Physical Education

Semester: 1 **2026 – 2027**

Grade Level	**GRADE 1**	**Subject: PYSICAL EDUCATION**
Teacher(s) Name	MAYADA HAIDAR	

Week #	**Dates**		**Lesson Title**	**CCSS / NGSS Code / MOE**
1	Aug.31th	Sept.4th	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. 7st	Sept. 11th	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.14th	Sept.18th	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. 21th	Sept.25th	Locomotor movement Skills	1.5 Jump for distance,

			long Jump	landing on two feet and absorbing force. 1.6 Skip and leap using proper form
5	Sept.28nd	Oct.2th	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	Oct. 5th	Oct.9rd	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
	Oct.12th	Oct.16th **Oct.12thEnd of Quarter 1**	Handling Equipment **Jumping stations games with the hula hope**	1.5 Jump for distance, landing on two feet and absorbing force.
7	Oct.19th	Oct.23th	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.
8	Oct.26th	Oct.30th	Handling Equipment **Balance over objects**	2.3 Explain the importance of a wide rather than a narrow base of support in balance activities.
9	Nov.2th	Nov.6th	Handling Equipment **Jumping rope**	1.16 Jump a turned rope repeatedly.
10	Nov.9th	Nov.13th	Handling Equipment **Strike balloons**	1.12 Strike a balloon consistently in an upward or forward motion.

11	Nov.16th	Nov.20th	Handling Equipment **Volleyball balloons**	1.13 Strike a ball with a bat from a tee or cone, using correct grip and side orientation.
12	Nov.23th	Nov.27st **celebration national day**	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.30st	Dec.4th **Dec 2-3 National Day (Holiday)**	Handling Equipment **Volleyball with soft ball**	1.12 Strike a ball consistently in an upward or forward motion.
14	Dec.7th	Dec.11th	Handling Equipment **Volleyball with soft ball**	1.12 Strike a ball consistently in an upward or forward motion.
		Dec. 4, 2026 to Jan. 2, 2027 Winter holiday for students		
15	Jan 4th	Jan 8th	Non- locomotor skills **Pulling**	Explain that strong muscles help to climb, hang, push, and pull.S4-4.7
16	Jan 11th	Jan 15th	Non-locomotor skills **Bending, twisting, stretching, balancing, and swaying.**	Perform locomotor and no locomotor movements to steady beat.S1-1.16
17	Jan 18th	Jan 22th	Semester 1 Exams: Jan 18nd to Jan 22th	
18	Jan 25th	Jan 29th	Semester 1 Exams: Jan 25nd to Jan 29th	