

Overview 2024-2025 PE Lessons (Grade 4)

week	Standard No.	Date	Unit	Lesson	Learning Objectives
	3.1 Participate in appropriate warm-up and cool-down exercises for specific physical Activities 3.6 Demonstrate basic stretches using proper alignment for hamstrings, quadriceps, hip flexors, triceps, back, shoulders, hip adductors, hip abductors, and calves.	26/8/2024	Orientation	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	1.2 Change directions quickly to maintain spacing between two players.	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	4.5 Explain why the body needs water before, during, and after physical activity 1.1 Perform simple balance stunts with a partner sharing a common base of support.	9\9\2024 13\9\2024	Body Balance Gymnastics + assessment	Balance OVER OBJECT	Students will apply exercises to enhance balance
4	4.12 Explain the difference between muscular strength and muscular endurance. 1.4 Jump a self-turned rope.	16\9\2024-20\9\2024	Handling equipment	Jumping rope	1 Students demonstrate the motor skills and movement patterns needed
5	4.4 Identify healthy meal and snack choices that help improve physical performance. 1.4 Jump a self-turned rope.	23/9/2024-27/9/2004	Handling equipment	Jumping rope	1 Students demonstrate the motor skills and movement patterns needed

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6	3.6 Demonstrate basic stretches using proper alignment for hamstrings, quadriceps, hip flexors, triceps, back, shoulders, hip adductors, hip abductors, and calves. 2.5 Explain the similar movement elements of the underhand throw and the underhand volleyball serve	30\9\2024-4\10\2024	volleyball	Serve Send from below	Students will apply to Students will be able to make a written volleyball serve.
7	2.5 Explain the similar movement elements of the underhand throw and the underhand volleyball serve	7\10\2024-11\10\2024	volleyball	Serve Sent from above	Students will apply to Students will be able to make a written volleyball serve.
8	2.3 Explain the appropriate body orientation to serve a ball using the underhand movement pattern.	14\10 2024-18\10\2024	volleyball	Serve Lateral serve	Students will apply to Students will be able to make a written volleyball serve.
9	2.9 Identify key body positions used for volleying a ball.	21\10\2024-25\10\2024	volleyball	Setting	Students will apply to Students will be able to make a written volleyball serve.
10	2.9 Identify key body positions used for volleying a ball.	28/10/2004-31/10/2004	volleyball	setting	Students will apply to Students will be able to make a written volleyball serve.
11	1.19 Volley a tossed lightweight ball using the forearm pass.	5\11\2024-8\11\2024	volleyball	dinning	Students will apply to Students will be able to make a written volleyball serve.
12	1.19 Volley a tossed lightweight ball using the forearm pass.	11/112024-15/11/2024	volleyball	dinning	Students will apply to Students will be able to make a written volleyball serve.
13	1.19 Volley a tossed lightweight ball using the forearm pass.	18/11 /2024-22/11/2024	volleyball	game	Students will apply to Students will be able to make a written volleyball serve.

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14	1.19 Volley a tossed lightweight ball using the forearm pass.	25/11/2004-28/11/2004	volleyball	game assessment	Students will apply to Students will be able to make a written volleyball serve.
15	1.17 Manipulate an object with a long-handled implement	4/12/2004-6/12/2004	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
19	2.8 Explain the differences in manipulating an object with a long-handled implement and a short-handled implement.	9/12/2024-13/12/2024	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
20	2.8 Explain the differences in manipulating an object with a long-handled implement and a short-handled implement.	6/1/2025-10/1/2025	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
21	1.17 Manipulate an object with a long-handled implement	27/1/2025-31/1/2025	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
22	1.17 Manipulate an object with a long-handled implement	3/2/2025-7/2/2025	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
23	2.8 Explain the differences in manipulating an object with a long-handled implement and a short-handled implement.	10/2/2025-14/2/2025	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way
24	2.8 Explain the differences in manipulating an object with a long-handled implement and a short-handled implement.	18/2/2025-21/2/2025	Handling equipment	Badminton	Students Strike a ball continuously upward, using a paddle or racket in a right way

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25	5.4 Respond to winning and losing with dignity and respect. Social Interaction 5.5 Include others' in physical activities and respect individual differences in skill and motivation.	24/2 /2025 - 28/2/2025	Badminton	game	Students Strike a ball continuously upward, using a paddle or racket in a right way
26	5.4 Respond to winning and losing with dignity and respect. Social Interaction 5.5 Include others' in physical activities and respect individual differences in skill and motivation..	3/3/2005- 7/3/2025	Badminton	game	Students Strike a ball continuously upward, using a paddle or racket in a right way
27	1.5 Throw and catch an object with a partner while both partners are moving.	10/3/2025- 14/3/2025	Basketball passing	Chest pass and catching WITH walking and running	Students will apply forearm Chest pass.
28	1.6 Throw overhand at increasingly smaller targets using proper follow through	17/3/2025- 21/3/2025	Basketball passing	Overhead pass	Students will apply forearm Overhead pass
Mar 24. to Apr 6. Spring Holiday for students (2 Weeks)					
29	1.16 Keep a hand-dribbled ball away from a defensive partner.	14/4/2025- 18/4/2025	Basketball dribble	Make correct dribble high dribbling + low dribbling + walking and running	Students will apply to dribble Basketball
30	1.16 Keep a hand-dribbled ball away from a defensive partner.	21/4/2025- 25/4/2025	Basketball dribble	Make correct dribble high dribbling + low dribbling + walking and running	Students will apply to play games with simple rules

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31	3.4 Perform increasing numbers of each: abdominal curl-ups, oblique curl-ups on each side, modified push-ups or two traditional push-ups, triceps push-ups on the floor.	28/4/2025-29/4/2025	Basketball	shooting basketball +assessment	Students will demonstrate the ability to shoot in basket
32	1.6 Throw overhand at increasingly smaller targets using proper follow through . 2.7 Compare and contrast dribbling a ball without a defender and with a defender. 5.4 Respond to winning and losing with dignity and respect. Social Interaction 1.3 Determine spacing between offensive and defensive players based on the speed of the player	5/5/2025-9/5/2025	Basketball rules	Small game with simple rules	Students will apply to play games with simple rules
33	1.10 Kick a stationary ball from the ground into the air..	12/5/2025-16/5/2025	football	kicking	Students will be able to create a written kicking foot ball.
34	1.9 Kick a ball to a moving partner using the inside of the foot.	19/5/2025-23/5/2025	football	kicking+assessment	Students will be able to create a written kicking foot ball.
Mar. 25- Apr. 7 Spring holiday for students					
April 09-12 Eid Al Fitar					
35	1.11 Punt a ball dropped from the hands	2/6/2025-6/6/2025	football	punting	Students will be able to create a written punting football

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