Semester: 1 **2026– 2027**

Grade Level	10	**Subject: PHYSICAL EDUCATION**
Teacher(s) Name	AHMAD BADER	
Textbook		

Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.31th	Sept.4th	Dribbling HANDBALL	Students will demonstrate effective dribbling skills in handball including control, speed, and changes in direction.
2	Sept. 7st	Sept. 11th	Dribbling / chest pass HANDBALL	Students will apply effective techniques in handball including dribbling and chest pass.
3	Sept.14th	Sept.18th	Passing\ bounce pass HANDBALL	Students will demonstrate effective passing and bouncing techniques in handball
4	Sept. 21th	Sept.25th	Passing\ over hand pass HANDBALL	Students will demonstrate proficiency in passing techniques, including both standard passes and overhead passes in handball
5	Sept.28nd	Oct 2.th	Kind of pass assessment. HANDBALL	Student will apply the techniques learned including both standard passes and overhead passes in handball. .

6	Oct. 5th	Oct.9 rd	Kind of pass assessment. HANDBALL	. Student will apply the techniques learned including both standard passes and overhead passes in handball.
7	Oct.12th	Oct.16 th	Defending and offensiiv HANDBALL	. Students apply both defending and offensive strategies in handball during the match
8	Oct.19 th	Oct.23 th	Defending and offensiiv HANDBALL	Students apply both defending and offensive strategies in handball during the match.
9	Oct.26th	Oct.30th	Defending and offensiiv	Students apply both defending and offensive strategies in handball during the match.
10	Nov.27th	Nov Nov.31st	Defending and offensiiv	Students apply both defending and offensive strategies in handball during the match..
11	Nov.3rd	Nov.7th	Serving – underhand VOLLEYBALL	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
12	Nov.10th	Nov.14th	Serving - underhand	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
13	Nov.17th	Nov.21st	Volleyball jump serve	Students will demonstrate understanding and application of serving rules in volleyball, including proper stance, toss, contact with the ball.
14	Nov. 24th	Nov.28th	Volleyball serve assessment	Students will apply serving rules using accurate techniques
15	Dec.1st	Dec.5th	Volleying – overhead pass	Students will demonstrate the overhead pass volley technique in volleyball, showing proper hand positioning, timing, and control.
16	Dec.8th	Dec.12th	**Volleyball- underhand**	Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.
17	Jan 12th	Jan 16th	**Football much**	Students will apply the learned techniques effectively.
18	Jan 19th	Jan 23th	**Football much**	Students will apply the learned techniques effectively.

19	Jan 26th	Jan 30th	Semester 1 Exams: Jan 22nd to Jan 30th	
Dec. 15, 2026 to Jan. 4, 2027 **Winter holiday for students**				