



Physical Education

Semester: 1

2025 – 2026

Grade Level		GRADE 1	Subject: PHYSICAL EDUCATION	
Teacher(s) Name		MAYADA HAIDAR		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 th	Aug.29 th	Locomotor movement Skills Walking and running a) Straight line / Zig-zag.	4.2 Explain that the body needs to move regularly in moderate to vigorous physical Activity to achieve or maintain good health. 4.4 Explain that water is essential during physical activity to maintain normal body
2	Sept. 1 st	Sept. 5 th 4 Sep Prophet Muhammad's Birthday (Holiday)	Locomotor movement Skills Hops, gallops, and slides using a mature pattern.	1.1 Move to open spaces within boundaries while traveling at higher rates of speed. Body Management.S1
3	Sept.8 th	Sept.12 th	Locomotor movement Skills Jumping & Leaping One leg jumping Two legs jumping	1.5 Jump for distance, landing on two feet and absorbing force. 1.6 Skip and leap using proper form

4	Sept. 15 th	Sept.19 th	Locomotor movement Skills long Jump	1.5 Jump for distance, landing on two feet and absorbing force. 1.6 Skip and leap using proper form
5	Sept.22 nd	Sept.26 th	Locomotor movement Skills Rolling	1.4 Create a routine including two types of body rolls: log roll, egg roll, shoulder roll, forward roll, with a stationary balance position after each roll
6	Sept. 29 th	Oct.3 rd	Locomotor movement Skills Rolling with running	1.4 Create a routine including two types of body rolls: log roll, egg roll, shoulder roll, forward roll, with a stationary balance position after each roll
7	Oct.6 th	Oct.10 th	Handling Equipment Jumping stations games with the hula hope	1.5 Jump for distance, landing on two feet and absorbing force.
8	Oct.13 th	Oct.17 th	Handling Equipment Jumping stations games with the hula hope	2.9 Explain key elements when throwing for distance. 2.10 Identify the roles of body parts not directly involved in catching objects.
9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	Handling Equipment Balance over objects	2.3 Explain the importance of a wide rather than a narrow base of support in balance activities.
10	Oct.27 th	Oct.31 st	Handling Equipment Jumping rope	1.16 Jump a turned rope repeatedly.
11	Nov.3 rd	Nov.7 th Parent's meeting k-12, day off for students from k-12	Handling Equipment Strike balloons	1.12 Strike a balloon consistently in an upward or forward motion.

12	Nov.10 th	Nov.14 th	Handling Equipment Volleyball balloons	1.13 Strike a ball with a bat from a tee or cone, using correct grip and side orientation.
13	Nov.17 th	Nov.21 st	Handling Equipment Volleyball balloons	1.13 Strike a ball with a bat from a tee or cone, using correct grip and side orientation.
14	Nov. 24 th	Nov.28 th	Handling Equipment Volleyball with soft ball	1.12 Strike a ball consistently in an upward or forward motion.
15	Dec.1 st	Dec.5 th Dec 1 celebration national day and Dec 2-3 National Day (Holiday)	Handling Equipment Volleyball with soft ball	1.12 Strike a ball consistently in an upward or forward motion.
		Dec. 5, 2025 to Jan. 4, 2026 Winter holiday for students		
17	Jan 5 th	Jan 9 th	Non- locomotor skills Pulling	Explain that strong muscles help to climb, hang, push, and pull.S4-4.7
18	Jan 12 th	Jan 16 rd	Non-locomotor skills Bending, twisting, stretching, balancing, and swaying.	Perform locomotor and no locomotor movements to steady beat.S1-1.16
19	Jan 19 th	Jan 23 th	Semester 1 Exams: Jan 22 nd to Jan 30 th	