



3	Sept.8 <sup>th</sup>	Sept.12 <sup>th</sup>	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. 15 <sup>th</sup>	Sept.19 <sup>th</sup>	Layup in Basketball  Freestyle, (25m ).	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.  <b>Objective:</b> Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays
5	Sept.22 <sup>nd</sup>	Sept.26 <sup>th</sup>	Basketball Match and rules back zone  Layup assessment	Students will participate in a structured match in basketball, focusing on developing fundamental techniques and applying rules effectively.
6	Sept. 29 <sup>th</sup>	Oct.3 <sup>rd</sup>	Passing & Shooting  FOOTBALL  Freestyle, (25m ).	Students will demonstrate proficiency in passing and shooting techniques in football, showing accuracy, timing, and decision-making during practice drills and gameplay.  <b>Objective:</b> Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays
7	Oct.6 <sup>th</sup>	Oct.10 <sup>th</sup>	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.13 <sup>th</sup>	Oct.17 <sup>th</sup>	Shooting - Inside shoot  Freestyle, backstroke kick	Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.  <b>Objective:</b> Students will master freestyle, backstroke,

				and breaststroke, perform starts/turns, and apply teamwork in relays
9	Oct.20 <sup>th</sup>	Oct.24 <sup>th</sup> <b>Oct 24 End of Quarter 1</b>	Passing & Shooting	Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.
10	Oct.27 <sup>th</sup>	Oct.31 <sup>st</sup>	Passing & Shooting  Backstroke arms + flutter kick.	Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.  <b>Objective:</b> Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays.
11	Nov.3 <sup>rd</sup>	Nov.7 <sup>th</sup>	Football Match	Students will demonstrate proficiency in both passing and shooting techniques in football.
12	Nov.10 <sup>th</sup>	Nov.14 <sup>th</sup>	Football Match Assessment  Freestyle (50m with side breathing).  Backstroke arms + flutter kick.	Students will demonstrate proficiency in both passing and shooting techniques in football.  <b>Objective:</b> Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays.
13	Nov.17 <sup>th</sup>	Nov.21 <sup>st</sup>	Flexibility	Overall fitness
14	Nov. 24 <sup>th</sup>	Nov.28 <sup>th</sup>	Speed	Overall fitness
15	Dec.1 <sup>st</sup>	Dec.5 <sup>th</sup>	Hurdling	How to jump over obstacles

16	Jan 5 th	Jan 9th	Football Match	Students will demonstrate proficiency in both passing and shooting techniques in football
17	Jan 12th	Jan 16t	Football Match  Freestyle (50m with side breathing).  Backstroke arms + flutter kick.	Students will demonstrate proficiency in both passing and shooting techniques in football  <b>Objective:</b> Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays.
18	Jan 19th	Jan 23rd	Football Match	Students will demonstrate proficiency in both passing and shooting techniques in football
19	Jan 26t	Jan 30th	<b>Semester 1 Exams: Jan 22nd to Jan 30th</b>	
<b>Dec. 15, 2025 to Jan. 4, 2026</b> <b>Winter holiday for students</b>				