

Dubai International Private School (Al-Quoz)

DIPS, in partnership with parents and community, strives to ensure all students are digitally literate, lifelong learners, productive citizens and nurture their well-being in an inclusive learning environment.



"Empowering Minds, Inspiring Hearts, Shaping the Future" "تمكين العقول، إلهام القلوب، تشكيل المستقبل"

PE Department

Semester: 1 2025 – 2026

Grade Level Teacher(s) Name		12	Subject: PHYSICAL EDUCCAITON	
		AHMAD BADER		
Textbo	ok			
Week #		Dates	Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 th	Aug.29 th	Dribbling \Crossover BASKETBALL	Students will learn effective techniques in basketball, including dribbling and crossover
2	Sept. 1st	Sept. 5 th 4 Sep Prophet Muhammad's Birthday (Holiday)	Defensive and offensive Swimming pool rules	Students will learn and practice effective offensive and defensive techniques in basketball. 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	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 th	Sept.19 th	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. Objective: Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays
5	Sept.22 nd	Sept.26 th	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 th	Oct.3 rd	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. Objective: Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays
7	Oct.6 th	Oct.10 th	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 th	Oct.17 th	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. Objective: Students will master freestyle, backstroke,

				and breaststroke, perform starts/turns, and apply teamwork in relays
9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	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 th	Oct.31st	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. Objective: Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays.
11	Nov.3 rd	Nov.7 th	Football Match	Students will demonstrate proficiency in both passing and shooting techniques in football.
12	Nov.10 th	Nov.14 th	Football Match Assessment Freestyle (50m with side breathing). Backstroke arms + flutter kick.	Students will demonstrate proficiency in both passing and shooting techniques in football. Objective: Students will master freestyle, backstroke, and breaststroke, perform starts/turns, and apply teamwork in relays.
13	Nov.17 th	Nov.21st	Flexibility	Overall fitness
14	Nov. 24 th	Nov.28 th	Speed	Overall fitness
15	Dec.1st	Dec.5 th	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	Freestyle (50m with side breathing). Backstroke arms + flutter kick.	Students will demonstrate proficiency in both passing and shooting techniques in football Objective: 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	Semester 1 Exams: Jan 22nd to Jan 30th	

Dec. 15, 2025 to Jan. 4, 2026 Winter holiday for students