PE Department

Semester: 1 **2025 – 2026**

Grade Level	12	**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 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 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 FOOTBALL	Students will demonstrate proficiency in passing and shooting techniques in football, showing accuracy, timing, and decision-making during practice drills and gameplay.

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 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