



Semester: 1

2025 – 2026

Grade Level		6	Subject: sport	
Teacher(s) Name		Hala Adel		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 th	Aug.29 th	Fitness	Integrate physical activity into daily routines and habits.
2	Sept. 1 st	Sept. 5 th 4 Sep Prophet Muhammad's Birthday (Holiday)	Volleyball Serving (underhand)	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock
3	Sept.8 th	Sept.12 th	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 th	Sept.19 th	Volleyball Serving (over hand)	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock

5	Sept.22 nd	Sept.26 th	Swimming Floating (front – back) (stay in the deep)	<ul style="list-style-type: none"> •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.
6	Sept. 29 th	Oct.3 rd	Volleyball (Overhead pass)	Students will demonstrate the overhead pass volley technique in volleyball, showing proper hand positioning, timing, and control
7	Oct.6 th	Oct.10 th	Swimming Kicking (front) + jump in the deep	<ul style="list-style-type: none"> - 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.
8	Oct.13 th	Oct.17 th	Volleyball (Underheard pass)	Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.
9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	Swimming Kicking (front)+ stay in the deep	Students will Apply effective kicking technique while swimming freestyle
10	Oct.27 th	Oct.31 st	Basketball Dribbling	Students will learn effective techniques in basketball, including dribbling
11	Nov.3 rd	Nov.7 th Parent's meeting k-12, day off for students from k-12	Swimming Teach arm front + kicking front	Students will Apply effective kicking technique while swimming freestyle,

				<p>ensuring it complements arm movement and breathing.</p> <p>-Develop the ability to maintain a consistent kick throughout various swimming sets and conditions.</p>
12	Nov.10 th	Nov.14 th	Basketball Dribbling + Passing)	Students will learn effective techniques in basketball, including dribbling and passing
13	Nov.17 th	Nov.21 st	Swimming Teach arm front + kicking front	<p>-Students will Apply effective kicking technique while swimming freestyle, ensuring it complements arm movement and breathing.</p> <p>-Develop the ability to maintain a consistent kick throughout various swimming sets and conditions.</p>
14	Nov. 24 th	Nov.28 th	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
15	Dec.1 st	Dec.5 th Dec 1 celebration national day and Dec 2-3 National Day (Holiday)	Swimming Exam freestyle	Chek the students ability to swim freestyle
16	Dec.8 th	Dec.12 th	Basketball Defense + small match	Students will learn and practice effective offensive and defensive techniques in basketball
<p>Dec. 15, 2025 to Jan. 4, 2026</p> <p>Winter holiday for students</p>				

