St. Mary's Catholic High School, Dubai.

PHYSICAL EDUCATION - LONG TERM PLAN (2018 - 2019)

Total number of periods in the accademic year is 30 - 32 (Only Yr 1 & 2 have 60)

TERM 1	W1	W2	W3	W4	W5	W6	W7	W8
	Module 1	Walking	&	Jumping	Module 2	Sports	Day Events ar	nd Practices
		Le	earning Ob	oj	Learning Obj			
	Learn to sta	nd in height	order,stra	aight line walk,circle walk	Stand at ease, attention, turns, walk in threes' and marching.			
	and zigzag w	<i>ı</i> alk. Walk in	twos' and	d in threes'.	Develop team work, camaraderie and sportsmanship.			
	Explore and	improve ve	rtical jump	o, horizontal jump.				
GR. 1 & 2 Yr. 1 & 2	W9	W10	W11	W12	W13	W14	W15	W16
	Module 3	Throwing	&	Catching	Module 4		Gymnastics	
		Le	earning Ol		Learning Obj			
	Explore ball	rolling,over	head thro	w, tennis ball throw-Try with	Explore gymr	nastics action	n and still sha	pes.Introduce rolls
	right & lefth	and,hitting	the stump	. Practice with right and left	Keeping safe	in doing gyr	nnastic.Prever	ntive and safety methods.
	hand.Devel	op good cat	ching skills	S.		(Pencil roll	& Forward rol	I)
TERM 2	W17	W18	W19	W20	W21	W22	W23	W24
	Module 5	Kicking 8	& Marchin	g and Sports Day Practice	Module 6	Game A	ctivities and S	Sports Day Practice
			earning Ol				Learning Obj	
	Perform and	l explore dif	ferent kick	king skills. Turnings & develop	Participate a	nd follow ru	les and directi	on of different
	good body				minor games	likefire in th	ne mountain,	
					tank bund, r	elay and hit	the target etc	•
YR. 1 & 2 Yr. 1 & 2	W25	W26	W27	W28	W29	W30	W31	W32
	Module 7		Game Act	ivities	Module 8		Game Activiti	ies
		Le	earning Ol	oj			Learning Obj	
	Partner gam	e and group	games. D	evelop team work	Group games	with smalle	r group of 3 o	or 4 then up to 7
	Gradually in	troduce son	ne rules ar	nd regulations.	Follow the ru	iles and regu	ılations.	
					Develop tean	n work and o	oneness in the	e team.
TERM 1	W1	W2	W3	W4	W5	W6	W7	W8
	Module 1			I -Oriented	Module 2	Football -O	riented & Maı	rching
			earning Ol				Learning Obj	_
				y of their skills in basketball				heir skills in football.
				nd shooting.	Play games with simple rules and strategies.(Passing).			
				egies in different situations.				
YR. 3 & 4 Yr. 3 & 4	W9	W10	W11	W12	W13	W14	W15	W16
	Module 3	<u> </u>	Athletics		Module 4		Gymnastics	
	(50mts Start		• .	not put(Cricketball throw)				
			earning Ob	. ~	<u>Learning Obj</u>			
				nbinations of actions.	Develop team work, camaraderie and sportsmanship.			
				of equipment	Stand at ease	e, attention,	turns, walk in	threes' and marching.
	with greate							
TERM 2	W17	W18	W19	W20	W21	W22	W23	W24
	Module 5	Sport	s Day Ever	nts and Practices	Module 6	Throwbal	I -Oriented &	Sports Day Practice

			Learning Obj work, camaraderie and sportsn attention, turns, walk in threes	•	Learning Obj Develop the range and consistency of their skills in Throwball. Play games with simple rules and strategies.					
YR. 3 & 4	Yr. 3 & 4	W25	W26 W27	W28	W29	W30 W31	W32			
		Module 7	Game Activities		Module 8	Game Activities				
			L <u>earning Obj</u> work, oneness in the team, liste es . Introduce the rules step by		Learning Obj Develop team work, oneness in the team, listen o the leader. Play team games with rules and regulation.					
TE	RM 1	W1	W2 W3	W4	W5	W6 W7	W8			
		Module 1	Basketball -Oriented		Module 2	Gymnastics				
		e.g. bouncing,	Learning Obj inge and consistency of their ski dribbling, passing and shooting apt tactics and strategies in diffe		Learning Obj Explore gymnastics action and still shapes. Keeping safe in doing gymnastic.(Forward roll, Backward roll & Cart wheel)					
YR. 5 & 6	Yr. 5 & 6	W9	W10 W11	W12	W13	W14 W15	W16			
		Module 3(100mts	Athletics Start&Finish,Long Jump, Shot p Learning Obj	out & relay)	Module 4	Sports Day Events and Pra Learning Obj	actices			
		To remember.	repeat and link combinations o	of actions.	Develop tea	m work, camaraderie and sport	smanship.			
			odies and a variety of equipmen			e, attention, turns, walk in thre	•			
			ontrol and coordination.		(Sprint Start & Finish and Relay practice)					
TE	RM 2	W17	W18 W19	W20	W21	W22 W23	W24			
		00000000000000000000000000000000000000	F 41 11		Module 6	Volleyball				
		Module 5	Football		Module	vonojban				
		Develop the ra	Learning Obj inge and consistency of their ski th simple rules and strategies.	ills in football.	Develop the	Learning Obj range and consistency of their vith simple rules and strategies	-			
YR. 5 & 6	Yr. 5 & 6	Develop the ra	L <u>earning Obj</u> inge and consistency of their ski	ills in football. W28	Develop the	<u>Learning Obj</u> range and consistency of their	-			
YR. 5 & 6	Yr. 5 & 6	Develop the ra Play games wit	L <u>earning Obj</u> inge and consistency of their ski ih simple rules and strategies.		Develop the Play games w	Learning Obj range and consistency of their vith simple rules and strategies				
YR. 5 & 6	Yr. 5 & 6	Develop the ra Play games wit	L <u>earning Obj</u> inge and consistency of their ski th simple rules and strategies. W26 W27		Develop the Play games w	Learning Obj range and consistency of their vith simple rules and strategies				
YR. 5 & 6	Yr. 5 & 6	Develop the ra Play games wit W25 Module 7	Learning Obj inge and consistency of their ski ih simple rules and strategies. W26 W27 Game Activities	W28	Develop the Play games w W29 Module 8	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities	W32			
YR. 5 & 6	Yr. 5 & 6	Develop the ra Play games wit W25 Module 7 Develop team	Learning Objunge and consistency of their skith simple rules and strategies. W26 W27 Game Activities Learning Obj	W28 ract with captain.	Develop the Play games w W29 Module 8 Develop tear	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj	W32 teract with captain.			
	Yr. 5 & 6	Develop the ra Play games wit W25 Module 7 Develop team	Learning Objunge and consistency of their skith simple rules and strategies. W26 W27 Game Activities Learning Obj work, stratagies, oneness, inter	W28 ract with captain.	Develop the Play games w W29 Module 8 Develop tear	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj n work, stratagies, oneness , in	W32 teract with captain.			
		Develop the ra Play games wit W25 Module 7 Develop team Introduce the W1	Learning Obj Inge and consistency of their ski In simple rules and strategies. W26 W27 Game Activities Learning Obj work, stratagies, oneness, interrules and regulations of the gan	W28 ract with captain. ne W4	Develop the Play games w W29 Module 8 Develop tean Play the gam W5 Module 2	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj m work, stratagies, oneness , in es with standard rules and reg W6 W7 Athletics	W32 teract with captain. ulations W8			
		Develop the ra Play games wit W25 Module 7 Develop team Introduce the W1	Learning Obj Inge and consistency of their ski Ith simple rules and strategies. W26 W27 Game Activities Learning Obj Work, stratagies, oneness, interrules and regulations of the gan W2 W3 asketball (Passing and Pivoting)	W28 ract with captain. ne W4	Develop the Play games w W29 Module 8 Develop tean Play the gam W5 Module 2	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj n work, stratagies, oneness , in es with standard rules and reg W6 W7 Athletics 0 &200mts.,Relay,Long Jump, S	W32 teract with captain. ulations W8			
		Develop the ra Play games wit W25 Module 7 Develop team Introduce the W1 Module 1 B	Learning Obj Inge and consistency of their ski Ith simple rules and strategies. W26 W27 Game Activities Learning Obj Work, stratagies, oneness, interrules and regulations of the gan W2 W3 asketball (Passing and Pivoting) Learning Obj	w28 ract with captain. ne W4	Develop the Play games w W29 Module 8 Develop tear Play the gam W5 Module 2 (Marching, 10	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj n work, stratagies, oneness , in es with standard rules and reg W6 W7 Athletics 0 &200mts.,Relay,Long Jump, S Learning Obj	teract with captain. ulations W8 Shot put)			
		Develop the ra Play games with W25 Module 7 Develop team Introduce the W1 Module 1 B Develop the ra	Learning Objunge and consistency of their skitch simple rules and strategies. W26 W27 Game Activities Learning Objunork, stratagies, oneness, interrules and regulations of the ganusketball (Passing and Pivoting) Learning Objunge and consistency of their skitch	w28 ract with captain. ne W4 ills in basketball	Develop the Play games w W29 Module 8 Develop tear Play the gam W5 Module 2 (Marching, 10	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj n work, stratagies, oneness , in es with standard rules and reg W6 W7 Athletics 10 &200mts.,Relay,Long Jump, S Learning Obj r, repeat and link combinations	teract with captain. ulations W8 Shot put) s of actions.			
		Develop the ra Play games with W25 Module 7 Develop team Introduce the W1 Module 1 B Develop the ra To use and add	Learning Objunge and consistency of their skitch simple rules and strategies. W26 W27 Game Activities Learning Objunork, stratagies, oneness, interrules and regulations of the gand W2 W3 asketball (Passing and Pivoting) Learning Objunge and consistency of their skitch apt tactics and strategies in difference of their skitch applications of the skitch applicatio	w28 ract with captain. ne W4 ills in basketball erent situations.	Develop the Play games w W29 Module 8 Develop tean Play the gam W5 Module 2 (Marching, 10 To remembe To use and a	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj m work, stratagies, oneness , in es with standard rules and reg W6 W7 Athletics 0 &200mts.,Relay,Long Jump, S Learning Obj r, repeat and link combinations dapt tactics and strategies in d	teract with captain. ulations W8 Shot put) s of actions. ifferent situations.			
		Develop the ra Play games with W25 Module 7 Develop team Introduce the W1 Module 1 B Develop the ra To use and add	Learning Objunge and consistency of their skitch simple rules and strategies. W26 W27 Game Activities Learning Objunges and regulations of the gand w2 W3 Sasketball (Passing and Pivoting) Learning Objunge and consistency of their skitch apt tactics and strategies in difference of the students selection.	w28 ract with captain. ne	Develop the Play games w W29 Module 8 Develop tear Play the gam W5 Module 2 (Marching, 10 To remembe To use and a Team Practice	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj n work, stratagies, oneness , in es with standard rules and reg W6 W7 Athletics 0 &200mts.,Relay,Long Jump, S Learning Obj r, repeat and link combinations dapt tactics and strategies in d es: Basketball Boys' Mr.Chan	teract with captain. ulations W8 Shot put) s of actions. ifferent situations. dra Mon & Wed -			
		Develop the ra Play games with W25 Module 7 Develop team Introduce the W1 Module 1 B Develop the ra To use and add	Learning Objunge and consistency of their skitch simple rules and strategies. W26 W27 Game Activities Learning Objunork, stratagies, oneness, interrules and regulations of the gand W2 W3 asketball (Passing and Pivoting) Learning Objunge and consistency of their skitch apt tactics and strategies in difference of their skitch applications of the skitch applicatio	w28 ract with captain. ne	Develop the Play games w W29 Module 8 Develop tear Play the gam W5 Module 2 (Marching, 10 To remembe To use and a Team Practic 1.30 to 3.00p	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj n work, stratagies, oneness , in es with standard rules and reg W6 W7 Athletics 10 &200mts.,Relay,Long Jump, S Learning Obj r, repeat and link combinations dapt tactics and strategies in d es: Basketball Boys' Mr.Chan om, Girls' Ms.Aevelyn Sun & Tue	teract with captain. ulations W8 Shot put) s of actions. ifferent situations. dra Mon & Wed -			
		Develop the ra Play games with W25 Module 7 Develop team Introduce the W1 Module 1 B Develop the ra To use and add	Learning Objunge and consistency of their skitch simple rules and strategies. W26 W27 Game Activities Learning Objunges and regulations of the gand w2 W3 Sasketball (Passing and Pivoting) Learning Objunge and consistency of their skitch apt tactics and strategies in difference of the students selection.	w28 ract with captain. ne	Develop the Play games w W29 Module 8 Develop tear Play the gam W5 Module 2 (Marching, 10 To remembe To use and a Team Practice 1.30 to 3.00p Volleyball Bo	Learning Obj range and consistency of their vith simple rules and strategies W30 W31 Game Activities Learning Obj n work, stratagies, oneness , in es with standard rules and reg W6 W7 Athletics 0 &200mts.,Relay,Long Jump, S Learning Obj r, repeat and link combinations dapt tactics and strategies in d es: Basketball Boys' Mr.Chan	teract with captain. ulations W8 Shot put) s of actions. ifferent situations. dra Mon & Wed - e - 1.30 to 3.00pm. to 3.00pm			

							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	•		ing & Shooting	g)	Module 4	Sports	Day Events and			
				earning Ob					Learning Obj			
	Develop the range and consistency of their skills in football.						Develop team work, camaraderie and sportsmanship.					
	Play games with simple rules and strateg						Preparation- Inter-school Basketball, football, Volleyball					
			Team Practi		nues		Tournament.					
TER	M 2	W17	W18	W19		W20	W21	W22	W23	W24		
		Module 5	*	Athletics			Module 6	Volleyba	II (Position & C	Overhead Service)		
		(100mts Sta			Shot put & rel	ay)						
				earning Ob					Learning Obj			
			•		nbinations of a		· ·	•	•	heir skills in volleyball		
					of equipment	with greater	Play games v	vith simple r	ules and strate	egies.		
			coordination									
GR. 7 & 8	Yr. 7 & 8	W25	W26	W27		W28	W29	W30	W31	W32		
		Module 7	<u> </u>	Game Act			Module 8		Game Activiti			
			L <u>e</u>	earning Ob	oj				Learning Obj	_		
						ct with captain.	· ·		•	s , interact with captain.		
					it & leadership					eadership qualities.		
		, ,	Play the games with standard rules and regulations					Play the games with standard rules and regulations				
			1440					1000		1440		
TER	M 1	W1	W2	W3		W4	W5	W6	W7	W8		
TER	M 1	W1 Module 1			and Attack &	W4	W5 Module 2		Athletics			
TER	M 1		Basketball ((Shooting		W4	W5 Module 2		Athletics ,Relay,Long Jui			
TER	M 1	Module 1	Basketball (Le	(Shooting earning Ob	oj	W4 Defence)	W5 Module 2 (Marching,10	00 &200mts.	Athletics ,Relay,Long Jui Learning Obj	mp, Shot put)		
TER	M 1	Module 1 Develop the	Basketball (Le range and co	(Shooting earning Ob onsistenc	oj y of their skills	W4 Defence) s in basketball	W5 Module 2 (Marching,10 To remembe	00 &200mts. r, repeat an	Athletics ,Relay,Long Jui Learning Obj d link combina	mp, Shot put) - ations of actions.		
TER	M 1	Module 1 Develop the To use and a	Basketball (Le range and co adapt tactics	(Shooting earning Ob onsistence and strat	oj y of their skills tegies in differ	W4 Defence) s in basketball rent situations.	W5 Module 2 (Marching,10 To remembe To use their	00 &200mts. r, repeat an bodies and a	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq	mp, Shot put)		
TER	M 1	Module 1 Develop the To use and a *Gifted stuce	Basketball (Le range and co adapt tactics dents selectic	earning Ob onsistence and strate on For Bo	oj y of their skills tegies in differ ys & Girls Bas	W4 Defence) s in basketball rent situations. sketball,	Module 2 (Marching,10 To remembe To use their control and	00 &200mts. r, repeat an bodies and a coordinatio	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq n.	mp, Shot put) - ations of actions. uipment with greater		
TER	M 1	Module 1 Develop the To use and a *Gifted stuc Volleyball &	Basketball (Le range and co adapt tactics dents selectic Football. Pro	earning Ob onsistence and stratence on For Bo eparation	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys	Module 2 (Marching,10 To remembe To use their control and Team Practic	r, repeat an bodies and coordinatio	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq n. ball Boys' Mr.(mp, Shot put)		
TER	M 1	Module 1 Develop the To use and a *Gifted stuc Volleyball & football, High	Basketball (Le range and co adapt tactics dents selection Football, Pro h School Foo	earning Ole consistence and strate on For Bo reparation	oj y of their skills tegies in differ oys & Girls Bas n-Our Own Shj s & girls. NIMS	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys S DXB Boys	Module 2 (Marching,10 To remember To use their control and Team Practice 1.30 to 3.00p	on &200mts. or, repeat an bodies and a coordinatio tes: Basket om, Girls' Ms	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq n. ball Boys' Mr.6 s.Aevelyn Sun 8	mp, Shot put)		
		Develop the To use and a *Gifted stuc Volleyball & football,Higl Volleyball to	Basketball (Le range and co adapt tactics dents selection Football. Pro burnament a	earning Observation Searning Observation Searning Observation For Boston Searning Observation Searning Se	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS TMS,TWS& Sky	W4 Defence) s in basketball rent situations. sketball, i Sr.Boys S DXB Boys vline Basketball	Module 2 (Marching,10) To remember To use their control and Team Practice 1.30 to 3.00p Volleyball Bo	on &200mts. or, repeat an bodies and a coordinatio ses: Basket om, Girls' Msoys' Mr.Mose	Athletics "Relay,Long Jui Learning Obj d link combina a variety of eq n. ball Boys' Mr. 6 a. Aevelyn Sun 8 bes Sun & Tue -	mp, Shot put)		
TER GR.9&10	Yr.9&10	Develop the To use and a *Gifted stuc Volleyball & football,High Volleyball to	Basketball (Le range and control tactics dents selection Football. Problem ournament and tor senior	earning Observations on Strate and Strate on For Bore paration of the Bore of	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS TMS,TWS& Sky ys' and girls'. A	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys DXB Boys line Basketball AUD School	Module 2 (Marching,10) To remembee To use their control and Team Practice 1.30 to 3.00p Volleyball Bodirls' Ms.List	or, repeat an bodies and a coordinatio ees: Basket om, Girls' Ms oys' Mr.Mose a Mon & We	Athletics "Relay,Long Jur Learning Obj d link combina a variety of eq n. ball Boys' Mr.0 s.Aevelyn Sun 8 es Sun & Tue - ed - 1.30 to 3.0	mp, Shot put) ations of actions. uipment with greater Chandra Mon & Wed - & Tue - 1.30 to 3.00pm. 1.30 to 3.00pm. 0pm.		
		Develop the To use and a *Gifted stuc Volleyball & football,High Volleyball to	Basketball (Le range and control tactics dents selection Football. Problem ournament and tor senior	earning Observations on Strate and Strate on For Bore paration of the Bore of	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS TMS,TWS& Sky	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys DXB Boys line Basketball AUD School	Module 2 (Marching,10) To remember To use their control and Team Praction 1.30 to 3.00p Volleyball Bours Girls' Ms.Liss Football Boy	or, repeat and a coordinatio ces: Basket om, Girls' Ms bys' Mr.Mose a Mon & Wes'	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq n. ball Boys' Mr.0 a.Aevelyn Sun 8 es Sun & Tue - ed - 1.30 to 3.0 ed 1.30 to 3.0	mp, Shot put) Itions of actions. uipment with greater Chandra Mon & Wed - & Tue - 1.30 to 3.00pm. 1.30 to 3.00pm. 0pm.		
		Module 1 Develop the To use and a *Gifted stuc Volleyball & football, High Volleyball to tournamen sports. Also	Le range and control adapt tactics dents selection Football. Prohibiting the selection of the senior selection for the other	earning Observation For Bosteparation of DPS, Technol boyer inter-sch	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS MS,TWS& Sky ys' and girls'. A nool tourname	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys DXB Boys Vline Basketball AUD School ents.	W5 Module 2 (Marching,10 To remembe To use their control and Team Practic 1.30 to 3.00p Volleyball Bo Girls' Ms.List Football Boy Girls' Ms.Free	or, repeat an bodies and a coordinatio es: Basket om, Girls' Msoys' Mr.Mose a Mon & Wes' Mon & Wedita Sun & T	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq n. ball Boys' Mr.0 a.Aevelyn Sun 8 as Sun & Tue - ad - 1.30 to 3.00 ues - 1.30 to 3	mp, Shot put)		
		Develop the To use and a *Gifted stuc Volleyball & football,Higl Volleyball to tournamen sports. Also	Basketball (Le range and co adapt tactics dents selection Football. Pro burnament and t for senior so for the other	earning Oleonsistence and strate on For Boseparation at ball boys and DPS ,T school boyer inter-sch	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS TMS,TWS& Sky ys' and girls'. A nool tourname	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys S DXB Boys vline Basketball AUD School ents.	W5 Module 2 (Marching,10 To remember To use their control and Team Practice 1.30 to 3.00p Volleyball Bour Girls' Ms.List Football Boy Girls' Ms.Free W13	or, repeat an bodies and a coordinatio ses: Basket om, Girls' Ms bys' Mr.Mose a Mon & We s' Mon & We dita Sun & T	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq n. ball Boys' Mr.6 a.Aevelyn Sun 8 es Sun & Tue - ed - 1.30 to 3.0 fues - 1.30 to 3	mp, Shot put)		
		Develop the To use and a *Gifted stuc Volleyball & football,Higl Volleyball to tournamen sports. Also	Basketball (Le range and contact the selection of the se	earning Observation on Strate on For Boston of DPS ,T school boyer inter-schooling,Adapted	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS TMS,TWS& Sky ys' and girls'. A nool tourname	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys S DXB Boys vline Basketball AUD School ents.	W5 Module 2 (Marching,10 To remembe To use their control and Team Practic 1.30 to 3.00p Volleyball Bo Girls' Ms.List Football Boy Girls' Ms.Free	or, repeat an bodies and a coordinatio ses: Basket om, Girls' Ms bys' Mr.Mose a Mon & We s' Mon & We dita Sun & T	Athletics "Relay,Long Jur Learning Obj d link combina a variety of eq n. ball Boys' Mr.6 s.Aevelyn Sun 8 es Sun & Tue - ed - 1.30 to 3.00 fues - 1.30 to 3 United Total	mp, Shot put) Litions of actions. uipment with greater Chandra Mon & Wed - & Tue - 1.30 to 3.00pm. 1.30 to 3.00pm 0pm. 0pm, .00pm. W16 d Practices		
		Module 1 Develop the To use and a *Gifted stuc Volleyball & football, High Volleyball to tournamen sports. Also W9 Module 3	Basketball (Le range and co adapt tactics lents selection Football. Pro burnament and t for senior so for the other W10 Football (Sh	earning Observation For Boston For Boston Bo	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS MS,TWS& Sky ys' and girls'. A nool tourname ttack & Defence	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys DXB Boys Vline Basketball AUD School ents. W12 ce)	Module 2 (Marching,10) To remember To use their control and Team Praction 1.30 to 3.00p Volleyball Bour Girls' Ms.List Football Boy Girls' Ms.Free W13 Module 4	or, repeat and a coordinatio ces: Basket om, Girls' Ms oys' Mr.Mose a Mon & We s' Mon & We dita Sun & T W14	Athletics ,Relay,Long Jur Learning Obj d link combina a variety of eq n. ball Boys' Mr.0 a.Aevelyn Sun & es Sun & Tue - ed - 1.30 to 3.00 ues - 1.30 to 3 W15 Day Events and Learning Obj	mp, Shot put) Itions of actions. uipment with greater Chandra Mon & Wed - & Tue - 1.30 to 3.00pm. 1.30 to 3.00pm 0pm. 0pm, .00pm. W16 d Practices		
		Module 1 Develop the To use and a *Gifted stuc Volleyball & football, High Volleyball to tournamen sports. Also W9 Module 3 Develop the	Basketball (Le range and co adapt tactics dents selection Football. Pro burnament and t for senior so for the other W10 Football (Sh Le range and co	earning Officers on For Boston DPS ,T school boston thereselver inter-selver mooting,Afearning Officers on Sistence	oj y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS TMS,TWS& Sky ys' and girls'. A nool tourname ttack & Defenc oj	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys DXB Boys Vline Basketball AUD School ents. W12 ce)	Module 2 (Marching,10 To remember To use their control and Team Praction 1.30 to 3.00p Volleyball Bour Girls' Ms.List Football Bour Girls' Ms.Free W13 Module 4 Develop tear	or, repeat an bodies and a coordinatio ces: Basket om, Girls' Ms oys' Mr.Mose a Mon & We s' Mon & We dita Sun & T W14 Sports	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq n. ball Boys' Mr.0 a.Aevelyn Sun 8 bes Sun & Tue - bed - 1.30 to 3.0 ded 1.30 to 3.00 ues - 1.30 to 3 W15 Day Events and Learning Obj araderie and s	mp, Shot put) Itions of actions. uipment with greater Chandra Mon & Wed - & Tue - 1.30 to 3.00pm. 1.30 to 3.00pm 0pm. 0pm, .00pm. W16 d Practices		
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GR.9&10		Develop the To use and a *Gifted stuc Volleyball & football,Higi Volleyball to tournamen sports. Also W9 Module 3 Develop the Play games w	Basketball (Le range and co adapt tactics dents selection Football. Pro burnament and t for senior so for the other W10 Football (Sh Le range and co with simple r Team Practi W18	earning Of consistence and strate on For Bot reparation of the latest of	ej y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS TMS,TWS& Sky ys' and girls'. A nool tourname ttack & Defence y of their skills strategies. nues	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys DXB Boys Vline Basketball AUD School ents. W12 ce) s in football.	Module 2 (Marching,10) To remember To use their control and Team Praction 1.30 to 3.00p Volleyball Body Girls' Ms.List Football Body Girls' Ms.Free W13 Module 4 Develop team Preparation:	or, repeat an bodies and a coordinatio ces: Basket om, Girls' Ms oys' Mr.Mose a Mon & We s' Mon & We dita Sun & T W14 Sports	Athletics ,Relay,Long Jur Learning Obj d link combina a variety of eq n. ball Boys' Mr.0 a.Aevelyn Sun & es Sun & Tue - ed - 1.30 to 3.00 dues - 1.30 to 3 Uues	mp, Shot put) Itions of actions. uipment with greater Chandra Mon & Wed - & Tue - 1.30 to 3.00pm. 1.30 to 3.00pm 0pm. 0pm, .00pm. W16 d Practices		
GR.9&10	Yr.9&10	Develop the To use and a *Gifted stuc Volleyball & football, Higl Volleyball to tournamen sports. Also W9 Module 3 Develop the Play games was a second to the second to	Basketball (Le range and co adapt tactics lents selection Football. Pro h School Football (Sh correction Football (Sh Le range and co with simple r Team Practi W18	earning Of consistence and strate on For Bot reparation of the latest of	y of their skills tegies in differ bys & Girls Bas n-Our Own Shj s & girls. NIMS TMS,TWS& Sky ys' and girls'. A nool tourname ttack & Defence by of their skills strategies. nues (Attack & Blo	W4 Defence) s in basketball rent situations. sketball, j Sr.Boys DXB Boys Vline Basketball AUD School ents. W12 ce) s in football.	W5 Module 2 (Marching,10 To remember To use their control and Team Practice 1.30 to 3.00p Volleyball Boy Girls' Ms.List Football Boy Girls' Ms.Free W13 Module 4 Develop team Preparation:	on &200mts. or, repeat an bodies and a coordinatio ses: Basket om, Girls' Ms oys' Mr.Mose a Mon & We s' Mon & Wolta Sun & T W14 Sports m work, cam Girls Footba	Athletics ,Relay,Long Jui Learning Obj d link combina a variety of eq n. ball Boys' Mr.6 a.Aevelyn Sun 8 es Sun & Tue - ed - 1.30 to 3.0 ed 1.30 to 3.0 ed 1.30 to 3 W15 Day Events and Learning Obj araderie and s ill Tournament	mp, Shot put) Itions of actions. uipment with greater Chandra Mon & Wed - & Tue - 1.30 to 3.00pm. 1.30 to 3.00pm 0pm. 0pm, .00pm. W16 d Practices Eportsmanship.		

		Develop the Play games			y of their skills in volleyball strategies.	Play Basketb	Play Basketball,Football & Volleyball with proper rules.				
YR.9&10	Yr.9&10	W25	W26	W27	W28	W29	W30	W31	W32		
		Module 7		Game Act		Module 8		Game Activitie	S		
			L	earning Ob	oj		<u>Learning Obj</u>				
		and team p	ayers, sport	smen spiri	neness , interact with captain. It & leadership qualities. It and regulations	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	W6	W7	W8		
		Module 1	Basketball	, Football	and Volleyball	Module 2	Badmintor	n and Table Tenr	nis		
YR.11,12 &13	Yr.11,12 &13	To improve *Gifted stud Volleyball & football,Hig Volleyball to tournamen sports. Also W9 Module 3 Develop the	the advance dents selection Football. Post ournament of the for senior for the other Basketball	e skills durion For Bo reparation otball boys and DPS, T school boyer inter-sch	y of their skills in any game. ing competition/ match. ys & Girls Basketball, n-Our Own Shj Sr.Boys s & girls. NIMS DXB Boys MS,TWS& Skyline Basketball ys' and girls'. AUD School nool tournaments. W12 and Volleyball pj y of their skills in any one. es and strategies.	To use their control and Team Practic 1.30 to 3.00p Volleyball Bo Girls' Ms.List Football Boy Girls' Ms.Free W13 Module 4 Develop tear					
TE	RM 2	W17	W18	W19	W20	W21	W22	W23	W24		
			range and from Basket	ball/footb	oj y of their skills in any two . all/Volleyball. Other one	games.One fi	Module 6 Games 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.				
YR.11,12	Yr.11,12	W25	W26	W27	W28	W29	W30	W31	W32		
&13	&13	Module 7		Game Act		Module 8	Module 8 Game Activities				
			L	earning Ob	oj.			<u>Learning Obj</u>			
		and team p	ayers, sport	smen spiri	neness , interact with captain. It & leadership qualities. It and regulations	and team pla	Develop team work, stratagies, oneness, interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				