P.E Department

Semester: 1 **2026-2027**

Grade Level	4	**Subject: P.E**
Teacher(s) Name	NOURA	
Textbook		

Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug 31	Sept 4	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 7	Sept 11	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 14	Sept 18	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 21	Sept 25	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 28**	**Oct 2**	Volleyball/ Passing/Under hand pass	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
6	**Oct 5**	**Oct 9**	Volleyball/ pass/bump	2.1 Participate in moderate to vigorous physical activity at least 4 days each week
	Oct 12	**Oct 16**	**1st Semester Break**	
7	**Oct 19**	**Oct 23**	Volleyball/ Passing/Setting	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities
8	**Oct 26**	**Oct 30**	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	**Nov 2**	**Nov 6**	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	**Nov 9**	**Nov 13**	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 16**	**Nov 20**	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 23**	**Nov 27**	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 30**	**Dec 4**	Basketball/ Dribbling /Between the legs	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities Basketball
14	**Dec 7**	**Dec 11**	Basketball/ Passing/Bounce Pass	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities
	Dec 14	**Jan 1**	**Winter Break for All Students**	
15	**Jan 4**	**Jan 8**	Basketball/ Chest Pass	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
16	**Jan 11**	**Jan 15**	Basketball/ Shooting/ Jump shot	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
17	**Jan 18**	**Jan 22**	**Semester 1 Exams**	
18	**Jan 25**	**Jan 29**	**Semester 1 Exams**	