



Semester: 1

2025 – 2026

Grade Level		11	Subject: PHYSICAL EDUCATION	
Teacher(s) Name		AHMAD BADER		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 th	Aug.29 th	Dribbling HANDBALL	Students will demonstrate effective dribbling skills in handball including control, speed, and changes in direction.
2	Sept. 1 st	Sept. 5 th	Dribbling / chest pass HANDBALL Swimming pool rules	Students will apply effective techniques in handball including dribbling and chest pass. Objectives of Swimming Pool Rules 1. Ensure Safety – Prevent accidents, injuries, and risky behaviors. 2. Promote Discipline – Encourage responsibility and respect for others. 3. Maintain Hygiene – Keep the pool clean and healthy for all swimmers.
3	Sept.8 th	Sept.12 th	Passing\ bounce pass HANDBALL	Students will demonstrate effective passing and bouncing techniques in handball

4	Sept. 15 th	Sept.19 th	Passing\ over hand pass HANDBALL Streamline position. Freestyle (25m).	Students will demonstrate proficiency in passing techniques, including both standard passes and overhead passes in handball Objective: Students will refine freestyle/backstroke and perform full breaststroke over short distances.
5	Sept.22 nd	Sept.26 th	Kind of pass assessment. HANDBALL	Student will apply the techniques learned including both standard passes and overhead passes in handball.
6	Sept. 29 th	Oct.3 rd	Kind of pass assessment. HANDBALL Freestyle (25m with side breathing).	. Student will apply the techniques learned including both standard passes and overhead passes in handball. Objective: Students will refine freestyle/backstroke and perform full breaststroke over short distances.
7	Oct.6 th	Oct.10 th	Defending and offensiiv HANDBALL	. Students apply both defending and offensive strategies in handball during the match
8	Oct.13 th	Oct.17 th	Defending and offensiiv HANDBALL Backstroke flutter kick	Students apply both defending and offensive strategies in handball during the match. Objective: Students will refine freestyle/backstroke and perform full breaststroke over short distances.
9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	Defending and offensiiv	Students apply both defending and offensive strategies in handball during the match.
10	Oct.27 th	Oct.31 st	Defending and offensiiv	Students apply both defending and offensive strategies in handball during the match.

			Freestyle endurance (50m).	Objective: Students will refine freestyle/backstroke and perform full breaststroke over short distances.
11	Nov.3 rd	Nov.7 th	Serving – underhand VOLLEYBALL	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
12	Nov.10 th	Nov.14 th	Serving – underhand Backstroke arms + flutter kick.	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock. Objective: Students will refine freestyle/backstroke and perform full breaststroke over short distances.
13	Nov.17 th	Nov.21 st	Volleyball jump serve	Students will demonstrate understanding and application of serving rules in volleyball, including proper stance, toss, contact with the ball.
14	Nov. 24 th	Nov.28 th	Volleyball serve assessment Backstroke arms + flutter kick.	Students will apply serving rules using accurate techniques Objective: Students will refine freestyle/backstroke and perform full breaststroke over short distances
15	Dec.1 st	Dec.5 th	Volleying – overhead pass	Students will demonstrate the overhead pass volley technique in volleyball, showing proper hand positioning, timing, and control.
16	Dec.8 th	Dec.12 th	Volleyball- underhand	Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.

17	Jan 12 th	Jan 16 th	Football much	Students will apply the learned techniques effectively.
18	Jan 19 th	Jan 23 th	Football much Swimming commotion	Students will apply the learned techniques effectively. Objective: Students will refine freestyle/backstroke and perform full breaststroke over short distances
19	Jan 26 th	Jan 30 th	Semester 1 Exams: Jan 22 nd to Jan 30 th	
<p>Dec. 15, 2025 to Jan. 4, 2026</p> <p>Winter holiday for students</p>				