



Semester: 1

2025 – 2026

Grade Level		4	Subject: P.E	
Teacher(s) Name		NOURA		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 th	Aug.29 th	Volleyball/ Underhand serve From the middle of the court	1.5 Explain, apply and evaluate the appropriate use of the biomechanical principles of leverage, force, inertia, rotary motion, opposition, and buoyancy to achieve advanced performance in aquatics, rhythms/dance, and individual and dual activities. Volleyball
2	Sept. 1 st	Sept. 5 th 4 Sep Prophet Muhammad's Birthday (Holiday)	Volleyball/ underhand serve From the outer line of the court	1.5 Explain, apply and evaluate the appropriate use of the biomechanical principles of leverage, force, inertia, rotary motion, opposition, and buoyancy to achieve advanced performance in aquatics, rhythms/dance, and individual and dual activities.
3	Sept.8 th	Sept.12 th	Volleyball/ Overhad serve From the middle of the court	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.
4	Sept. 15 th	Sept.19 th	Volleyball/ Overhad serve From the outer line of the court	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.

5	Sept.22 nd	Sept.26 th	Volleyball/ Passing/Under hand pass	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
6	Sept. 29 th	Oct.3 rd	Volleyball/ pass/bump	2.1 Participate in moderate to vigorous physical activity at least 4 days each week
7	Oct.6 th	Oct.10 th	Volleyball/ Passing/Setting	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities
8	Oct.13 th	Oct.17 th	Volleyball/ Digging	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.
9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	Volleyball/setting. \ Digging. bump pass	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.
10	Oct.27 th	Oct.31 st	Volleyball/ Match/ rules-lines on a volleyball court	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities
11	Nov.3 rd	Nov.7 th Parent's meeting k-12, day off for students from k-12	Basketball/ Dribbling/high Boune	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.
12	Nov.10 th	Nov.14 th	Basketball/ Dribbling/ crossover	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.
13	Nov.17 th	Nov.21 st	Basketball/ Dribbling /Between the legs	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities Basketball

14	Nov. 24 th	Nov.28 th	Basketball/ Passing/Bounce Pass	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities
15	Dec.1 st	Dec.5 th Dec 1 celebration national day and Dec 2-3 National Day (Holiday)	Basketball/ Chest Pass	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
16	Jan 5	Jan.9 th	Basketball/ Shooting/ Jump shot	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
17	Jan12	Jan16	Basketball/ Dribbling/ crossover /chestpadss	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
18	Jan19	Jan23	Basketball/ Passing/overhead pass// Shooting /Hook shot	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
19	Jan 26	Jan30	Basketball/ Match	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
<p>Dec. 8, 2025 to Jan. 4, 2026</p> <p>Winter holiday for students</p>				