**PE Department**

**Semester: 1** **2025 – 2026**

| **Grade Level** | 11 | **Subject: PHYSICAL EDUCCAITON** |
|---|---|---|
| **Teacher(s) Name** | AHMAD BADER | |
| **Textbook** | | |

| **Week #** | **Dates** | | **Lesson Title / Pages** | **CCSS / NGSS Code / MOE** |
|---|---|---|---|---|
| 1 | Aug.31 th | Sept.4th | Dribbling \Crossover<br>BASKETBALL | Students will learn effective techniques in basketball, including dribbling and crossover |
| 2 | Sept. 7st | Sept. 11th | Defensive and offensive | Students will learn and practice effective offensive and defensive techniques in basketball. |
| 3 | Sept.14th | Sept.18th | Shooting\Free Throw | Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics. |
| 4 | Sept. 21th | Sept.25th | Layup in Basketball | Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics. |
| 5 | Sept.28nd | Oct.2th | Basketball Match and rules back zone<br>Layup assessment | Students will participate in a structured match in basketball, focusing on developing fundamental techniques and applying rules effectively. |
| 6 | Oct. 5th | Oct.9rd | Passing & Shooting<br>FOOTBALL | Students will demonstrate proficiency in passing and shooting techniques in football, showing accuracy, timing, and decision-making during practice drills and gameplay. |

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| 7 | Oct.12th | Oct.16th | Shooting \standard shoot | Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics. |
| 8 | Oct.19th | Oct.23th | Shooting - Inside shoot | Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics. |
| 9 | Oct.26th | Oct.30th | Passing & Shooting | Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics. |
| 10 | Nov 2 th | Nov 6 st | Passing & Shooting | Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics. |
| 11 | Nov.9rd | Nov.13th | Football Match | Students will demonstrate proficiency in both passing and shooting techniques in football. |
| 12 | Nov.16th | Nov.20th | Football Match<br>Assessment | Students will demonstrate proficiency in both passing and shooting techniques in football. |
| 13 | Nov.23 th | Nov.27st | Flexibility | Overall fitness |
| 14 | Nov. 30th | Dec.4 th | Speed | Overall fitness |
| 15 | Dec.7 st | Dec.11th | Hurdling | How to jump over obstacles |
| 16 | Dec 14 th | Dec 18th | Football Match | Students will demonstrate proficiency in both passing and shooting techniques in football |
| 17 | Dec 21th | Dec 25th | Football Match | Students will demonstrate proficiency in both passing and shooting techniques in football |
| 18 | Dec 28th | Jan 1th | Football Match | Students will demonstrate proficiency in both passing and shooting techniques in football |
| 19 | Jan 4th | Jan 8th | **Semester 1 Exams: Jan 22nd to Jan 30th** | |

**Dec. 15, 2026 to Jan. 4, 2027**

**Winter holiday for students**