



St. Mary's Catholic High School, dubai

PHYSICAL EDUCATION - LONG TERM PLAN (2026 - 2027)



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

YEAR & TERM	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	
YR. 1 & 2	Aug Last& Sep1 week	Sep 2 week	Sep 3 week	Sep 4 week	Sep5 & Oct1 week	Oct2 week	Oct4 week	Oct5 week	Nov1 week	Nov2 week	
	Module 1	Walking & Jumping			Module 2	Gymnastics		Module 3	Throwing & Catching		
	<u>Learning Obj</u> 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.				<u>Learning Obj</u> Explore gymnastics action and still shapes. Introduce rolls Keeping safe in doing gymnastic. Preventive and safety methods. (Pencil roll, Cart Wheel & Forward roll)			<u>Learning Obj</u> 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.			
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Jan5 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week
	Module 4	Sports Day Events and Practices			Module 5	Kicking and Sports Day Practice		Module 6	Game Activities and Sports Day Practice		
	<u>Learning Obj</u> Stand at ease, attention, turns, walk in threes' and marching. Develop team work, camaraderie and sportsmanship.				<u>Learning Obj</u> Perform and explore different kicking skills. Turnings & develop good body Co-ordination			<u>Learning Obj</u> Participate and follow rules and direction of different minor games like fire in the mountain, tank bund, relay and hit the target etc.			
YR. 3 & 4	Aug Last& Sep1 week	Sep 2 week	Sep 3 week	Sep 4 week	Sep5 & Oct1 week	Oct2 week	Oct4 week	Oct5 week	Nov1 week	Nov2 week	
	Module 1	Basketball -Oriented			Module 2	Football -Oriented & Marching		Module 3	Athletics (50mts Start&Finish, Long Jump)		
	<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> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. (Passing).			<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.			
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Jan5 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week
	Module 4	Gymnastics			Module 5	Sports Day Events and Practices		Module 6	Throwball -Oriented & Sports Day Practice		
	<u>Learning Obj</u> Explore gymnastics action and still shapes. Keeping safe in doing gymnastic. (Forward roll, Backward roll, Cart wheel, Head stand & hand stand)				<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.			
YR. 10	Aug Last& Sep1 week	Sep 2 week	Sep 3 week	Sep 4 week	Sep5 & Oct1 week	Oct2 week	Oct4 week	Oct5 week	Nov1 week	Nov2 week	
	Module 1	Basketball -Oriented			Module 2	Gymnastics		Module 3	Athletics (Long Jump, Shot put & relay)		
	<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, Head stand & hand stand)			<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.			
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Jan5 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week
	Module 7	Game Activities			Module 8	Game Activities		Module 9	Game Activities		
	<u>Learning Obj</u> Partner game and group games. Develop team work Gradually introduce some rules and regulations.				<u>Learning Obj</u> 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.			<u>Learning Obj</u> Group games with house colours & inter - house participation Follow the rules and regulations. Develop team work and oneness in the team.			

YR. 5 & 6	W11	W12	W13	W14	W15	W16	W17	W18	W19	W20	
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week	
	Module 4	Sports Day Events and Practices			Module 5	Football		Module 6	Volleyball		
	<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)				<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.			
	W21	W22	W23	W24	W25	W26	W27	W28	W29	W30	
	March2 week	March4,5&Ap1 week	April3 week	April4 week	April5 week	May1 week	June1 week	June2 week	June3 week	June4 week	
Module 7	Game Activities			Module 8	Game Activities		Module 9	Game Activities			
<u>Learning Obj</u> Develop team work, strategies, oneness , interact with captain. Introduce the rules and regulations of the game				<u>Learning Obj</u> Develop team work, strategies, oneness , interact with captain. Play the games with standard rules and regulations			<u>Learning Obj</u> Follow the captain. Inter - house participation. Play the games with standard rules and regulations				
Term 1	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	
	Aug Last& Sep1 week	Sep 2 week	Sep 3 week	Sep 4 week	Sep5 & Oct1 week	Oct2 week	Oct4 week	Oct5 week	Nov1 week	Nov2 week	
	Module 1	Basketball (Passing and Pivoting)			Module 2	Athletics (Relay, Long Jump & Shot Put)		Module 3	Football (Passing & Shooting)		
	<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				<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 Team Practices: Girls' -Tues & Thurs - 2pm to 3.30pm Basketball - Mrs. Aevelyn; Football - Mrs. S. Fredita; Volleyball Ms.Liza			<u>Learning Obj</u> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. Team Practices continues			
	W11	W12	W13	W14	W15	W16	W17	W18	W19	W20	
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week	
Module 4	Sports Day Events and Practices			Module 5	Athletics		Module 6	Volleyball (Position & Overhead Service)			
<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Preparation- Inter-school Basketball,football, Volleyball Tournament.				<u>Learning Obj</u> (100mts Start&Finish,Long Jump, Shot put & relay) 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.				
W21	W22	W23	W24	W25	W26	W27	W28	W29	W30		
March2 week	March4,5&Ap1 week	April3 week	April4 week	April5 week	May1 week	June1 week	June2 week	June3 week	June4 week		
Module 7	Game Activities			Module 8	Game Activities		Module 9	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			<u>Learning Obj</u> Follow the captain. Inter - house participation. Orientation of team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				
YR. 7 & 8	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	
	Aug Last& Sep1 week	Sep 2 week	Sep 3 week	Sep 4 week	Sep5 & Oct1 week	Oct2 week	Oct4 week	Oct5 week	Nov1 week	Nov2 week	
	Module 1	Basketball (Shooting and Attack & Defence)			Module 2	Athletics		Module 3	Football (Shooting,Attack & Defence)		
	<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.				<u>Learning Obj</u> (Marching,100 &200mts.,Relay,Long Jump, Shot put) 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			<u>Learning Obj</u> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. Team Practices Continues			
	W11	W12	W13	W14	W15	W16	W17	W18	W19	W20	
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week	
Module 4	Sports Day Events and Practices			Module 5	Athletics		Module 6	Volleyball (Position & Overhead Service)			
<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Preparation- Inter-school Basketball,football, Volleyball Tournament.				<u>Learning Obj</u> (100mts Start&Finish,Long Jump, Shot put & relay) 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.				
W21	W22	W23	W24	W25	W26	W27	W28	W29	W30		
March2 week	March4,5&Ap1 week	April3 week	April4 week	April5 week	May1 week	June1 week	June2 week	June3 week	June4 week		
Module 7	Game Activities			Module 8	Game Activities		Module 9	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			<u>Learning Obj</u> Follow the captain. Inter - house participation. Orientation of team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				
YR. 9 & 10	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	
	Aug Last& Sep1 week	Sep 2 week	Sep 3 week	Sep 4 week	Sep5 & Oct1 week	Oct2 week	Oct4 week	Oct5 week	Nov1 week	Nov2 week	
	Module 1	Basketball (Shooting and Attack & Defence)			Module 2	Athletics		Module 3	Football (Shooting,Attack & Defence)		
	<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.				<u>Learning Obj</u> (Marching,100 &200mts.,Relay,Long Jump, Shot put) 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			<u>Learning Obj</u> Develop the range and consistency of their skills in football. Play games with simple rules and strategies. Team Practices Continues			
	W11	W12	W13	W14	W15	W16	W17	W18	W19	W20	
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week	
Module 4	Sports Day Events and Practices			Module 5	Athletics		Module 6	Volleyball (Position & Overhead Service)			
<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Preparation- Inter-school Basketball,football, Volleyball Tournament.				<u>Learning Obj</u> (100mts Start&Finish,Long Jump, Shot put & relay) 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.				
W21	W22	W23	W24	W25	W26	W27	W28	W29	W30		
March2 week	March4,5&Ap1 week	April3 week	April4 week	April5 week	May1 week	June1 week	June2 week	June3 week	June4 week		
Module 7	Game Activities			Module 8	Game Activities		Module 9	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			<u>Learning Obj</u> Follow the captain. Inter - house participation. Orientation of team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				

Term 2	W11	W12	W13	W14	W15	W16	W17	W18	W19	W20	
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week	
	Module 4	Sports Day Events and Practices			Module 5	Volleyball (Attack & Block)		Module 6	Games		
	<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Preparation:Girls Football Tournament				<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.			
	W21	W22	W23	W24	W25	W26	W27	W28	W29	W30	
	March2 week	March4,5&Ap1 week	April3 week	April4 week	April5 week	May1 week	June1 week	June2 week	June3 week	June4 week	
	Module 7	Games			Module 8	Game Activities		Module 9	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			<u>Learning Obj</u> Follow the captain. Inter - house participation. Orientation of team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				
Term 1	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	
	Aug Last& Sep1 week	Sep 2 week	Sep 3 week	Sep 4 week	Sep5 & Oct1 week	Oct2 week	Oct4 week	Oct5 week	Nov1 week	Nov2 week	
	Module 1	Basketball, Football, Volleyball & Badminton			Module 2	All games		Module 3	All Games		
	<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			<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			
	W11	W12	W13	W14	W15	W16	W17	W18	W19	W20	
	Dec1 week	Jan1 week	Jan2 week	Jan3 week	Jan4 week	Feb1 week	Feb2 week	Feb3 week	Feb4 week	March1 week	
	Module 4	Sports Day Events and Practices			Module 5	Games		Module 6	Games		
<u>Learning Obj</u> Develop team work, camaraderie and sportsmanship. Games:- Provision shall be made after 1.30pm to practice and improve the skills and physical fitness.				<u>Learning Obj</u> Develop the range and consistency of their skills in any two . games.One from Basketball/football. Other one from Volleyball / Badminton.			<u>Learning Obj</u> Develop the range and consistency of their skills in any two . games.One from Basketball/football. Other one from Volleyball / Badminton.				
W21	W22	W23	W24	W25	W26	W27	W28	W29	W30		
March2 week	March4,5&Ap1 week	April3 week	April4 week	April5 week	May1 week	June1 week	June2 week	June3 week	June4 week		
Module 7	Game Activities			Module 8	Game Activities		Module 9	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			<u>Learning Obj</u> Follow the captain. Inter - house participation. Orientation of team players, sportsmen spirit & leadership qualities. Play the games with standard rules and regulations				