



St. Mary's Catholic High School, Dubai.

PHYSICAL EDUCATION - LONG TERM PLAN (2023 - 2024)

Total number of periods in the accademic year is 55 - 60 (Only Yr 13,12,11,10,8 & 7 have 30)



TERM 1		W1	W2	W3	W4	W5	W6	W7	W8
GR. 1 & 2	Yr. 1 & 2	Module 1	Walking & Jumping			Module 2	Gymnastics		
		Learning Obj Learn to stand in height order, straight line walk, circle walk and zigzag walk. Walk in twos' and in threes'. Hopping L&R leg Explore and improve vertical jump, horizontal jump.				Learning Obj Explore gymnastics action and still shapes. Introduce rolls Keeping safe in doing gymnastic. Preventive and safety methods. (Pencil roll & Forward roll)			
		W9	W10	W11	W12	W13	W14	W15	W16
		Module 3	Throwing & Catching			Module 4	Sports Day Events and Practices		
		Learning Obj Explore ball rolling, overhead throw, tennis ball throw-Try with right & lefthand, hitting the stump. Practice with right and left hand. Develop good catching skills.				Learning Obj Stand at ease, attention, turns, walk in threes' and marching. Develop team work, camaraderie and sportsmanship.			
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24
YR. 1 & 2	Yr. 1 & 2	Module 5	Kicking & Marching and Sports Day Practice			Module 6	Game Activities and Sports Day Practice		
		Learning Obj Perform and explore different kicking skills. Turnings & develop good body Co-ordination				Learning Obj Participate and follow rules and direction of different minor games likefire in the mountain, tank bund, relay and hit the target etc.			
		W25	W26	W27	W28	W29	W30	W31	W32
		Module 7	Game Activities			Module 8	Game Activities		
		Learning Obj Partner game and group games. Develop team work Gradually introduce some rules and regulations.				Learning Obj Group games with smaller group of 3 or 4 then up to 7 Follow the rules and regulations. Develop team work and oneness in the team.			
TERM 1		W1	W2	W3	W4	W5	W6	W7	W8
YR. 3 & 4	Yr. 3 & 4	Module 1	Basketball -Oriented			Module 2	Football -Oriented & Marching		
		Learning Obj Develop the range and consistency of their skills in basketball e.g. bouncing, dribbling, passing and shooting. To use and adapt tactics and strategies in different situations.				Learning Obj Develop the range and consistency of their skills in football. Play games with simple rules and strategies.(Passing).			
		W9	W10	W11	W12	W13	W14	W15	W16
		Module 3	Athletics			Module 4	Gymnastics		
		(50mts Start&Finish, Long Jump, Shot put(Cricketball throw) Learning Obj To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination.				Learning Obj Develop team work, camaraderie and sportsmanship. Stand at ease, attention, turns, walk in threes' and marching.			
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24

YR. 3 & 4	Yr. 3 & 4	Module 5	Sports Day Events and Practices				Module 6	Throwball -Oriented & Sports Day Practice			
		<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Stand at ease, attention, turns, walk in threes' and marching.				<u>Learning Obj</u> Develop the range and consistency of their skills in Throwball. Play games with simple rules and strategies.					
		W25	W26	W27	W28	W29	W30	W31	W32		
		Module 7	Game Activities				Module 8	Game Activities			
		<u>Learning Obj</u> Develop team work, oneness in the team, listen to the leader. Play team games . Introduce the rules step by step				<u>Learning Obj</u> Develop team work, oneness in the team, listen o the leader. Play team games with rules and regulation.					
TERM 1		W1	W2	W3	W4	W5	W6	W7	W8		
YR. 5 & 6	Yr. 5 & 6	Module 1	Basketball -Oriented				Module 2	Gymnastics			
		<u>Learning Obj</u> Develop the range and consistency of their skills in basketball e.g. bouncing, dribbling, passing and shooting. To use and adapt tactics and strategies in different situations.				<u>Learning Obj</u> Explore gymnastics action and still shapes. Keeping safe in doing gymnastic.(Forward roll, Backward roll & Cart wheel)					
		W9	W10	W11	W12	W13	W14	W15	W16		
		Module 3	Athletics				Module 4	Sports Day Events and Practices			
		(100mts Start&Finish,Long Jump, Shot put & relay) <u>Learning Obj</u> To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination.				<u>Learning Obj</u> 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	Yr. 5 & 6	Module 5	Football				Module 6	Volleyball			
		<u>Learning Obj</u> Develop the range and consistency of their skills in football. Play games with simple rules and strategies.				<u>Learning Obj</u> Develop the range and consistency of their skills in volleyball. Play games with simple rules and strategies.					
		W25	W26	W27	W28	W29	W30	W31	W32		
		Module 7	Game Activities				Module 8	Game Activities			
		<u>Learning Obj</u> Develop team work, stratagies, oneness , interact with captain. Introduce the rules and regulations of the game				<u>Learning Obj</u> Develop team work, stratagies, oneness , interact with captain. Play the games with standard rules and regulations					
TERM 1		W1	W2	W3	W4	W5	W6	W7	W8		
		Module 1	Basketball (Passing and Pivoting)				Module 2	Athletics			
		<u>Learning Obj</u> 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) <u>Learning Obj</u> 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 Mr.Moses					

YR. 7 & 8	Yr. 7 & 8					Team Practices: Girls' -Tues & Thurs - 2pm to 3.30pm Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza			
		W9	W10	W11	W12	W13	W14	W15	W16
		Module 3	Football (Passing & Shooting)			Module 4	Sports Day Events and Practices		
		<u>Learning Obj</u> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. Team Practices continues				<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Preparation- Inter-school Basketball,football, Volleyball Tournament.			
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24
GR. 7 & 8	Yr. 7 & 8	Module 5	Athletics			Module 6	Volleyball (Position & Overhead Service)		
		(100mts Start&Finish,Long Jump, Shot put & relay) <u>Learning Obj</u> To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination.				<u>Learning Obj</u> Develop the range and consistency of their skills in volleyball Play games with simple rules and strategies.			
		W25	W26	W27	W28	W29	W30	W31	W32
		Module 7	Game Activities			Module 8	Game Activities		
		<u>Learning Obj</u> Develop team work, stratagies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				<u>Learning Obj</u> Develop team work, stratagies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations			
TERM 1		W1	W2	W3	W4	W5	W6	W7	W8
GR.9&10	Yr.9&10	Module 1	Basketball (Shooting and Attack & Defence)			Module 2		Athletics	
		<u>Learning Obj</u> 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. 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.				(Marching,100 &200mts.,Relay,Long Jump, Shot put) <u>Learning Obj</u> To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination. Team Practices: Boys' -Mon & Wed - 2pm to 3.30pm Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball Mr.Moses Team Practices: Girls' -Tues & Thurs - 2pm to 3.30pm Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza			
		W9	W10	W11	W12	W13	W14	W15	W16
		Module 3	Football (Shooting,Attack & Defence)			Module 4	Sports Day Events and Practices		
		<u>Learning Obj</u> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. Team Practices Continues				<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Preparation:Girls Football Tournament			
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24
		Module 5	Volleyball (Attack & Block)			Module 6	Games		

YR.9&10	Yr.9&10	<u>Learning Obj</u> Develop the range and consistency of their skills in volleyball Play games with simple rules and strategies.				<u>Learning Obj</u> Play Basketball, Football & Volleyball with proper rules.			
		W25	W26	W27	W28	W29	W30	W31	W32
		Module 7	Game Activities			Module 8	Game Activities		
		<u>Learning Obj</u> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				<u>Learning Obj</u> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations			
TERM 1		W1	W2	W3	W4	W5	W6	W7	W8
YR.11,12 &13	Yr.11,12 &13	Module 1	Basketball , Football and Volleyball			Module 2	Badminton and Table Tennis		
		<u>Learning Obj</u> 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.				<u>Learning Obj</u> To remember, repeat and link combinations of actions. To use their bodies and a variety of equipment with greater control and coordination. Team Practices: Boys' -Mon & Wed - 2pm to 3.30pm Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball Mr.Moses Team Practices: Girls' -Tues & Thurs - 2pm to 3.30pm Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza			
		W9	W10	W11	W12	W13	W14	W15	W16
		Module 3	Basketball , Football and Volleyball			Module 4	Sports Day Events and Practices		
		<u>Learning Obj</u> Develop the range and consistency of their skills in any one. game. Play games with proper rules and strategies. Team Practices Continues				<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Lawn Tennis:- Provision shall be made after 1.30pm to practice and improve the skills and physical fitness.			
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24
YR.11,12 &13	Yr.11,12 &13	Module 5	Games			Module 6	Games		
		<u>Learning Obj</u> Develop the range and consistency of their skills in any two . games.One from Basketball/football/Volleyball. Other one from Table Tennis / Badminton.				<u>Learning Obj</u> Develop the range and consistency of their skills in any two . games.One from Basketball/football/Volleyball. Other one from Table Tennis / Badminton.			
		W25	W26	W27	W28	W29	W30	W31	W32
		Module 7	Game Activities			Module 8	Game Activities		
		<u>Learning Obj</u> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				<u>Learning Obj</u> Develop team work, strategies, oneness , interact with captain. and team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations			