Pe Department

Semester: 1 **2026-2027**

Grade Level	5	**Subject: PE**
Teacher(s) Name	HALA ADEL	
Textbook		

Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug 31	Sept 4	Fitness	3.1 Demonstrate how to warm up muscles and joints before running, jumping, kicking, throwing, and striking 3.6 Perform flexibility exercises that will stretch particular muscle areas for given physical Activities
2	Sept 7	Sept 11	Basketball Dribbling	2.4 Identify the following phases for striking a ball: preparation, application of force, follow-through, and recovery
3	Sept 14	Sept 18	Swimming Floating (front – back)	1.1 Perform simple small-group balance stunts by distributing weight and base of support
4	Sept 21	Sept 25	Basketball Dribbling + Passing	2.3 Explain how to adjust body position to catch a ball thrown off-center

				2.4 Identify the following phases for striking a ball: preparation, application of force, follow-through, and recovery
5	**Sept 28**	**Oct 2**	Swimming Floating (front – back) (stay in the deep)	1.1 Perform simple small-group balance stunts by distributing weight and base of support.
6	**Oct 5**	**Oct 9**	Basketball Shooting (dribbling \ passing)	2.3 Explain how to adjust body position to catch a ball thrown off-center 2.4 Identify the following phases for striking a ball: preparation, application of force, follow-through, and recover
	Oct 12	**Oct 16**	**1st Semester Break**	
7	**Oct 19**	**Oct 23**	Swimming Kicking (front) + jump in the deep	1.1 Perform simple small-group balance stunts by distributing weight and base of support.
8	**Oct 26**	**Oct 30**	Basketball Defense + small match	2.1 Explain the importance of open space in playing sport-related games.
9	**Nov 2**	**Nov 6**	Swimming Kicking (front)+ stay in the deep	1.1 Perform simple small-group balance stunts by distributing weight and base of support.
10	**Nov 9**	**Nov 13**	Basketball Exam (dribbling +passing + shooting)	Students will correctly apply the dribbling / shooting and pass in basketball
11	**Nov 16**	**Nov 20**	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 23**	**Nov 27**	Volleyball Serving (underhand)	1.13 Serve a lightweight ball over a low net, using the underhand movement pattern.
13	**Nov 30**	**Dec 4**	Swimming Teach arm front + kicking front	3.6 Perform flexibility exercises that will stretch particular muscle areas for given physical activities.
14	**Dec 7**	**Dec 11**	Volleyball Serving (overhand)	1.13 Serve a lightweight ball over a low net, using the underhand movement pattern..
	Dec 14	**Jan 1**	**Winter Break for All Students**	
15	**Jan 4**	**Jan 8**	Swimming Exam freestyle	Chek the students ability to swim freestyle
16	**Jan 11**	**Jan 15**	Volleyball Exam serving (overhand + underhand) +small match	Students will correctly apply the serve and pass in volleyball .
17	**Jan 18**	**Jan 22**	**Semester 1 Exams**	
18	**Jan 25**	**Jan 29**	**Semester 1 Exams**	