



**Semester: 1**

**2025 – 2026**

Grade Level		5	Subject: PE	
Teacher(s) Name		Hala Adel		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 <sup>th</sup>	Aug.29 <sup>th</sup>	Fitness	Integrate physical activity into daily routines and habits.
2	Sept. 1 <sup>st</sup>	Sept. 5 <sup>th</sup> 4 Sep Prophet Muhammad's Birthday (Holiday)	Basketball Dribbling	Students will learn effective techniques in basketball, including dribbling
3	Sept.8 <sup>th</sup>	Sept.12 <sup>th</sup>	Swimming Floating (front – back )	-Students will Apply effective kicking technique while swimming freestyle, ensuring it complements arm movement and breathing.  -Develop the ability to maintain a consistent kick throughout various swimming sets and conditions
4	Sept. 15 <sup>th</sup>	Sept.19 <sup>th</sup>	Basketball Dribbling + Passing	Students will learn effective techniques in basketball, including dribbling and passing
5	Sept.22 <sup>nd</sup>	Sept.26 <sup>th</sup>	Swimming Floating (front – back ) (stay in the deep )	Students will learn to achieve and maintain buoyancy by relaxing and

				allowing the water to support their body.
6	Sept. 29 <sup>th</sup>	Oct.3 <sup>rd</sup>	Basketball Shooting ( dribbling \ passing)	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics
7	Oct.6 <sup>th</sup>	Oct.10 <sup>th</sup>	Swimming Kicking (front ) + jump in the deep	Students will learn and demonstrate the correct ready stance effectively.
8	Oct.13 <sup>th</sup>	Oct.17 <sup>th</sup>	Basketball Defense + small match	Students will learn and practice effective offensive and defensive techniques in basketball
9	Oct.20 <sup>th</sup>	Oct.24 <sup>th</sup> <b>Oct 24 End of Quarter 1</b>	Swimming Kicking (front )+ stay in the deep	Students will Apply effective kicking technique while swimming freestyle
10	Oct.27 <sup>th</sup>	Oct.31 <sup>st</sup>	Basketball Exam (dribbling +passing + shooting)	Students will correctly apply the dribbling / shooting and pass in basketball
11	Nov.3 <sup>rd</sup>	Nov.7 <sup>th</sup> <b>Parent's meeting k-12, day off for students from k-12</b>	Swimming Teach arm front + kicking front	-Students will Apply effective kicking technique while swimming freestyle, ensuring it complements arm movement and breathing.  -Develop the ability to maintain a consistent kick throughout various swimming sets and conditions.
12	Nov.10 <sup>th</sup>	Nov.14 <sup>th</sup>	Volleyball Serving (underhand)	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
13	Nov.17 <sup>th</sup>	Nov.21 <sup>st</sup>	Swimming Teach arm front + kicking front	-Students will Apply effective kicking technique while swimming freestyle, ensuring it complements

				<p>arm movement and breathing.</p> <p>-Develop the ability to maintain a consistent kick throughout various swimming sets and conditions.</p>
14	Nov. 24 <sup>th</sup>	Nov.28 <sup>th</sup>	Volleyball Serving (overhand)	Students will demonstrate proper serving techniques in volleyball, including correct grip, toss, and contact with the shuttlecock.
15	Dec.1 <sup>st</sup>	Dec.5 <sup>th</sup> <b>Dec 1 celebration national day and Dec 2-3 National Day (Holiday)</b>	Swimming Exam freestyle	Check the students ability to swim freestyle
16	Dec.8 <sup>th</sup>	Dec.12 <sup>th</sup>	Volleyball Exam serving (overhand + underhand) +small match	Students will correctly apply the serve and pass in volleyball .
<p><b>Dec. 15, 2025 to Jan. 4, 2026</b></p> <p><b>Winter holiday for students</b></p>				