

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
		Module 1	Walking	&	Jumping	Module 2		Gymnastics	s
		Learning Obj			Learning Obj				
		Learn to stand	order,stra	_ ight line walk,circle walk	Explore gymnastics action and still shapes.Introduce rolls				
		and zigzag wa	twos' and	in threes'. Hopping L&R leg	Keeping safe in doing gymnastic.Preventive and safety methods.				
		Explore and in	ical 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 Day E	Events and Practices
			L	earning C	<u>D</u> bj		l	earning Obj	
		Explore ball re	olling,overh	ead throv	, tennis ball throw-Try with	Stand at eas	se, attentio	on, turns, wal	k in threes' and marching.
		right & leftha	nd,hitting tl	ne stump.	Practice with right and left	Develop tea	ım work, c	amaraderie a	nd sportsmanship.
		hand.Develo	hing skills	<u>. </u>					
TER	M 2	W17	W18	W19	W20	W21	W22	W23	W24
		Module 5			ng and Sports Day Practice	Module 6			d Sports Day Practice
			earning C	= ⁻	L <u>earning Obj</u>				
				ing skills. Turnings & develop	Participate and follow rules and direction of different				
		good body Co-ordination				minor games likefire in the mountain,			
					tank bund, relay and hit the target etc.				
YR. 1 & 2	Yr. 1 & 2	W25	W26	W27	W28	W29	W30	W31	W32
		Module 7		Game Ac		Module 8		Game Activi	ties
			earning C	- -			earning Obj		
		_	_	evelop team work	Group games with smaller group of 3 or 4 then up to 7				
		Gradually introduce some rules and regulations.				Follow the rules and regulations. Develop team work and oneness in the team.			
TED	N 1 1	VA/4	14/2	14/2	10/4				
TER	M 1	W1 Module 1	W2	W3	W4 II -Oriented	W5	W6	W7	W8
	Yr. 3 & 4	iviodule 1				Module 2		Oriented & N	viarcning
		Learning Obj				Learning Obj Develop the range and consistency of their skills in football.			
		Develop the range and consistency of their skills in basketball e.g. bouncing, dribbling, passing and shooting.				Play games with simple rules and strategies. (Passing).			
		To use and adapt tactics and strategies in different situations.				riay gaines with simple rules and strategies. (rassing).			
YR. 3 & 4		W9	W10	W11	W12	W13	W14	W15	W16
111. 3 Q 4		Module 3	AATO	Athletics		Module 4	VV 14	Gymnastics	VV 10
			&Finish Lon		hot put(Cricketball throw)	Wodule 4		Cymmastics	
			earning C		Learning Obj				
		To remember			binations of actions.	Develop team work, camaraderie and sportsmanship.			
					Stand at ease, attention, turns, walk in threes' and marching.				
		To use their bodies and a variety of equipment with greater control and coordination.					,	,	
TERM 2		W17	W18	W19	W20	W21	W22	W23	W24

		Module 5	Sports Day Events and F	Practices	Module 6	Throwball -Oriente	ed & Sports Day Practice		
			Learning Obj		Learning Obj				
		1	n work, camaraderie and sport		Develop the range and consistency of their skills in Throwball.				
			attention, turns, walk in three		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 Act	ivities		
			Learning Obj			Learning Ol	. =		
		1	work, oneness in the team, lis			Develop team work, oneness in the team, listen o the leader. Play team games with rules and regulation.			
TED	 RM 1	W1	nes . Introduce the rules step b	W4	W5	W6 W7	egulation. W8		
IEN	(IVI I	Module 1	Basketball -Orient		Module 2	Gymnastic			
		Wodule 1	Learning Obj	eu	Wiodule 2				
		Develop the r	ange and consistency of their s	skills in haskethall	Evnlore gym	Learning Obj Explore gymnastics action and still shapes. Keeping safe in			
			dribbling, passing and shooting			doing gymnastic. (Forward roll, Backward roll & Cart wheel)			
		1	apt tactics and strategies in di	_	going gymnostici (10 mara 1011) Backmara 1011 a care milecty				
YR. 5 & 6	Yr. 5 & 6	W9	W10 W11	W12	W13	W14 W15	W16		
		Module 3	Athletics		Module 4	Sports Day Even			
		(100mts	s Start&Finish,Long Jump, Sho	ot put & relay)		,			
		Learning Obj				Learning Obj			
		To remember	, repeat and link combinations	of actions.	Develop team work, camaraderie and sportsmanship.				
		To use their b	odies and a variety of equipm	ent	Stand at eas	se, attention, turns, w	alk in threes' and marching.		
		with greater (control and coordination.			(Sprint Start & Finish	and Relay practice)		
TER	RM 2	W17	W18 W19	W20	W21	W22 W23	W24		
		Module 5	Football		Module 6	Volleyball			
			L <u>earning Obj</u>			Learning Ol	. =		
		1	ange and consistency of their s			_	cy of their skills in volleyball.		
		Play games wi	ith simple rules and strategies.		Play games	Play games with simple rules and strategies.			
vp = 0.6	v 506	11105		11100					
YR. 5 & 6	Yr. 5 & 6	W25	W26 W27	W28	W29	W30 W31	W32		
		Module 7	Game Activities		Module 8	Game Act			
		Dayalan taam	Learning Obj	taraet with cantain	Learning Obj Develop team work, stratagies, oneness, interact with captain.				
		Develop team work, stratagies, oneness, interact with captain. Introduce the rules and regulations of the game			Play the games with standard rules and regulations				
TER	 RM 1	W1	W2 W3	W4	W5	W6 W7	W8		
121	(IVI I	Module 1	Basketball (Passing and Pivo		Module 2	Athletics	WO		
		Substituting (assume and) received		•81	(Marching,100 &200mts.,Relay,Long Jump, Shot put)				
			Learning Obj		Learning Obj				
		Develop the ra	ange and consistency of their s	skills in basketball	To remember, repeat and link combinations of actions.				
		1	apt tactics and strategies in di		To use and adapt tactics and strategies in different situations.				
			*Gifted students selection F		Team Practices: Boys' -Mon & Wed - 2pm to 3.30pm				
			Basketball, Volleyball 8	-	Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball				
			-		Mr.Moses				
		1			'				

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 & Shoo	ting)	Module 4	Sports Day Events and Practices		
			Learning Obj			Learning Obj		
		Develop the	range and consistency of their skil	lls in football.	Develop tea	ım work, camaraderie and sportsmanship.		
		1	with simple rules and strategies.		-	- Inter-school Basketball, football, Volleyball		
		, 0	Team Practices contnues		Tournamen	•		
TEF	RM 2	W17	W18 W19	W20	W21	W22 W23 W24		
		Module 5	Athletics		Module 6	Volleyball (Position & Overhead Service)		
		(100mts Star	rt&Finish,Long Jump, Shot put & I			,		
			Learning Obj			Learning Obj		
		To remembe	er, repeat and link combinations of	actions	Develop the range and consistency of their skills in volleyball			
			bodies and a variety of equipment		Play games with simple rules and strategies.			
			coordination.		- , , , ,			
SR. 7 & 8	Yr. 7 & 8	W25	W26 W27	W28	W29	W30 W31 W32		
		Module 7	Game Activities		Module 8	Game Activities		
		Learning Obj			Learning Obj			
		Develop team work, stratagies, oneness, interact with captain.			Develop team work, stratagies, oneness, interact with captain.			
		1	ayers, sportsmen spirit & leadershi		and team players, sportsmen spirit & leadership qualities.			
		1	nes with standard rules and regulat	• •	-	nes with standard rules and regulations		
TEF	RM 1	W1 W2 W3 W4			W5	W6 W7 W8		
		Module 1	Basketball (Shooting and Attac	k & Defence)	Module 2	Athletics		
			, 5		(Marching,1	100 &200mts.,Relay,Long Jump, Shot put)		
		Learning Obj Develop the range and consistency of their skills in basketball			Learning Obj			
					To remember, repeat and link combinations of actions.			
		1	dapt tactics and strategies in diffe			bodies and a variety of equipment with greater		
			lents selection For Boys & Girls B		control and coordination.			
			Football. Preparation-Our Own S		Team Practices: Boys' -Mon & Wed - 2pm to 3.30pm			
		-	h School Football boys & girls. NI		Basketball - Mr. Chandra; Football - Mr. G. Oliver; Volleyball			
	Vr 08 10	_	ournament and DPS ,TMS,TWS& S	- I	Mr.Moses			
		Voneyban to	Juillament and Dr 3, 11413, 1 443 & 3	kyllile basketball				
CD 09.10	Vr 08.10	tournament	t for conjur school hove and girls!	ALID School 3	Toam Dracti	icas: Girls' Tuas 9. Thurs 2nm to 2 20nm		
GR.9&10	Yr.9&10		t for senior school boys' and girls'			ices: Girls' -Tues & Thurs - 2pm to 3.30pm		
iR.9&10	Yr.9&10		t for senior school boys' and girls' for the other inter-school tournal	ments.	Basketball -	ices: Girls' -Tues & Thurs - 2pm to 3.30pm Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyb		
SR.9&10	Yr.9&10	sports. Also	for the other inter-school tournal	ments. E	Basketball - Ms.Liza	Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyb		
SR.9&10	Yr.9&10	sports. Also	for the other inter-school tournal	ments. E N W12	Basketball - Ms.Liza W13	Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyb		
GR.9&10	Yr.9&10	sports. Also	for the other inter-school tournal W10 W11 Football (Shooting,Attack & De	ments. E N W12	Basketball - Ms.Liza	Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyb W14 W15 W16 Sports Day Events and Practices		
GR.9&10	Yr.9&10	w9 Module 3	for the other inter-school tournal W10 W11 Football (Shooting,Attack & De Learning Obj	W12 fence)	Basketball - Ms.Liza W13 Module 4	Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleybound W14 W15 W16 Sports Day Events and Practices Learning Obj		
GR.9&10	Yr.9&10	w9 Module 3 Develop the	for the other inter-school tournal W10 W11 Football (Shooting,Attack & De Learning Obj range and consistency of their skil	W12 fence) Ils in football.	Basketball - Ms.Liza W13 Module 4 Develop tea	Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleybourse W14 W15 W16 Sports Day Events and Practices Learning Objum work, camaraderie and sportsmanship.		
GR.9&10	Yr.9&10	w9 Module 3 Develop the	for the other inter-school tournal W10 W11 Football (Shooting,Attack & De Learning Obj range and consistency of their skil with simple rules and strategies.	W12 fence) Ils in football.	Basketball - Ms.Liza W13 Module 4 Develop tea	Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleybound W14 W15 W16 Sports Day Events and Practices Learning Obj		
GR.9&10	Yr.9&10	w9 Module 3 Develop the	for the other inter-school tournal W10 W11 Football (Shooting,Attack & De Learning Obj range and consistency of their skil	W12 fence) Ils in football.	Basketball - Ms.Liza W13 Module 4 Develop tea	Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleybourse W14 W15 W16 Sports Day Events and Practices Learning Objum work, camaraderie and sportsmanship.		

		1	Learning Obj ange and consistency of ith simple rules and strat		Learning Obj Play Basketball,Football & Volleyball with proper rules.			
YR.9&10	Yr.9&10	W25	W26 W27	W28	W29	W30 W31	W32	
		Module 7	Game Activi	ties	Module 8	Game A	ctivities	
		•	Learning Obj n work, stratagies, onene yers, sportsmen spirit & I	ss , interact with captain.	Learning Obj Develop team work, stratagies, oneness, interact with captain. and team players, sportsmen spirit & leadership qualities.			
		1	es with standard rules an		Play the games with standard rules and regulations			
TER	RM 1	W1	W2 W3	W4	W5	W6 W7	W8	
		Module 1	Basketball, Football ar			Badminton and Ta	ble Tennis	
YR.11,12 &13	Yr.11,12 &13	To improve the *Gifted stude Volleyball & I football, High Volleyball toutournament sports. Also for W9 Module 3 Develop the results in the student	Learning Obj range and consistency of the advance skills during of the selection For Boys & the selection For Boys & the other loops and the other inter-school W10 W11 Basketball , Football ar the selection For Boys and Consistency of the swith proper rules ar Team Practices Continu	ompetition/ match. & Girls Basketball, Ir Own Shj Sr.Boys girls. NIMS DXB Boys ,TWS& Skyline Basketball Ind girls'. AUD School I tournaments. W12 Ind Volleyball their skills in any one. Ind strategies.	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 W13 W14 W15 W16 Module 4 Sports Day Events and Practices Learning Obj Develop team work, camaraderie and sportsmanship. Lawn Tennis:- Provision shall be made after 1.30pm to practice and improve the skills and physical fitness.			
TER	RM 2	W17	W18 W19	W20	W21	W22 W23	W24	
YR.11,12 &13	Yr.11,12 &13	games.One fr	Games Learning Obj ange and consistency of om Basketball/football/v ennis / Badminton. W26 W27 Game Activity	olleyball. Other one	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. W29 W30 W31 W32 Module 8 Game Activities			
	3.20	Develop team and team play	Learning Obj	ss , interact with captain. eadership qualities.	Develop tea	Learning (am work, stratagies, layers, sportsmen sp		