



**Semester: 1**

**2025 – 2026**

Grade Level		GR: 7	Subject: Physical education	
Teacher(s) Name		ABDALILAH ALDIRBAS		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 <sup>th</sup>	Aug.29 <sup>th</sup>	Fitness  school rules uniform  general physical preparatoin	
2	Sept. 1 <sup>st</sup>	Sept. 5 <sup>th</sup> 4 Sep Prophet Muhammad's Birthday (Holiday)	Swimming pool rules	Objectives of Swimming Pool Rules  1. <b>Ensure Safety</b> – Prevent accidents, injuries, and risky behaviors. 2. <b>Promote Discipline</b> – Encourage responsibility and respect for others. 3. <b>Maintain Hygiene</b> – Keep the pool clean and healthy for all swimmers.
3	Sept.8 <sup>th</sup>	Sept.12 <sup>th</sup>	fitness  general physical preparatoin	1.4 Demonstrate body management and object-manipulation skills needed for successful

				<p><b>participation in individual and dual physical activities.</b></p> <p><b>1.5 Demonstrate body management and locomotor skills needed for successful participation</b></p>
4	Sept. 15 <sup>th</sup>	Sept.19 <sup>th</sup>	<p>Streamline position.</p> <p>Freestyle (25m ).</p>	<p><b>Objective:</b> Students will swim both freestyle and backstroke over short distances with correct technique.</p> <p>1.3 Combine manipulative, locomotor, and nonlocomotor skills.</p> <p>2.2 Analyze movement patterns and correct errors.</p>
5	Sept.22 <sup>nd</sup>	Sept.26 <sup>th</sup>	<p><b>Basketball</b></p> <p><b>Dribbling Drills</b></p>	<p><b>2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching; kicking/punting; striking; trapping; dribbling (hand and foot); and volleying</b></p>
6	Sept. 29 <sup>th</sup>	Oct.3 <sup>rd</sup>	<p>Freestyle (25m with side breathing).</p>	<p><b>Objective:</b> Students will swim both freestyle and backstroke over short distances with correct technique.</p> <p>2.2 Analyze movement patterns and correct errors.</p> <p>2.7 Develop a simple game or skill-based routine.</p>

7	Oct.6 <sup>th</sup>	Oct.10 <sup>th</sup>	<b>Basketball</b>  <b>Shooting Drills</b>	<b>2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching; kicking/punting; striking; trapping; dribbling (hand and foot); and volleying</b>
8	Oct.13 <sup>th</sup>	Oct.17 <sup>th</sup>	Backstroke flutter kick	<b>Objective:</b> Students will swim both freestyle and backstroke over short distances with correct technique.  1.3 Combine manipulative, locomotor, and nonlocomotor skills.
9	Oct.20 <sup>th</sup>	Oct.24 <sup>th</sup> <b>Oct 24 End of Quarter 1</b>	<b>Football</b>  <b>Shooting \standard shoot</b>	<b>Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics</b>
10	Oct.27 <sup>th</sup>	Oct.31 <sup>st</sup>	Backstroke arms + flutter kick.	<b>Objective:</b> Students will swim both freestyle and backstroke over short distances with correct technique.
11	Nov.3 <sup>rd</sup>	Nov.7 <sup>th</sup>	<b>Basketball</b>  <b>Passing Drills</b>	<b>2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching; kicking/punting; striking; trapping; dribbling (hand and foot); and volleying</b>

12	Nov.10 <sup>th</sup>	Nov.14 <sup>th</sup>	<p>Freestyle (25m with side breathing).</p> <p>Backstroke arms + flutter kick.</p> <p>Streamline position.</p>	<p><b>Objective:</b> Students will swim both freestyle and backstroke over short distances with correct technique.</p>
13	Nov.17 <sup>th</sup>	Nov.21 <sup>st</sup>	<p><b>Basketball</b></p> <p>defense strategies</p>	<p><b>2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching</b></p>
14	Nov. 24 <sup>th</sup>	Nov.28 <sup>th</sup>	<p><b>Football</b></p> <p>Passing and receiving</p>	<p><b>3.5 Measure and evaluate changes in health-related physical fitness based on physical activity patterns</b></p>
15	Dec.1 <sup>st</sup>	Dec.5 <sup>th</sup>	<p><b>Football</b></p> <p>Shooting \standard shoot</p>	<p><b>Students will demonstrate proficiency in passing and shooting techniques in football, showing accuracy, timing, and decision-making during practice drills and gameplay.</b></p>
16	Jan 5 <sup>th</sup>	Jan 9 <sup>th</sup>	<p><b>FOOTBALL</b></p> <p>Passing &amp; Shooting</p>	<p><b>Students will demonstrate passing &amp; shooting</b></p>
17	Jan 12 <sup>th</sup>	Jan 16 <sup>th</sup>	<p><b>Football Match</b></p> <p>Freestyle (25m with side breathing).</p> <p>Backstroke arms + flutter kick.</p> <p>(Commotion)</p>	<p><b>Students will apply learnt techniques in a match</b></p> <p><b>Objective:</b> Students will swim both freestyle and backstroke over short distances with correct technique.</p>

18	Jan 19 <sup>th</sup>	Jan 23 <sup>rd</sup>	Football Match	Students will apply learnt techniques in a match
19	Jan 26 <sup>th</sup>	Jan 30 <sup>th</sup>	Semester 1 Exams: Jan 22 <sup>nd</sup> to Jan 30 <sup>th</sup>	