St. Mary's Catholic High School, Dubai. PHYSICAL EDUCATION - LONG TERM PLAN (2017 - 2018)

Total number of periods in the accademic year is 30 - 32

TE	RM 1	W1	W2	W3	W4	W5	W6	W7	W8	
		Module 1	Walking	&	Jumping	Module 2	Gymnastics			
				Learning Obj		Learning Obj				
			height order,strai		e walk	Explore gymnastics action and still shapes.				
	Yr. 1 & 2		Walk in twos' and			Keeping safe in doing gymnastic.				
			rove vertical jump,			(Pencil roll & Forward roll)				
GR. 1 & 2		W9	W10	W11	W12	W13	W14	W15	W16	
		Module 3	Throwing	&	Catching	Module 4	Sports Day	Events and Practic	ces	
		Front and the United State		Learning Obj	T	Change I at a second		Learning Obj		
			ng,overhead throw		5		ttention, turns, wa		8	
			hitting the stump. bod catching skills.		t and left	Develop team w	ork, camaraderie	and sportsmanshi	р.	
тс	RM 2	W17	W18	W19	W20	W21	W22	W23	W24	
1		Module 5		Kicking & Marchi		Module 6	VVZZ	Game Activities	VVZ4	
				Learning Obj	ing			Learning Obj	-	
		Perform and exp	lore different kicki		& develop	Participate and	follow rules and di		_ ht	
		good body Co-o		ng onnor rannigo	a actorp		efire in the mount			
	Yr. 1 & 2	geed wear ee e				v	y and hit the targe			
YR. 1 & 2		W25	W26	W27	W28	W29	W30	W31	W32	
		Module 7		Game Activities		Module 8		Game Activities		
			P.	Learning Obj				Learning Obj		
			d group games. De		•	Group games with smaller group of 3 or 4 then up to 7				
		Gradually introd	uce some rules and	d regulations.		Follow the rules and regulations.				
						Develop team work and oneness in the team.				
TE	RM 1	W1	W2	W3	W4	W5	W6	W7	W8	
	Yr. 3 & 4	Module 1		Basketball -Orien	ited	Module 2		Gymnastics		
		Develop the second		Learning Obj		Learning Obj				
			e and consistency		asketball	Explore gymnastics action and still shapes.				
			ibbling, passing an t tactics and strate		tuations	Keeping safe in doing gymnastic. (Forward roll, Backward roll & Cart wheel)				
YR. 3 & 4		W9	W10	W11	W12	W13	W14	W15	W16	
TK. 5 & 4		Module 3		Athletics	VVIZ	Module 4		Events and Practi		
			nish,Long Jump, Sh		(throw)		Sports Day			
			lish, cong samp, or	Learning Obj	1 (1110)(1)	Learning Obj				
		To remember. re	peat and link com		ns.	Develop team work, camaraderie and sportsmanship.				
			es and a variety of		-		ttention, turns, wa	•	•	
			trol and coordinat				, ,		J	
TE	RM 2		W18	W19	W20	W21	W22	W23	W24	
		Module 5	Football -Oriente	d & Marching		Module 6		Throwball -Orier	nted	

		To use and adap		tegies in different s is selection For Bo		To use and adapt tactics and strategies in different situations. Team Practices: Basketball Boys' Mr.Chandra Mon & Wed - 1.30 to 3.00pm, Girls' Ms.Aevelyn Sun & Tue - 1.30 to 3.00pm. Volleyball Boys' Mr.Moses Sun & Tue - 1.30 to 3.00pm Girls' Ms.Lisa Mon & Wed - 1.30 to 3.00pm.				
		Develop the ran	ge and consistenc	Learning Obj y of their skills in b	asketball	(Marching,100 &200mts.,Relay,Long Jump, Shot put) Learning Obj To remember, repeat and link combinations of actions.				
		Module 1	Basketball (Pass	sing and Pivoting)		Module 2	8,200mts Polaul	Athletics		
TE	RM 1	W1	W2	W3	W4	W5	W6	W7	W8	
			ork, stratagies, or les and regulatior	Learning Obj neness , interact wi ns of the game	th captain.	Learning Obj Develop team work, stratagies, oneness , interact with captain. Play the games with standard rules and regulations				
R. 5 & 6	Yr. 5 & 6	W25 Module 7	W26	W27 Game Activities	W28	W29 Module 8	W30	W31 Game Activities	W32	
		Develop the rang	ge and consistenc simple rules and	Learning Obj cy of their skills in fo	ootball.	Develop the ran	ge and consistenc a simple rules and	Learning Obj cy of their skills in vol	leyball.	
TE	RM 2	W17 Module 5	W18	W19 Football	W20	W21 Module 6	W22	W23 Volleyball	W24	
		(100mts S To remember, re To use their bod with greater col	epeat and link cor ies and a variety on ntrol and coordina	Jump, Shot put & Learning Obj nbinations of actio of equipment ation.	ns.	Learning Obj Develop team work, camaraderie and sportsmanship. Stand at ease, attention, turns and marching.				
R. 5 & 6	Yr. 5 & 6	W9 Module 3	W10	W11 Athletics	W12	W13 Module 4	W14 Sports Day	W15 Events and Practices	W16	
		e.g. bouncing, di To use and adap	ribbling, passing a t tactics and strat	and shooting. tegies in different s	ituations.	doing gymnastic	c.(Forward roll, Ba	ackward roll & Cart v	vheel)	
			ge and consistenc	Learning Obj y of their skills in b	_		tics action and sti	Learning Obj II shapes. Keeping sa	fe in	
IE	RM 1	W1 Module 1	W2	W3 Basketball -Orier	W4 nted	W5 Module 2	W6	W7 Gymnastics	W8	
		Play team game	s . Introduce the r	Learning Obj ne team, listen to th rules step by step		Learning Obj Develop team work, oneness in the team, listen o the leader. Play team games with rules and regulation.				
२. ३ & ४	Yr. 3 & 4	W25	W26	W27	W28	W29	W30	W31	W32	
		Play games with	simple rules and	cy of their skills in for strategies.(Passing	g).	Develop the range and consistency of their skills in Throwball. Play games with simple rules and strategies.				
				Learning Obj	-	Learning Obj				

					Football Boys' Mon & Wed 1.30 to 3.00pm, Girls' Ms.Fredita Sun & Tues - 1.30 to 3.00pm.					
	W9	W10	W11	W12	W13	W14	W15	W16		
	Module 3	Football (I	Passing & Shooting	1)	Module 4	Sports Day E	vents and Practic	es		
			Learning Obj				Learning Obj	_		
	Play games with	simple rules and			Preparation- Inter-school Basketball,football, Volleyball Tournament.					
TERM 2	W17	Team Practices of W18	W19	W20	W21	W22	W23	W24		
	Module 5	VVIO	Athletics	VV20	Module 6		sition & Overhead			
		inish Long lump	Shot put & relay)							
	(1001113 5101101	inish, Long Jump,	Learning Obj				Learning Obj			
	To remember re	neat and link com	binations of action	าร	Develop the rang	e and consistenc	<u> </u>	volleyball		
			of equipment with g		Play games with		•	voncyban		
	control and coo			groutor	r luy guines with		stratogios.			
R. 7 & 8 Yr. 7 & 8		W26	W27	W28	W29	W30	W31	W32		
	Module 7		Game Activities		Module 8		Game Activities			
			Learning Obj				Learning Obj			
	Play the games v	•	t & leadership qual s and regulations	lities.	and team players Play the games w		t & leadership qu es and regulations			
	\\//1	11/2	M/2	\\//			v			
TERM 1	W1 Module 1	W2 Basketball (Shoc	W3 oting and Attack &	W4 Defence)	W5 Module 2	W6	W7 Athletics	W8		
	Module 1 Develop the rang To use and adap *Gifted students Volleyball & Foo football,High Sch Volleyball tourna tournament for	Basketball (Shoo ge and consistency t tactics and strate selection For Bo tball. Preparation nool Football boys ament and DPS ,T senior school boy he other inter-sch	Learning Obj y of their skills in ba egies in different si bys & Girls Baskett o-Our Own Shj Sr.Ba & girls. NIMS DXE MS,TWS& Skyline ys' and girls'. AUD S nool tournaments.	Defence) asketball tuations. oall, oys 3 Boys Basketball School W12	W5 Module 2 (Marching,100 & To remember, re To use their bodic control and coor Team Practices: 1.30 to 3.00pm, 0	W6 200mts.,Relay,L beat and link con es and a variety of dination. Basketball Boys Girls' Ms.Aevelyn Mr.Moses Sun & On & Wed - 1.30 50n & Wed 1.30 to Sun & Tues - 1.30	W7 Athletics ong Jump, Shot predemining Object Learning Object hbinations of active of equipment with ' Mr.Chandra Mo Sun & Tue - 1.30 Tue - 1.30 to 3.00 to 3.00pm, to 3.00pm, to 3.00pm, wents and Practic	W8 ut) ons. n greater n & Wed - to 3.00pm. pm		
:R.9&10 Yr.9&10	Module 1 Develop the rang To use and adap *Gifted students Volleyball & Foo football,High Sch Volleyball tourna tournament for sports. Also for t W9 Module 3 Develop the rang Play games with	Basketball (Shoo ge and consistency t tactics and strate selection For Bo tball. Preparation nool Football boys ament and DPS ,T senior school boy he other inter-sch W10 Football (Shootin ge and consistency simple rules and Team Practices (Learning Obj y of their skills in ba egies in different si bys & Girls Baskett o-Our Own Shj Sr.Ba & girls. NIMS DXE MS,TWS& Skyline ys' and girls'. AUD S nool tournaments. <u>W11</u> ng,Attack & Defen Learning Obj y of their skills in fo strategies. Continues	Defence) asketball tuations. oall, oys 3 Boys Basketball School <u>W12</u> ce)	W5 Module 2 (Marching,100 & To remember, rej To use their bodi control and coor Team Practices: 1.30 to 3.00pm, Volleyball Boys' N Girls' Ms.Lisa Mo Football Boys' M Girls' Ms.Fredita W13 Module 4 Develop team wo Preparation:Girls	W6 200mts.,Relay,Lo peat and link con es and a variety of dination. Basketball Boys Girls' Ms.Aevelyn Ar.Moses Sun & Sirls' Ms.Aevelyn Ar.Moses Sun & On & Wed - 1.30 On & Wed - 1.30 On & Wed - 1.30 Sun & Tues - 1.30 On & Wed - 1.30 Forts Day E Sports Day E ork, camaraderie Football Tourna	W7 Athletics ong Jump, Shot predemining Object Learning Object nbinations of active of equipment with ' Mr.Chandra Mo Sun & Tue - 1.30 Sun & Tue - 1.30 Tue - 1.30 to 3.00 to 3.00pm, to 3.00pm, to 3.00pm, to 3.00pm, to 3.00pm, and sportsmansh ment	W8 ut) pns. n greater n & Wed - to 3.00pm. pm W16 es		
	Module 1 Develop the rang To use and adap *Gifted students Volleyball & Foo football,High Sch Volleyball tourna tournament for sports. Also for t W9 Module 3 Develop the rang Play games with	Basketball (Shoo ge and consistency t tactics and strate selection For Bo tball. Preparation nool Football boys ament and DPS ,T senior school boy he other inter-sch W10 Football (Shootin ge and consistency simple rules and	Learning Obj y of their skills in ba egies in different si bys & Girls Basketb i-Our Own Shj Sr.Ba s & girls. NIMS DXE MS,TWS& Skyline ys' and girls'. AUD S nool tournaments. <u>W11</u> ng,Attack & Defen- Learning Obj y of their skills in fo strategies. Continues <u>W19</u>	Defence) asketball tuations. oall, oys 3 Boys Basketball School <u>W12</u> ce) ootball.	W5 Module 2 (Marching,100 & To remember, rej To use their bodi control and coor Team Practices: 1.30 to 3.00pm, v Volleyball Boys' N Girls' Ms.Lisa Mo Football Boys' M Girls' Ms.Fredita W13 Module 4 Develop team wo Preparation:Girls	W6 200mts.,Relay,Lo peat and link con es and a variety of dination. Basketball Boys Girls' Ms.Aevelyn Mr.Moses Sun & On & Wed - 1.30 on & Wed - 1.30 ton & Wed - 1.30 ton & Wed 1.30 to Sun & Tues - 1.30 W14 Sports Day E	W7 Athletics ong Jump, Shot predemining Object Learning Object nbinations of action of equipment with ' Mr.Chandra Mo Sun & Tue - 1.30 Sun & Tue - 1.30 Tue - 1.30 to 3.00 to 3.00pm, to 3.00pm, to 3.00pm, wents and Practic Learning Object and sportsmansh ment	W8 ut) ons. n greater n & Wed - to 3.00pm. pm W16 es		
5R.9&10 Yr.9&10	Module 1 Develop the rang To use and adap *Gifted students Volleyball & Foo football,High Sch Volleyball tourna tournament for sports. Also for t W9 Module 3 Develop the rang Play games with	Basketball (Shoo ge and consistency t tactics and strate selection For Bo tball. Preparation nool Football boys ament and DPS ,T senior school boy he other inter-sch W10 Football (Shootin ge and consistency simple rules and Team Practices (Learning Obj y of their skills in ba egies in different si bys & Girls Baskett o-Our Own Shj Sr.Ba & girls. NIMS DXE MS,TWS& Skyline ys' and girls'. AUD S nool tournaments. <u>W11</u> ng,Attack & Defen Learning Obj y of their skills in fo strategies. Continues	Defence) asketball tuations. oall, oys 3 Boys Basketball School <u>W12</u> ce) ootball.	W5 Module 2 (Marching,100 & To remember, rej To use their bodi control and coor Team Practices: 1.30 to 3.00pm, Volleyball Boys' N Girls' Ms.Lisa Mo Football Boys' M Girls' Ms.Fredita W13 Module 4 Develop team wo Preparation:Girls	W6 200mts.,Relay,Lo peat and link con es and a variety of dination. Basketball Boys Girls' Ms.Aevelyn Ar.Moses Sun & Sirls' Ms.Aevelyn Ar.Moses Sun & On & Wed - 1.30 On & Wed - 1.30 On & Wed - 1.30 Sun & Tues - 1.30 On & Wed - 1.30 Forts Day E Sports Day E ork, camaraderie Football Tourna	W7 Athletics ong Jump, Shot predemining Object Learning Object nbinations of active of equipment with ' Mr.Chandra Mo Sun & Tue - 1.30 Sun & Tue - 1.30 Tue - 1.30 to 3.00 to 3.00pm, to 3.00pm, to 3.00pm, to 3.00pm, to 3.00pm, and sportsmansh ment	W8 ut) pns. n greater n & Wed - to 3.00pm. pm W16 es		

		Develop the rang Play games with		y of their skills in vo strategies.	lleyball	Play Basketball,Football & Volleyball with proper rules.				
(R.9&10	Yr.9&10	W25	W26	W27	W28	W29	W30	W31	W32	
		Module 7		Game Activities		Module 8		Game Activities		
		and team players Play the games v	s, sportsmen spir vith standard rule	neness , interact with it & leadership quali es and regulations	ties.	Develop team work, stratagies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				
TE	RM 1	W1	W2	W3	W4	W5 Module 2	W6 Badminton and	W7	W8	
	Yr.11,12 &13	Module 1 Basketball, Football and Volleyball Learning Obj Learning Obj Develop the range and consistency of their skills in any game. To improve the advance skills during competition/ match. *Gifted students selection For Boys & Girls Basketball, Volleyball & Football. Preparation-Our Own Shj Sr.Boys football,High School Football boys & girls. NIMS DXB Boys Volleyball tournament and DPS ,TMS,TWS& Skyline Basketball tournament for senior school boys' and girls'. AUD School sports. Also for the other inter-school tournaments. W9 W10 W11 W12 Module 3 Basketball , Football and Volleyball Develop the range and consistency of their skills in any one. game. Play games with proper rules and strategies.				To use their bodie control and coor Team Practices: 1.30 to 3.00pm, (Volleyball Boys' M Girls' Ms.Lisa Mc Football Boys' Mc Girls' Ms.Fredita 3 W13 Module 4 Develop team wc Lawn Tennis:- Pro	es and a variety dination. Basketball Boys Girls' Ms.Aevelyr Mr.Moses Sun & on & Wed - 1.30 on & Wed - 1.30 to & Wed 1.30 t Sun & Tues - 1.3 W14 Sports Day E ork, camaraderie ovision shall be r	o 3.00pm,	Ved -	
TE	RM 2	W17	Team Practices W18	W19	W20	W21	W22	W23	W24	
	Yr.11,12 &13	Module 5 Develop the rang	e and consistenc Basketball/footb	Games Learning Obj y of their skills in an all/Volleyball. Othe	ny two .	Module 6 Games Learning Obj Learning Obj Develop the range and consistency of their skills in any two . games.One from Basketball/football/Volleyball. Other one from Table Tennis / Badminton.				
/R.11,12		W25	W26	W27	W28	W29	W30	W31	W32	
&13		Module 7		Game Activities Learning Obj		Module 8		Game Activities Learning Obj		
		and team players	s, sportsmen spir	neness , interact witl it & leadership quali es and regulations	•	and team players	s, sportsmen spir	neness , interact with c it & leadership qualitie es and regulations	•	