

Overview 2024/2025 PE Lessons (Grade 6)

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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	Volleyball	Serving - underhand	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
3		9/Sep-13/Sep	Swimming	Test check the level Revision (kicking freestyle)	<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	Volleyball	Serving (overhand)	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
5		23/Sept-29/Sep	Swimming	Freestyle (kick + arm)	<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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6		30/Sep-4/Oct	Volleyball	Overhead pass	Students will demonstrate the overhead pass volley technique in volleyball, showing proper hand positioning, timing, and control
7		7/Oct-11/Oct	Swimming	Freestyle (kick + arm)	<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.
8		41/Oct-18/Oct	Volleyball	Underheard pass	Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.
9		21/Oct-25/oct	Swimming	Backstroke (kicking)	Students will Adapt kicking technique based on personal feedback and coaching to continuously improve performance.
10		28/Oct-1/Nov	Volleyball	Test (serving + pass)	Students will correctly apply the serve and pass in volleyball .
11		4/Nov-8/Nov	Swimming	Backstroke (kicking + arm)	Students will Adapt kicking technique based on personal feedback and coaching to continuously improve performance.
12		11/Nov-15/Nov	Handball	Hold the ball	Students will learn about catching the ball in handball
Nov 30 Martyr's Day and Dec 1 & 2 National Day					
13		18/Nov-22/Nov	Swimming	Backstroke (kicking + arm)	Students will Adapt kicking technique based on personal feedback and coaching to continuously improve performance.
14		25/Nov-29/Nov	Handball	Dribbling	Students will demonstrate effective dribbling skills in handball including control, speed, and changes in direction

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Dec. 16, 2024 to Jan. 5, 2025: Winter holiday for students					
15		4/Des-6/Des	Swimming	Backstroke 25 m	Students will be able to swim 25M .
16		9/Des-13/Des	Handball	Chest pass	Students will apply effective techniques in handball including chest pass.
17		3/Feb -7/Feb	Swimming	Backstroke (test swimming 25 m)	Chek the students ability to swim 25M.
Jan. 24 - Jan. 25 Revision For End of Term 1 Exam / Jan. 24 - Feb. 2 Final Exam					
18		10/Feb - 14 /Feb	handball	Side pass	Students will apply effective techniques in handball including side pass..
19		17/Feb/21Feb	Swimming	Teaching Start back	Students will apply basic mechanics of backstroke, including body position, arm movement, and pushing technique.
20		24/Feb-28/Feb	handball	Test (dribbling + pass)	Students will correctly apply the dribbling and pass in handball.
21		3/Mar-7/Mar	Swimming	Start backstock + swimming 25 m	Students will demonstrate the importance of maintaining a streamlined body position and how it affects propulsion and balance.
22		10/Mar-14/Mar	Basketball	Dribbling \Crossover	Students will learn effective techniques in basketball, including dribbling and crossover..
23		17/Mar-21/Mar	Swimming	Teaching Flip back	Students will learn and practice the flip back.
24		7/Apr-11/Apr	Basketball	Pass + shooting	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.
25		14 Apr-18/Apr	Swimming	Swimm 50m backstroke	Students will be able to swim 50M.
Mar 25. to Apr 7. Spring Holiday for students (2 Weeks)					

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26		21/Apr-25/Apr	Basketball	Defense + small match	Students will learn and practice effective offensive and defensive techniques in basketball.
27		28/Apr-2/May	Swimming	Test freestyle + backstroke	Test the ability of the students to swim freestyle and backstroke.
28		5/May-9/May	Basketball	Test (dribbling + pass + shooting)	Students will correctly apply the dribbling / shooting and pass in basketball ..
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29		12/May-16/May	Swimming	Kick breaststroke	Students will learn the basic mechanics of breaststroke, including body position, arm movement, and kick technique.
30		19/May-23/May	Badminton	The ready stance/Gripping the racket + foot work	Students will learn and demonstrate the correct ready stance effectively. Students will demonstrate accurate footwork techniques in badminton.
31		26/May-30/May	Swimming	Teaching Legs breaststroke	Students will learn the basic mechanics of breaststroke, including body position, and kick technique.
32		2/3-Jun	Badminton	Short serve	Students will correctly apply the short serve in badminton, demonstrating proper hand positioning.
33		27/May-31/May	Swimming	Teaching Legs breaststroke	Students will learn the basic mechanics of breaststroke, including body position, and kick technique.
34		5/June-9/June	Badminton	Short serve	Students will correctly apply the short serve in badminton, demonstrating proper hand positioning.
Jun 13 - Jun 21 Final Exams for Gr.4-11					

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35		12/June-16/June	Swimming	Teaching arm breaststroke	Students will learn the basic mechanics of breaststroke, including body position, and arm technique.
36		19/June-23/June	Badminton	Long serve	Students will demonstrate proficiency in the long serve in badminton by correctly positioning their hands and maintaining proper techniques.
37		9/Jan-13/Jan	Swimming	Teaching arm breaststroke	Students will learn the basic mechanics of breaststroke, including body position, and arm technique.
38		16/Jan-20/Jan	Badminton	Long serve + short serve	Students will demonstrate proficiency in the long serve in badminton by correctly positioning their hands and maintaining proper techniques.
39		24oct-28oct	Swimming	Teaching Legs+ arm breaststroke	Students will learn the basic mechanics of breaststroke, including body position, legs and arm techniques.
40		31Oct-4Nov	Badminton	Test (short + long serve)	Students will correctly apply the Short\ long serve in Badminton ..