	3.8 Measure and record improvement in individual fitness activities. 4.6 Explain that requirements for energy during ongoing muscle contraction include needing oxygen and fuel to be available while heat and waste products are removed. 3.1 Demonstrate warm-up and cool-down exercises.	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	1.3 Perform a forward roll.	16\9\2024-20\9\2024	Locomotor movement Skills	rolling	Students demonstrate knowledge of movement concepts, principles
5	1.4 Perform a straddle roll	23/9/2024-27/9/2004	Locomotor movement Skills	Rolling	Students demonstrate knowledge of movement concepts, principles

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6		30\9\2024-4\10\2024	Locomotor movement Skills	Rolling + assessment	Students demonstrate knowledge of movement concepts, principles
7	1.7 Catch an object thrown by a stationary partner while traveling.	7\10\2024-11\10\2024	Handling equipment	games with the hula hope	1 Students demonstrate the motor skills and movement patterns needed
8	1.10 Throw and catch with a partner while increasing distance and maintaining control	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	1.5 Continuously jump a forward-turning rope and a backward-turning rope.	21\10\2024-25\10\2024	Handling equipment	Jumping rope	1 Students demonstrate the motor skills and movement patterns needed
10	1.6 Balance while traveling and manipulating an object on a ground-level balance beam	28/10/2004-31/10/2004	Body Balance Gymnastics + assessment	Balance OVER OBJECT	Students will apply exercises to enhance balance
11	1.12 Continuously strike a ball upward using a paddle or racket.	5\11\2024-8\11\2024	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
12	3.1 Demonstrate warm-up and cool-down exercises. 1.12 Continuously strike a ball upward using a paddle or racket.	11/112024-15/11/2024	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
13	1.12 Continuously strike a ball upward using a paddle or racket 3.1 Demonstrate warm-up and cool-down exercises.	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	3.4 Perform increasing numbers of each:	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

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	abdominal curl-ups, oblique curl-ups on each side, modified push-ups or traditional push-ups with hands on bench, forward lunges, side lunges, and triceps push-ups from a chair.				
Nov. 30 Martyrs' Day Dec 1-3 National Day					
15	1.13 Continuously hand-dribble a ball around obstacles.	4/12/2004-6/12/2004	Basketball dribble	Make correct dribble high dribbling + low dribbling	Students will apply to dribble Basketball
19	1.13 Continuously hand-dribble a ball around obstacles.	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	1.13 Continuously hand-dribble a ball around obstacles.	6/1/2025-10/1/2025	Basketball dribble	Make correct dribble WITH walking and running.	Students will apply to dribble Basketball
21	1.10 Throw and catch with a partner while increasing distance and maintaining control	27/1/2025-31/1/2025	Basketball passing	Chest pass and catching	Students will apply forearm Chest pass.
22	1.10 Throw and catch with a partner while increasing distance and maintaining control.	3/2/2025-7/2/2025	Basketball passing	Chest pass and catching WITH walking	Students will apply forearm Chest pass.
23	1.10 Throw and catch with a partner while increasing distance and maintaining control	10/2/2025-14/2/2025	Basketball passing	Chest pass and catching WITH walking and running	Students will apply forearm Chest pass.

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24	2.2 Explain and demonstrate the correct hand position when catching a ball – above the head, below the waist, near the middle of the body, and away from the body.	18/2/2025-21/2/2025	Basketball passing	Overhead pass	Students will apply forearm Overhead pass
25	3.1 Demonstrate warm-up and cool-down exercises 1.9 Throw a ball using the overhand movement pattern at a target for accuracy	24/2 /2025 - 28/2/2025	Basketball passing	Catch Overhead pass With moving walking and running.	Students will apply forearm Overhead pass
26	1.7 Catch an object thrown by a stationary partner while traveling	3/3/2005-7/3/2025	Basketball passing	Catch and pass Bounce pass.	Students will apply forearm Bounce pass.
27	1.7 Catch an object thrown by a stationary partner while traveling 2.2 Explain and demonstrate the correct hand position when catching a ball – above the head, below the waist, near the middle of the body, and away from the body. 2.3 Explain the difference between throwing to a stationary partner and throwing to a moving partner. 2.4 Identify key elements for increasing accuracy in	10/3/2025-14/3/2025	Basketball passing	Catch Bounce pass. WITH walking and running	Students will apply forearm Bounce pass.

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	rolling a ball, and throwing a ball.				
28	4.3 Explain the purpose of warming-up before physical activity and cooling-down after.	17/3/2025-21/3/2025	Basketball	shooting basketball	Students will demonstrate the ability to shoot in basket
<i>Mar 24. to Apr 6. Spring Holiday for students (2 Weeks)</i>					
29	3.1 Demonstrate warm-up and cool-down exercises. 3.2 Demonstrate how to correctly lift and carry objects	14/4/2025-18/4/2025	Basketball	shooting basketball	Students will demonstrate the ability to shoot in basket
30	3.1 Demonstrate warm-up and cool-down exercises. 3.2 Demonstrate how to correctly lift and carry objects	21/4/2025-25/4/2025	Basketball rules	Small game with simple rules	Students will apply to play games with simple rules
31	2.4 Identify key elements for increasing accuracy in rolling a ball, and throwing a ball.	28/4/2025-29/4/2025	Basketball	Small game with simple rules	Students will apply to play games
32	2.1 Describe how changing speed and changing direction can allow one person to move away from another.	5/5/2025-9/5/2025	Athletics	Athletics Teaching start-up	The student will apply Teaching start-up with right technique
33	4.6 Compare and contrast the function of the heart during rest and physical activity.	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

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	4.7 Describe the relationship between the heart and lungs during physical activity.				
34	1.5 Jump for distance, landing on two feet and absorbing force.	19/5/2025-23/5/2025	Athletics	The triple Jump +assessment	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 Fitar					
35	1.6 Skip and leap using proper form. Manipulative Skills	2/6/2025-6/6/2025	Athletics	Hurdling	The student can jump over the hurdles
36	2.1 Explain how changing speed and changing direction can allow one person to move away from another	9/6/2025-13/6/2025	RUGBY TAG GAME	RULES OF TAG GAME	Students will apply playing strategies
37	1.10 Catch a gently thrown ball below the waist by absorbing force with fingers pointing down.	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 by absorbing force with fingers pointing down.	23/6/2025-27/6/2025	Rugby	Receiving short pass	Students will apply receiving
39	1.10 Catch a gently thrown ball below the waist by absorbing force with fingers pointing down.	30/6/6/2025-3/7/2025	Rugby	Receiving long pass	Students will apply receiving

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40	5.6 Work in pairs or small groups to achieve an agreed-upon goal.		Rugby try	How to make a try with team	Students will apply passing & receiving
41	5.6 Work in pairs or small groups to achieve an agreed-upon goal. 3.1 Demonstrate warm-up and cool-down exercises.		Rugby try	Rugby small game	Students will apply passing & receiving
42	1.14 Continuously foot-dribble a ball while traveling and changing directions		Football	Dribbling	Students will demonstrate Dribbling