St. Mary's Catholic High School, Dubai.

PHYSICAL EDUCATION - LONG TERM PLAN (2019 - 2020)

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		Gymnast	tics
			L	earning Ol	bj	Learning Obj			
		Learn to stand	d in height o	order,strai	ght line walk,circle walk	Explore gymnastics action and still shapes. Introduce rolls			
		and zigzag wa	lk. Walk in	twos' and i	in threes'. Hopping L&R leg	Keeping safe in doing gymnastic.Preventive and safety methods.			
		Explore and ir	nprove ver	tical jump,	horizontal jump.	(Pencil roll & Forward roll)			
GR. 1 & 2	Yr. 1 & 2	W9	W10	W11	W12	W13	W14	W15	W16
		Module 3	Throwing	&	Catching	Module 4		Sports Da	y Events and Practices
			L	earning Ol	bj		I	earning O	bj
		Explore ball ro	olling,overh	ead throw	, tennis ball throw-Try with	Stand at eas	se, attentio	on, turns, w	valk in threes' and marching.
		-			Practice with right and left	Develop tea	ım work, c	amaraderi	e and sportsmanship.
		hand.Develo		hing skills.					
TER	M 2	W17	W18	W19	W20	W21	W22	W23	W24
	Yr. 1 & 2	Module 5			ng and Sports Day Practice	Module 6 Game Activities and Sports Day Practice			
				earning Ol	• *	Learning Obj			
			•		ng skills. Turnings & develop	Participate and follow rules and direction of different			
		good body Co	o-ordination	ו		minor games likefire in the mountain, tank bund, relay and hit the target etc.			
			1				 		
YR. 1 & 2		W25	W26	W27	W28	W29	W30	W31	W32
		Module 7	ivities	Module 8		Game Act			
				earning Ol	• -	Learning Obj			
		_		_	velop team work	Group games with smaller group of 3 or 4 then up to 7			
		Gradually intr	oduce som	e ruies and	regulations.	Follow the rules and regulations. Develop team work and oneness in the team.			
TED	N 1	W1	W2	W3	W4	W5	W6	w7	w8
ILN	TERM 1		VVZ		I -Oriented				
		Module 1	bj	Module 2 Football -Oriented & Marching Learning Obj					
		Develop the r	of their skills in basketball	Develop the range and consistency of their skills in football.					
		e.g. bouncing		Play games with simple rules and strategies. (Passing).					
		1 -			gies in different situations.	i lay games with simple rules and strategies. (r assing).			
		To use and ad	iapt tactics	מוזע אנומנכן	gies in ainerent situations.				

YR. 3 & 4	Yr. 3 & 4	W9	W10	W11	W12	W13	W14	W15	W16			
		Module 3 Athletics				Module 4 Gymnastics						
		(50mts Start8	kFinish,Lon	g Jump, Sh	not put(Cricketball throw)							
			L	earning Ol	bj	Learning Obj						
		To remember	, repeat an	d link coml	binations of actions.	Develop tea	Develop team work, camaraderie and sportsmanship.					
		To use their b	odies and a	a variety of	equipment	Stand at ease, attention, turns, walk in threes' and marching.						
		with greater	control and	l coordinat	ion.							
TER	M 2	W17	W18	W19	W20	W21	W22	W23	W24			
		Module 5	Spor	ts Day Eve	nts and Practices	Module 6	Throwb	all -Orient	ed & Sports Day Practice			
			L	earning Ol	<u>þ</u> j		1	Learning O	<u>bj</u>			
		1			and sportsmanship.	· ·	_		ncy of their skills in Throwball.			
					k in threes' and marching.	Play games						
YR. 3 & 4	Yr. 3 & 4	W25	W26	W27	W28	W29	W30	W31	W32			
		Module 7		Game Act	ivities	Module 8		Game Act	tivities			
	Learning Obj Develop team work, oneness in the team, listen to the leader.					Learning Obj						
						Develop team work, oneness in the team, listen o the leader. Play team games with rules and regulation.						
		Play team games . Introduce the rules step by step										
TER	M 1	W1	W2	W3	W4	W5	W6	W7	W8			
		Module 1	_	Basketbal earning Ol.	I -Oriented	Module 2		Gymnasti				
						Learning O						
			of their skills in basketball	Explore gymnastics action and still shapes. Keeping safe in doing gymnastic.(Forward roll, Backward roll & Cart wheel)								
		e.g. bouncing,			_	doing gymn	astic.(For	ward roll, E	Backward roll & Cart wheel)			
YR. 5 & 6	Yr. 5 & 6	W9	T	w11	gies in different situations.	W13	W14	W15	W16			
1K. 5 & 6	11.5 & 6	Module 3	W10	Athletics	W12	Module 4						
			c Start 9 Ein		ump, Shot put & relay)	Module 4	Sport	S Day Even	ts and Practices			
		(10011)		_	• • • • • • • • • • • • • • • • • • • •	Learning Obj						
		To remember	Learning Obj To remember, repeat and link combinations of actions.					Develop team work, camaraderie and sportsmanship.				
		To use their b		Stand at ease, attention, turns, walk in threes' and marching.								
		with greater	• •	(Sprint Start & Finish and Relay practice)								
TER	M 2	With greater	W18	W19	W20	W21	W22	W23	W24			
1211		Module 5	***	Football	1420	Module 6	***	Volleybal				
		Learning Obj				Learning Obj						
		Develop the r	وح of their skills in football.	Develop the range and consistency of their skills in volleyball.								
		Inevelop the r	ange and C	onsistency	OF LITER SKIIIS III TOOLDAII.	Develop the range and consistency of their skills in Volleyball.						

TERM 1 W1 Module 1	W26 W27 Game Activit Learning Obj am work, stratagies, onenes ne rules and regulations of 1 W2 W3 Basketball (Passing and	ss , interact with captain. the game W4	· ·	nes with standard rul	neness , interact with captain.		
Develop te Introduce t TERM 1 W1 Module 1	Learning Obj am work, stratagies, onenes ne rules and regulations of W2 W3 Basketball (Passing and	ss , interact with captain. the game W4	Develop tea Play the gar W5	Learning Ol m work, stratagies, o nes with standard rul W6 W7	oj neness , interact with captain. es and regulations		
TERM 1 W1 Module 1	am work, stratagies, onenes he rules and regulations of W2 W3 Basketball (Passing and	the game W4	Play the gar	m work, stratagies, ones with standard rul	neness , interact with captain. es and regulations		
TERM 1 W1 Module 1	we rules and regulations of water was a way was Basketball (Passing and	the game W4	Play the gar	nes with standard rul	es and regulations		
TERM 1 W1 Module 1	W2 W3 Basketball (Passing and	W4	W5	W6 W7	-		
Module 1	Basketball (Passing and				\\/\2		
		Pivoting)	Module 2		VVO		
Develop th	Learning Ohi		Widule 2	Athletics			
Develop th	Learning Ohi		(Marching,1	.00 &200mts.,Relay,I	ong Jump, Shot put)		
Develop th	Learning Obj			Learning Ol	oj .		
	e range and consistency of t	their skills in basketball	To rememb	er, repeat and link co	mbinations of actions.		
To use and	adapt tactics and strategies	in different situations.	To use and a	adapt tactics and stra	tegies in different situations.		
	*Gifted students selecti	ion For Boys & Girls	Team Practices: Basketball Boys' Mr.Chandra Mon & Wed -				
	Basketball, Volley	ball & Football	1.45 to 3.15pm, Girls' Ms.Aevelyn Sun & Tue - 1.45 to 3.15pm.				
			Volleyball Boys' Mr.Moses Sun & Tue - 1.45 to 3.15pm				
YR. 7 & 8 Yr. 7 & 8			Girls' Ms.Lisa Mon & Wed - 1.45 to 3.15pm.				
			Football Boys' Mr.Oliver Mon & Wed 1.45 to 3.15pm,				
				edita Sun & Tues - 1.4			
W9	W10 W11	W12	W13	W14 W15	W16		
Module 3	Football (Passing	& Shooting)	Module 4	Sports Day Event			
	Learning Obj			Learning Ob	-		
·	e range and consistency of t			m work, camaraderie	•		
Play games	with simple rules and strate	•	I '		pall,football, Volleyball		
	Team Practices contnue		Tournamen				
TERM 2 W17	W18 W19	W20	W21	W22 W23	W24		
Module 5	Athletics	1 - 1 0 - 1 - 1	Module 6	Volleyball (Position	n & Overhead Service)		
(100mts St	art&Finish,Long Jump, Shot	t put & relay)	Learning Chi				
To none one!	Learning Obj	ations of oations	Learning Obj				
	er, repeat and link combina		Develop the range and consistency of their skills in volleyball Play games with simple rules and strategies.				
	r bodies and a variety of equal coordination.	uipment with greater	Play games	with simple rules and	strategies.		
GR. 7 & 8 Yr. 7 & 8 W25	W26 W27	W28	W29	W30 W31	W32		
Module 7	Game Activit		Module 8	Game Act			
oddic 7	Learning Obj		710000	Learning Ol			
	<u></u>				- 3		

		and team pla	yers, sports	smen spirit	eness, interact with captain. & leadership qualities.	and team	Develop team work, stratagies, oneness, interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations					
TED	0.4.4		_		and regulations							
IER	RM 1	W1	W2	W3	W4	W5	W6	W7	W8			
		Module 1	ваѕкетра	ii (Snootin	g and Attack & Defence)	Module 2	100.000	Athletics				
						(iviarching	,100 &200	•	Long Jump, Shot put)			
		B		Learning O	- -		Learning Obj					
		1	_	-	of their skills in basketball		To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater					
			•		gies in different situations.			•	of equipment with greater			
					ys & Girls Basketball,	control ar						
		1 -		•	-Our Own Shj Sr.Boys				/s' Mr.Chandra Mon & Wed -			
				-	& girls. NIMS DXB Boys		•		n Sun & Tue - 1.45 to 3.15pm.			
		1 -			MS,TWS& Skyline Basketba	1 '	-		Tue - 1.45 to 3.15pm			
GR.9&10	Yr.9&10		s' and girls'. AUD School			& Wed - 1.45	•					
		sports. Also	ool tournaments.		Football Boys' Mr.Oliver Mon & Wed 1.45 to 3.15pm,							
									45 to 3.15pm.			
		W9	W10	W11	W12	W13	W14	W15	W16			
		Module 3		Shooting,/ Learning O	Attack & Defence)	Module 4	Spor		ts and Practices			
			- -			Learning O	- *					
		1	_		of their skills in football.				e and sportsmanship.			
		Play games with simple rules and strategies. Team Practices Continues					n:Girls Fo	otball Touri	nament			
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24			
		Module 5		Volleybal Learning O	l (Attack & Block)	Module 6		Games				
			- -		L <u>earning Obj</u>							
			of their skills in volleyball		Play Basketball, Football & Volleyball with proper rules.							
		Play games v	vith simple i	rules and s	trategies.	Play Baske	tball,Foot	ball & Volley	ball with proper rules.			
YR.9&10	Yr.9&10	W25	W26	W27	W28	W29	W30	W31	W32			
		Module 7	tivities	Module 8	Module 8 Game Activities							
			<u>bj</u>		Learning Obj							
		Develop tear	eness, interact with captain.	Develop te	Develop team work, stratagies, oneness, interact with captain.							
		1		_	& leadership qualities.	1 '	and team players, sportsmen spirit & leadership qualities.					
		Play the games with standard rules and regulations					Play the games with standard rules and regulations					
TER	RM 1	W1	W2	W3	W4	W5	W6	W7	W8			

		Module 1	Basketball ,	Football and V	olleyball o	Module 2	Badminton and Tab	le Tennis			
							•				
				arning Obj		Learning Obj					
			•	•	ir skills in any game.	To remember, repeat and link combinations of actions.					
		1		_	petition/ match.	To use their bodies and a variety of equipment with greater					
				-	rls Basketball,	control and coordination.					
			•		wn Shj Sr.Boys		Team Practices: Basketball Boys' Mr.Chandra Mon & Wed -				
					s. NIMS DXB Boys		•	n Sun & Tue - 1.45 to 3.15pm.			
	Volleyball tournament and DPS ,TMS,TWS& Skyline Basket					1 '	•	Tue - 1.45 to 3.15pm			
YR.11,12	Yr.11,12			-	girls'. AUD School		isa Mon & Wed - 1.45	•			
&13	&13	sports. Also fo	or the other i	inter-school to	urnaments.		•	Wed 1.45 to 3.15pm,			
						Girls' Ms.Fredita Sun & Tues - 1.45 to 3.15pm.					
		W9	W10	W11	W12	W13	W14 W15	W16			
		Module 3	-	Football and V	olleyball	Module 4 Sports Day Events and Practices					
	Learning Obj Develop the range and consistency of their skills in any one.					Learning Obj					
			•	•	•	Develop team work, camaraderie and sportsmanship. Lawn Tennis: - Provision shall be made after 1.30pm to					
	game. Play games with proper rules and strategies. Team Practices Continues					practice and improve the skills and physical fitness.					
TER	<u> </u> 	W17	W18	W19	W20	W21	W22 W23	W24			
TEN	Module 5 Games		WZO	Module 6	Games	VV 2-7					
		Learning Obj				Learning Obj					
		Develop the range and consistency of their skills in any two .				Develop the range and consistency of their skills in any two .					
			•	•	eyball. Other one	games.One from Basketball/football/Volleyball. Other one					
		from Table Te		•	,	from Table Tennis / Badminton.					
YR.11,12	Yr.11,12	W25	W26	W27	W28	W29	W30 W31	W32			
&13	&13	Module 7	G	ame Activities		Module 8	Game Act	ivities			
		Learning Obj Learning Obj					Learning Obj				
		Develop team work, stratagies, oneness, interact with captain. Develop team work, stratagies, oneness, in									
	and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations						and team players, sportsmen spirit & leadership qualities.				
							Play the games with standard rules and regulations				