



Semester: 1

2025 – 2026

Grade Level		GR: 10	Subject: Physical education	
Teacher(s) Name		ABDALILAH ALDIRBAS		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 <sup>th</sup>	Aug.29 <sup>th</sup>	serving/ Undhand serve  Volleyball	Students will demonstrate proper serving technique in volleyball, five times correctly
2	Sept. 1 <sup>st</sup>	Sept. 5 <sup>th</sup> 4 Sep Prophet Muhammad's Birthday (Holiday)	serving /underhand serve  Volleyball  Swimming pool rules	Students will demonstrate proper serving technique in volleyball, five times correctly  Objectives of Swimming Pool Rules  1. <b>Ensure Safety</b> – Prevent accidents, injuries, and risky behaviors. 2. <b>Promote Discipline</b> – Encourage responsibility and respect for others. 3. <b>Maintain Hygiene</b> – Keep the pool clean and healthy for all swimmers.
3	Sept.8 <sup>th</sup>	Sept.12 <sup>th</sup>	Serving/Overhad serve	Students will demonstrate proper serving technique in volleyball,

			Volleyball	including correct grip, toss, and contact with the shuttlecock
4	Sept. 15 <sup>th</sup>	Sept.19 <sup>th</sup>	Volleyball jump serve  Freestyle	Students will demonstrate understanding and application of serving rules in volleyball, including proper stance, toss, contact with the ball.  <b>Objective:</b> Students will perform competitive races, apply starts/turns, and demonstrate breaststroke kick.
5	Sept.22 <sup>nd</sup>	Sept.26 <sup>th</sup>	Volleyball serve assessment	Students will apply serving rules using accurate techniques
6	Sept. 29 <sup>th</sup>	Oct.3 <sup>rd</sup>	Passing /Underhand pass/bum  Volleyball  Freestyle (25m ).	Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.  <b>Objective:</b> Students will perform competitive races, apply starts/turns, and demonstrate breaststroke kick.
7	Oct.6 <sup>th</sup>	Oct.10 <sup>th</sup>	Passing/setting  Volleyball	Students will demonstrate setting five times correctly
8	Oct.13 <sup>th</sup>	Oct.17 <sup>th</sup>	Passing/Setting  Volleyball  Backstroke	Students will demonstrate setting five times correctly  <b>Objective:</b> Students will perform competitive races, apply starts/turns, and demonstrate breaststroke kick.

9	Oct.20 <sup>th</sup>	Oct.24 <sup>th</sup> <b>Oct 24 End of Quarter 1</b>	Digging (Volleyball)	Students will demonstrate the digging
10	Oct.27 <sup>th</sup>	Oct.31 <sup>st</sup>	<p>Match/ rules-lines on a volleyball court</p> <p>Backstroke arms + flutter kick.</p>	<p>Students will demonstrate the Match/ rules-lines on a volleyball court</p> <p><b>Objective:</b> Students will perform competitive races, apply starts/turns, and demonstrate breaststroke kick.</p>
11	Nov.3 <sup>rd</sup>	Nov.7 <sup>th</sup>	Dribbling/high Boune	Students will learn effective techniques in basketball, including dribbling
12	Nov.10 <sup>th</sup>	Nov.14 <sup>th</sup>	<p>Dribbling/ crossover</p> <p><b>Basketball</b></p> <p>Freestyle and backstroke races.</p>	<p>Students will learn effective techniques in basketball, including dribbling and crossover</p> <p><b>Objective:</b> Students will perform competitive races, apply starts/turns, and demonstrate breaststroke kick.</p>
13	Nov.17 <sup>th</sup>	Nov.21 <sup>st</sup>	<p><b>SHOOTING \ FREE THROW</b></p> <p><b>Basketball</b></p>	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.
14	Nov. 24 <sup>th</sup>	Nov.28 <sup>th</sup>	<p>Layup in Basketball</p> <p><b>Basketball</b></p>	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.
15	Dec.1 <sup>st</sup>	Dec.5 <sup>th</sup>	<p>Basketball Match and rules back zone</p> <p>Layup assessment</p>	Students will participate in a structured match in basketball, focusing on developing fundamental techniques and applying rules effectively

16	Jan 5 <sup>th</sup>	Jan 9 <sup>th</sup>	<b>Basketball</b> <b>Passing/one hand pass</b>	<b>Students will demonstrate one hand pass</b>
17	Jan 12 <sup>th</sup>	Jan 16 <sup>th</sup>	<b>Shooting/ Jump shot</b>  Freestyle and backstroke races.	<b>Students will apply jump shot</b>  <b>Objective:</b> Students will perform competitive races, apply starts/turns, and demonstrate breaststroke kick.
18	Jan 19 <sup>th</sup>	Jan 23 <sup>rd</sup>	<b>Shooting /Hook shot</b>	<b>Students will apply shooting( hook shot)</b>
19	Jan 26 <sup>th</sup>	Jan 30 <sup>th</sup>	<b>Semester 1 Exams: Jan 22<sup>nd</sup> to Jan 30<sup>th</sup></b>  \\	