

Overview 2024/2025 PE Lessons (Grade 5)

M,.... +W eek	Standard No.	Date	Unit	Lesson	Learning Objectives
1	3.3 Develop individual goals for muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition.	26/Aug-30/Aug	Fitness	flexibility \ speed	Integrate physical activity into daily routines and habits.
2		2/Sep-6/ Sep	Basketball	Dribbling	Students will learn effective techniques in basketball, including dribbling
3		9/Sep-13/Sep	Swimming	Floating (front – back)	<ul style="list-style-type: none"> Students will Apply effective kicking technique while swimming freestyle, ensuring it complements arm movement and breathing. Develop the ability to maintain a consistent kick throughout various swimming sets and conditions.
4		16/Sep-20/Sep	Basketball	Dribbling + Passing	Students will learn effective techniques in basketball, including dribbling and passing
5		23/Sept-29/Sep	Swimming	Floating (front – back) (stay in the deep)	<ul style="list-style-type: none"> Students will learn to achieve and maintain buoyancy by relaxing and allowing the water to support their body.
6		30/Sep-4/Oct	Basketball	Shooting	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.
7		7/Oct-11/Oct	Swimming	Kicking (front) + jump in the deep	Students will learn and demonstrate the correct ready stance effectively.

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8		41/Oct-18/Oct	Basketball	Defense + small match	Students will learn and practice effective offensive and defensive techniques in basketball
9		21/Oct-25/oct	Swimming	Kicking (front)+ stay in the deep	<ul style="list-style-type: none"> Students will Apply effective kicking technique while swimming freestyle,
10		28/Oct-1/Nov	Basketball	Exam (dribbling +passing + shooting)	Students will correctly apply the dribbling / shooting and pass in basketball ..
11		4/Nov-8/Nov	Swimming	Teach arm front + kicking front	<ul style="list-style-type: none"> Students will Apply effective kicking technique while swimming freestyle, ensuring it complements arm movement and breathing. Develop the ability to maintain a consistent kick throughout various swimming sets and conditions.
12		11/Nov-15/Nov	Volleyball	Serving (underhand)	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		18/Nov-22/Nov	Swimming	Teach arm front + kicking front	<ul style="list-style-type: none"> Students will Apply effective kicking technique while swimming freestyle, ensuring it complements arm movement and breathing. Develop the ability to maintain a consistent kick throughout various swimming sets and conditions.
14		25/Nov-29/Nov	Volleyball	Serving (overhand)	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
Dec. 16, 2024 to Jan. 5, 2025: Winter holiday for students					
15	2.	4/Des-6/Des	Swimming	Exam freestyle	Chek the students ability to swim freestyle

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16		9/Des-13/Des	Volleyball	Exam serving (overhand + underhand) +small match	Students will correctly apply the serve and pass in volleyball .
17		3/Feb -7/Feb	Swimming	Kicking back + stay in the deep	Students will Apply effective kicking technique while swimming backstroke
Jan. 24 – Jan. 25 Revision For End of Term 1 Exam / Jan. 24 – Feb. 2 Final Exam					
18		10/Feb – 14 /Feb	Volleyball	Underhand pass	S Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.
19		17/Feb/21Feb	Swimming	Kicking back + stay in the deep	Students will Apply effective kicking technique while swimming backstroke
20		24/Feb-28/Feb	volleyball	Overhead pass	Students will demonstrate the overhead pass volley technique in volleyball, showing proper hand positioning, timing, and control
21		3/Mar-7/Mar	Swimming	Teach arm back + kicking back	<ul style="list-style-type: none"> • Students will Apply effective kicking technique while swimming freestyle, ensuring it complements arm movement and breathing. • Develop the ability to maintain a consistent kick throughout various swimming sets and conditions..
22		10/Mar-14/Mar	Volleyball	Exam (Overhead + Underhand) pass + small match	Students will correctly apply the serve and pass in volleyball ..
23		17/Mar-21/Mar	Swimming	Teach arm back + kicking back	<ul style="list-style-type: none"> • Students will Apply effective kicking technique while swimming freestyle, ensuring it complements arm movement and breathing. • Develop the ability to maintain a consistent kick throughout various swimming sets and conditions.

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24		7/Apr-11/Apr	handball	Hold the ball	Students will learn about catching the ball in handball
25		14 Apr-18/Apr	Swimming	Exam backstroke	Students will be able to swim backstroke
Mar 25. to Apr 7. Spring Holiday for students (2 Weeks)					
26		21/Apr-25/Apr	handball	Dribbling	Students will demonstrate effective dribbling skills in handball including control, speed, and changes in direction
27		28/Apr-2/May	Swimming	Teaching how to start jumping front	Students will apply basic mechanics of freestyle , including body position, arm movement, and pushing technique.
28		5/May-9/May	handball	Chest pass	Students will apply effective techniques in handball including chest pass.
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29		12/May-16/May	Swimming	Teaching how to start jumping back	Students will apply basic mechanics of backstroke, including body position, arm movement, and pushing technique.
30		19/May-23/May	Handball	Side pass	Students will apply effective techniques in handball including side pass..
31		26/May-30/May	Swimming		Students will demonstrate the importance of maintaining a streamlined body position and how it affects propulsion and balance..

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				Swimm freestyle with jump 25 m	
32		2/3-Jun	Handball	Exam (dribbling + pass)	Students will correctly apply the dribbling and pass in handball.
33		27/May-31/May	Swimming	Swimm backstroke with start 25 m	Students will demonstrate the importance of maintaining a streamlined body position and how it affects propulsion and balance.
34		5/June-9/June	Badminton	The ready stance/Gripping the racket	Students will learn and demonstrate the correct ready stance effectively.
Jun 13 - Jun 21 Final Exams for Gr.4-11					
35		12/June-16/June	Swimming	Exam 25 m (freestyle + backstroke)	Students will be able to swim freestyle \ backstroke
36		19/June-23/June	Badminton	Footwork	Students will demonstrate accurate footwork techniques in badminton.
37		9/Jan-13/Jan	Swimming	Teaching front flip	Students will learn the basic mechanics of breaststroke, including body position, and arm technique.
38		16/Jan-20/Jan	Badminton	Forehand grip	Students will learn and demonstrate the correct ready stance effectively.
39		24oct-28oct	Swimming	Teaching front flip	Students will learn and practice the flip front .
40		31Oct-4Nov	Badminton	Short serve	Students will demonstrate proficiency in the short serve in badminton by correctly

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					positioning their hands and maintaining proper techniques.
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