

St. Mary's Catholic High School, Dubai. PHYSICAL EDUCATION - LONG TERM PLAN (2021 - 2022)



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

TER	TERM 1		W2	W3	W4	W5	W6	W7	W8	
		Module 1	Walking	&	Jumping	Module 2		Gymnast	tics	
			L	earning Ol	þj	Learning Obj				
		Learn to stand	d in height o	order,strai	ght line walk,circle walk	Explore gym	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	Keeping safe in doing gymnastic. Preventive and safety methods.			
		Explore and in	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	
				earning Ol	= ⁻			earning Ol	. •	
		Explore ball ro	olling,overh	ead throw	, tennis ball throw-Try with	Stand at eas	se, attentio	on, turns, w	alk in threes' and marching.	
		1 -		•	Practice with right and left	Develop tea	Develop team work, camaraderie and sportsmanship.			
		hand.Develor		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	า		minor games likefire in the mountain,				
						tank bund,				
YR. 1 & 2		W25	W26	W27	W28	W29	W30	W31	W32	
		Module 7		Game Act		Module 8 Game Activities				
				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 rules and	regulations.	Follow the rules and regulations. Develop team work and oneness in the team.				
TED	 N	W1	14/2	W3	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	W5	m work al			
IEK	TERM 1		W2		W4			W7	W8	
	Module 1 Basketball -Oriented Learning Obj			Module 2 Football -Oriented & Marching						
		Develop the r			of their skills in basketball	Learning Obj Develop the range and consistency of their skills in football.				
		e.g. bouncing,	-			Play games with simple rules and strategies. (Passing).				
		_	_	_	gies in different situations.	riay gaines with simple rules and strategies. (rassing).				
	I	Lio use and au	apt tactics	and strate	gies in different situations.					

YR. 3 & 4	Yr. 3 & 4	W9	W10	W11	W12	W13	W14	W15	W16		
		Module 3		Athletics		Module 4		Gymnasti	cs		
		(50mts Start8	kFinish,Lon	g Jump, Sh	ot put(Cricketball throw)						
			Le	earning Ob	oj		Learning Obj				
		To remember	, repeat and	d link comb	pinations of actions.	Develop te	am work, c	amaraderi	e and sportsmanship.		
		To use their b	odies and a	variety of	equipment	Stand at eas	se, attentic	on, turns, w	alk in threes' and marching.		
		with greater	control and	coordinati	ion.						
TER	TERM 2		W17 W18 W19 W20				W22	W23	W24		
		Module 5	Sport	s Day Evei	nts and Practices	Module 6	Throwba	all -Oriente	ed & Sports Day Practice		
			Lo	earning Ob	oj		L	earning Ol	oj		
		Develop tean	n work, cam	naraderie a	ind sportsmanship.	Develop the	e range and	consisten	cy of their skills in Throwball.		
		Stand at ease	, attention,	turns, wall	k in threes' and marching.	Play games	with simpl	e rules and	strategies.		
YR. 3 & 4	Yr. 3 & 4	W25	W26	W27	W28	W29	W30	W31	W32		
		Module 7		Game Act	ivities	Module 8		Game Act	ivities		
						Learning Obj					
			-	earning Ob	• -						
	Develop team work, oneness in the team, listen to the leader.					Develop team work, oneness in the team, listen o the leader.					
		Play team gar	nes . Introd	uce the rul	es step by step	Play team g	ames with	rules and r	egulation.		
TER	M 1	W1	W2	W3	W4	W5	W6	W7	W8		
		Module 1			l -Oriented	Module 2		Gymnasti			
				earning Ob				earning Ol	. •		
			_		of their skills in basketball	Explore gymnastics action and still shapes. Keeping safe in					
		e.g. bouncing		_	_	doing gymnastic.(Forward roll, Backward roll & Cart wheel)					
			 		gies in different situations.						
YR. 5 & 6	Yr. 5 & 6	W9	W10	W11	W12	W13	W14	W15	W16		
		Module 3		Athletics		Module 4	Sports	s Day Even	ts and Practices		
		(100mt		_	ımp, Shot put & relay)						
				earning Ob		Learning Obj					
			-		pinations of actions.		Develop team work, camaraderie and sportsmanship.				
		To use their bodies and a variety of equipment					Stand at ease, attention, turns, walk in threes' and marching.				
		with greater							and Relay practice)		
TER	M 2	W17	W18	W19	W20	W21	W22	W23	W24		
		Module 5		Football	•	Module 6	_	Volleyball			
		Learning Obj					Learning Obj				
		Develop the r	Develop the range and consistency of their skills specially dribbling Develop the range and consistency of their skills in volley								

		and passing ir				Play games	Play games with simple rules and strategies.				
		Play games w	ith simple r	ules and s	trategies.						
YR. 5 & 6	Yr. 5 & 6	W25	W26	W27	W28	W29	W30	W31	W32		
		Module 7		Game Act	tivities	Module 8		Game Acti	ivities		
		Learning Obj					L	earning Ob	oj		
		Develop team	eness , interact with captain.	Develop tea	Develop team work, stratagies, oneness, interact with captain.						
		Introduce the	rules and r	egulations	s of the game	Play the gar	Play the games with standard rules and regulations				
TER	M 1	W1	W2	W3	W4	W5	W6	W7	W8		
		Module 1	Basketbal	l (Passing	and Pivoting)	Module 2		Athletics			
					=	(Marching,:	100 &200n	nts.,Relay,L	ong Jump, Shot put)		
			L	earning O	bj		L	earning Ob	oj		
		Develop the r	ange and co	onsistency	of their skills in basketball	To rememb	er, repeat	and link co	mbinations of actions.		
		To use and ac	lapt tactics	and strate	gies in different situations.	To use and	adapt tacti	cs and strat	tegies in different situations.		
			•		lection For Boys & Girls		Team Practices: Basketball Boys' Mr.Chandra Mon & Wed -				
	Yr. 7 & 8		Basl	ketball,Vo	lleyball & Football	1.45 to 3.15pm, Girls' Ms.Aevelyn Sun & Tue - 1.45 to 3.15pm.					
				•	•	I	•	•	Tue - 1.45 to 3.15pm		
YR. 7 & 8							Girls' Ms.Lisa Mon & Wed - 1.45 to 3.15pm.				
							Football Boys' Mr.Oliver Mon & Wed 1.45 to 3.15pm,				
						I	Girls' Ms.Fredita Sun & Tues - 1.45 to 3.15pm.				
		W9	W10	W11	W12	W13	W14	W15	W16		
		Module 3	Foo	tball (Drib	bling & Shooting)	Module 4	Sports	Day Event	s and Practices		
			L	earning O	bj		L	earning Ob	oj		
		Develop the r	ange and co	onsistency	of their skills in football.	Develop tea	Develop team work, camaraderie and sportsmanship.				
		Play games w	ith simple r	ules and s	trategies.	Preparation	Preparation- Inter-school Basketball, football, Volleyball				
			Team Prac	ctices cont	tnues	Tournamen	t.				
TER	M 2	W17	W18	W19	W20	W21	W22	W23	W24		
		Module 5		Athletics	•	Module 6	Volleyba	II (Position	n & Overhead Service)		
		(100mts Start	t&Finish,Lo	ng Jump, S	Shot put & relay)		•				
			L	earning O	bj		Learning Obj				
		To remember	r, repeat and	d link com	binations of actions.	Develop the	Develop the range and consistency of their skills in volleyball				
		To use their b	odies and a	variety of	f equipment with greater	Play games	Play games with simple rules and strategies.				
		control and c	coordination	١.							
GR. 7 & 8	Yr. 7 & 8	W25	W26	W27	W28	W29	W30	W31	W32		
		Module 7		Game Act	tivities	Module 8		Game Acti	ivities		
			L	earning O	bj		L	earning Ob	oj		

		and team pla	yers, sports	men spirit	eness , interact with captair & leadership qualities.	and tea	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						
TER	RM 1	W1	W2	W3	W4	W5		W6 W7	W8		
		Module 1	ваѕкетра	ii (Snootin	g and Attack & Defence)	Module		Athletics			
					ı.•	(iviarch	ning,1	•	Long Jump, Shot put)		
		B		earning O	-		Learning Obj				
			_	-	of their skills in basketball	l l	To remember, repeat and link combinations of actions.				
			•		gies in different situations.	l l		•	of equipment with greater		
					ys & Girls Basketball,	I		coordination.			
		1 -		•	-Our Own Shj Sr.Boys	l l		•	rs' Mr.Chandra Mon & Wed -		
				-	& girls. NIMS DXB Boys	l l		•	n Sun & Tue - 1.45 to 3.15pm.		
00.0040	V 0040	1 -			MS,TWS& Skyline Basketba	1 .		•	Tue - 1.45 to 3.15pm		
GR.9&10	Yr.9&10			•	s' and girls'. AUD School	l l		sa Mon & Wed - 1.45	•		
		sports. Also	for the othe	er inter-scr	nool tournaments.	l l			Wed 1.45 to 3.15pm,		
		14/0	14/4.0	VA/4.4	W/12			edita Sun & Tues - 1.4			
		W9	W10	W11	W12	W1		W14 W15	W16		
		Module 3			Attack & Defence)	Module	e 4	Sports Day Event			
		Dayalan tha		earning O	- -	Davida	Learning Obj Develop team work, camaraderie and sportsmanship.				
		1	-		of their skills in football.	l l	•		· · · · · · · · · · · · · · · · · · ·		
		Play games w				Prepara	Preparation:Girls Football Tournament				
TED		W17	W18	ctices Con W19	W20	W2	1	W22 W23	W24		
IER	IVI Z	Module 5	VV 10		I (Attack & Block)	Module		Games	VV 24		
		Module 5		Learning O	•	Iviouui	e 0	Learning O	h:		
		Develop the			of their skills in volleyball			Learning O	- J		
		Play games w	•	•	•	Dlay Pa	Play Basketball, Football & Volleyball with proper rules.				
		Flay gailles w	itti siiripie i	ules allu s	irategies.	Play Ba	iskett	Jan, Footban & voney	ball with proper rules.		
YR.9&10	Yr.9&10	W25	W26	W27	W28	W2:	9	W30 W31	W32		
		Module 7		Game Ac		Module		Game Act			
			l	earning O			Learning Obj				
				<u> </u>	'			<u> </u>	-		
		Develop tear	n work, stra	itagies, on	eness, interact with captain	n. Develo	p tea	m work, stratagies, c	oneness, interact with captain.		
				_	& leadership qualities.	l l	•		rit & leadership qualities.		
		1		•	and regulations	l l	Play the games with standard rules and regulations				
TER	RM 1	W1	W2	W3	W4	W5		W6 W7	W8		

		Module 1	Basketbal	l, Football and V	olleyball	Module 2	Badminton and Tab	le Tennis		
YR.11,12 &13	Yr.11,12 &13	Develop the rate of the property of the proper	L ange and co ne advance nts selection Football. Pr School Foo urnament a for senior s	earning Obj onsistency of thei skills during comp on For Boys & Gi eparation-Our O otball boys & girls nd DPS ,TMS,TW	ir skills in any game. petition/ match. rls Basketball, wn Shj Sr.Boys s. NIMS DXB Boys S& Skyline Basketball girls'. AUD School	Learning Obj To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination. Team Practices: Basketball Boys' Mr.Chandra Mon & Wed - 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 Girls' Ms.Lisa Mon & Wed - 1.45 to 3.15pm. Football Boys' Mr.Oliver Mon & 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		I, Football and V	опеуран	Module 4 Sports Day Events and Practices				
	Learning Obj				ir skills in any ana	Learning Obj Develop team work, camaraderie and sportsmanship.				
		Develop the range and consistency of their skills in any one. game. Play games with proper rules and strategies.				Lawn Tennis:- Provision shall be made after 1.30pm to				
		gairie. Flay ga		ctices Continues	irategies.	practice and improve the skills and physical fitness.				
TFR	M 2	W17	W18	W19	W20	W21	W22 W23	W24		
121	101 2	Module 5	****	Games	***	Module 6	Games	***2		
		oudic o	L	earning 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 .				
			•	oall/football/Volle	•	games.One from Basketball/football/Volleyball. Other one				
		from Table Te	nnis / Badn	ninton.	•	from Table Tennis / Badminton.				
YR.11,12	Yr.11,12	W25	W26	W27	W28	W29	W30 W31	W32		
&13	&13	Module 7		Game Activities		Module 8	Game Act	ivities		
	Learning Obj				Learning Obj					
		and team play	ers, sports	tagies, oneness , men spirit & lead dard rules and re	• •	Develop team work, stratagies, oneness, interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				