St. Mary's Catholic High School, Dubai.

PHYSICAL EDUCATION - LONG TERM PLAN (2022 - 2023)

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	
GR. 1 & 2			_bj	Learning Obj						
	Yr. 1 & 2	Learn to stand	ght line walk,circle walk	Explore gymnastics action and still shapes.Introduce rolls						
		and zigzag wa	in threes'. Hopping L&R leg	Keeping safe in doing gymnastic.Preventive and safety methods.						
		Explore and ir	horizontal jump.	(Pencil roll & Forward roll)						
		W9	W10	W11	W12	W13	W14	W15	W16	
		Module 3	Throwing	&	Catching	Module 4			y Events and Practices	
			<u>bj</u>	Learning Obj						
			, tennis ball throw-Try with		Stand at ease, attention, turns, walk in threes' and marching.					
		_	Practice with right and left	Develop team work, camaraderie and sportsmanship.						
		hand.Develop good catching skills.								
TER	M 2	W17	W18	W19	W20	W21	W22	W23	W24	
		Module 5			ng and Sports Day Practice	Module 6			and Sports Day Practice	
				earning O	= -	Learning Obj				
			' - '		ng skills. Turnings & develop	Participate and follow rules and direction of different				
		good body Co	o-ordination	1		minor games likefire in the mountain,				
						tank bund,	relay and	hit the targ		
YR. 1 & 2	Yr. 1 & 2	W25	W26	W27	W28	W29	W30	W31	W32	
		Module 7		Game Act	tivities	Module 8		Game Act	ivities	
			<u>bj</u>	Learning Obj						
			evelop team work	Group games with smaller group of 3 or 4 then up to 7						
		Gradually intr	d regulations.	Follow the rules and regulations.						
						Develop team work and oneness in the team.				
TER	M 1	W1	W2	W3	W4	W5	W6	W7	W8	
		Module 1			II -Oriented	Module 2				
				earning O	= -	Learning Obj				
		•	•	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).					
					gies in different situations.			1		
YR. 3 & 4	Yr. 3 & 4	W9	W10	W11	W12	W13	W14	W15	W16	
		Module 3		Athletics	/2:1 .! !!.!	Module 4		Gymnasti	CS	
		(50mts Start8	not put(Cricketball throw)	Learning Oh!						
			Learning Obj To remember, repeat and link combinations of actions.				Learning Obj			
			•			Develop team work, camaraderie and sportsmanship.				
		To use their b		•		Stand at ease, attention, turns, walk in threes' and marching.				
TED	042	with greater) W (24	waa	14/22	W24	
TER	M 2	W17	W18	W19	W20	W21	W22	W23	W24	
		Module 5	Sport	s Day Eve	nts and Practices	Module 6	Inrow	oaii -Oriente	ed & Sports Day Practice	

		1	Learning Obj n work, camaraderie and , attention, turns, walk in	-	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 Activit	ties	Module 8	Module 8 Game Activities				
		1	Learning Obj n work, oneness in the tea mes . Introduce the rules		Learning Obj Develop team work, oneness in the team, listen o the leader. Play team games with rules and regulation.					
TFR	RM 1	W1	W2 W3	W4	W5	W6 W7	W8			
121		Module 1	Basketball -C		Module 2	Gymnasti				
		e.g. bouncing	Learning Obj range and consistency of , dribbling, passing and sl lapt tactics and strategies	hooting.	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	Athletics		Module 4	Sports Day Even	ts and Practices			
		To remember	s Start&Finish,Long Jum Learning Obj r, repeat and link combina odies and a variety of ec control and coordination	ations of actions. quipment	Learning Obj Develop team work, camaraderie and sportsmanship. Stand at ease, attention, turns, walk in threes' and marching. (Sprint Start & Finish and Relay practice)					
TERM 2		W17	W18 W19	W20	W21	W22 W23	W24			
	Yr. 5 & 6	1	Football Learning Obj ange and consistency of ith simple rules and strat		Nodule 6 Volleyball Learning Obj Develop the range and consistency of their skills in volleyball. Play games with simple rules and strategies.					
YR. 5 & 6		W25	W26 W27	W28	W29	W30 W31	W32			
		Module 7	Game Activit	ties	Module 8	Game Act	ivities			
		1	Learning Obj n work, stratagies, onened rules and regulations of	ss , interact with captain. the game	Learning Obj Develop team work, stratagies, oneness, interact with captain. Play the games with standard rules and regulations					
TER	RM 1		W2 W3		W5	W6 W7	W8			
		Module 1	Basketball (Passing and	d Pivoting)	Module 2	Athletics				
		Learning Obj Develop the range and consistency of their skills in basketball To use and adapt tactics and strategies in different situations. *Gifted students selection For Boys & Girls Basketball,Volleyball & Football			(Marching,100 &200mts.,Relay,Long Jump, Shot put) Learning Obj To remember, repeat and link combinations of actions. To use and adapt tactics and strategies in different situations. Team Practices: Boys' -Mon & Wed - 2pm to 3.30pm Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball					
YR. 7 & 8	Yr. 7 & 8	Mr.Moses Team Practices: Girls' -Tues				ices: Girls' -Tues & Tl	nurs - 2pm to 3.30pm			

W9 W10 W11 W12 W13 W14 W15 Module 3 Football (Passing & Shooting) Module 4 Sports Day Events a Learning Obj					
Module 3 Football (Passing & Shooting) Module 4 Sports Day Events a	VA/4.C				
	W16				
Learning Obj					
	and enartemanchin				
	Develop team work, camaraderie and sportsmanship. Preparation- Inter-school Basketball, football, Volleyball				
	ii,iootbaii, volleybaii				
Team Practices contnues Tournament. TERM 2 W17 W18 W19 W20 W21 W22 W23	W24				
Module 5 Athletics Module 6 Volleyball (Position 8					
(100mts Start&Finish,Long Jump, Shot put & relay)	& Overneau Service)				
	Loarning Ohi				
·	Learning Obj				
	Develop the range and consistency of their skills in volleyball				
To use their bodies and a variety of equipment with greater Play games with simple rules and st control and coordination.	Play games with simple rules and strategies.				
GR. 7 & 8 Yr. 7 & 8 W25 W26 W27 W28 W29 W30 W31	W32				
Module 7 Game Activities Module 8 Game Activi	ities				
Learning Obj Learning Obj					
·					
Develop team work, stratagies, oneness, interact with captain. Develop team work, stratagies, one	Develop team work, stratagies, oneness, interact with captain.				
	and team players, sportsmen spirit & leadership qualities.				
	Play the games with standard rules and regulations				
Module 1 Basketball (Shooting and Attack & Defence) Module 2 Athletics					
(Marching,100 &200mts.,Relay,Lo	ng Jump, Shot put)				
Learning Obj Learning Obj	Learning Obj				
	To remember, repeat and link combinations of actions.				
IDevelop the range and consistency of their skills in basketball [10 remember, repeat and link comb	binations of actions.				
To use and adapt tactics and strategies in different situations. To use their bodies and a variety of					
To use and adapt tactics and strategies in different situations. *Gifted students selection For Boys & Girls Basketball, To use their bodies and a variety of control and coordination.	f equipment with greater				
To use and adapt tactics and strategies in different situations. *Gifted students selection For Boys & Girls Basketball, Volleyball & Football. Preparation-Our Own Shj Sr.Boys To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed	f equipment with greater d - 2pm to 3.30pm				
To use and adapt tactics and strategies in different situations. *Gifted students selection For Boys & Girls Basketball, Volleyball & Football. Preparation-Our Own Shj Sr.Boys football,High School Football boys & girls. NIMS DXB Boys To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed	f equipment with greater d - 2pm to 3.30pm				
To use and adapt tactics and strategies in different situations. *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 To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed Basketball - Mr. Chandra; Football -	d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball				
To use and adapt tactics and strategies in different situations. *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 To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed Basketball - Mr. Chandra; Football - Mr.Moses Team Practices: Girls' -Tues & Thur	f equipment with greater d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm				
To use and adapt tactics and strategies in different situations. *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. To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed Basketball - Mr. Chandra; Football - Mr.Moses Team Practices: Girls' -Tues & Thus Basketball - Mrs. Aevelyn; Football	f equipment with greater d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm				
To use and adapt tactics and strategies in different situations. *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. To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed Basketball - Mr. Chandra; Football - Mr.Moses Team Practices: Girls' -Tues & Thurthey and Basketball - Mrs. Aevelyn; Football - Mrs. Liza	d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm - Mrs. S. Fredita; Volleyball				
To use and adapt tactics and strategies in different situations. *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. To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed Basketball - Mr. Chandra; Football - Mr.Moses Team Practices: Girls' -Tues & Thure Basketball - Mrs. Aevelyn; Football Ms.Liza W9 W10 W11 W12 W13 W14 W15	f equipment with greater d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm - Mrs. S. Fredita; Volleyball W16				
To use and adapt tactics and strategies in different situations. *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. To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed Basketball - Mr. Chandra; Football - Mr.Moses Team Practices: Girls' -Tues & Thur Basketball - Mrs. Aevelyn; Football Ms.Liza W9 W10 W11 W12 W13 W14 W15 Module 3 Football (Shooting,Attack & Defence) Module 4 Sports Day Events at	f equipment with greater d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm - Mrs. S. Fredita; Volleyball W16				
To use and adapt tactics and strategies in different situations. *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. To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed Basketball - Mr. Chandra; Football - Mr.Moses Team Practices: Girls' -Tues & Thur Basketball - Mrs. Aevelyn; Football Ms.Liza W9 W10 W11 W12 W13 W14 W15 Module 3 Football (Shooting,Attack & Defence) Learning Obj Learning Obj	f equipment with greater d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm - Mrs. S. Fredita; Volleyball W16 and Practices				
To use and adapt tactics and strategies in different situations. *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 W13 W14 W15 Module 3 Football (Shooting,Attack & Defence) Learning Obj Develop the range and consistency of their skills in football. To use their bodies and a variety of control and coordination. Team Practices: Boys' -Mon & Wed saketball - Mr. Chandra; Football - Mr. Moses Team Practices: Girls' -Tues & Thurnes & Thurne	f equipment with greater d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm - Mrs. S. Fredita; Volleyball W16 and Practices and sportsmanship.				
To use and adapt tactics and strategies in different situations. *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 W13 W14 W15 Module 3 Football (Shooting,Attack & Defence) Learning Obj Develop the range and consistency of their skills in football. Play games with simple rules and strategies. To use their bodies and a variety of control and coordination. To use their bodies and spisses and spay leading in the particles: Boys data and control and coordination. To use their bo	f equipment with greater d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm - Mrs. S. Fredita; Volleyball W16 and Practices and sportsmanship.				
To use and adapt tactics and strategies in different situations. *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 Tr.9&10 Yr.9&10 Yr.9&1	f equipment with greater d - 2pm to 3.30pm - Mr. G. Oliver; Volleyball rs - 2pm to 3.30pm - Mrs. S. Fredita; Volleyball W16 and Practices and sportsmanship.				
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		Develop the r Play games w	_	-	of their skills in volleyball trategies.	Play Basket	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	tivities	Module 8		Game Activ	rities				
			Learning Obj					Learning Obj					
		Develop team	tagies, one	eness , interact with captain.	Develop tea	Develop team work, stratagies, oneness, interact with captain.							
		and team pla	and team players, sportsmen spirit & leadership qualities.					and team players, sportsmen spirit & leadership qualities.					
		Play the game	dard rules	and regulations	Play the ga	Play the games with standard rules and regulations							
TER	TERM 1 W1 W2 W3 W4				W5	W6	W7	W8					
		Module 1	Basketba	l , Footbal	l and Volleyball	Module 2	Badmint	on and Table	Tennis				
			<u>bj</u>		Learning Obj								
		1	_	=	of their skills in any game.		To remember, repeat and link combinations of actions.						
		1	To improve the advance skills during competition/ match.					To use their bodies and a variety of equipment with greater					
				ys & Girls Basketball,		control and coordination.							
		-	-	-Our Own Shj Sr.Boys		Team Practices: Boys' -Mon & Wed - 2pm to 3.30pm							
			-	& girls. NIMS DXB Boys		Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball							
		1 -			MS,TWS& Skyline Basketba		Mr.Moses						
YR.11,12	Yr.11,12						Team Practices: Girls' -Tues & Thurs - 2pm to 3.30pm						
&13	&13	sports. Also f	sports. Also for the other inter-school tournaments.					Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza					
		W9	W10	W11	W12	W13	W14	W15	W16				
		Module 3	Basketba	l , Footbal	l and Volleyball	Module 4	Sport	s Day Events	and Practices				
			Learning Obj					L <u>earning Obj</u>					
		Develop the r	onsistency	of their skills in any one.	Develop tea	Develop team work, camaraderie and sportsmanship.							
		game. Play ga	roper rule	s and strategies.	Lawn Tenn	Lawn Tennis:- Provision shall be made after 1.30pm to							
			ctices Con		practice an	d improve	the skills and	l physical fitness.					
TER	RM 2	W17	W18	W19	W20	W21	W22	W23	W24				
	Vr. 11. 12	Module 5		Games		Module 6		Games					
			Learning Obj					Learning Obj					
		1 .	•	of their skills in any two .	-	Develop the range and consistency of their skills in any two.							
		1-		ll/Volleyball. Other one	_	games.One from Basketball/football/Volleyball. Other one							
VD 44 42		from Table Te		W/20		from Table Tennis / Badminton.							
YR.11,12 &13	Yr.11,12	W25 Module 7	W26	W27	W28	W29	W30	W31	W32				
Ø13	&13					iviodule 8	Module 8 Game Activities						
			L <u>earning Obj</u>				Learning Obj						
		Develop team	Develop team work, stratagies, oneness, interact with captain.					Develop team work, stratagies, oneness, interact with captain.					
		1	and team players, sportsmen spirit & leadership qualities.					and team players, sportsmen spirit & leadership qualities.					
		Play the game	idard rules	and regulations	Play the ga	Play the games with standard rules and regulations							