Sport Department

Semester: 1 **2026 – 2027**

Grade Level	7 BOYS		Subject: sport	
Teacher(s) Name	Suliman Zawahreh			
Textbook				
Week #	**Dates**		**Lesson Title / Pages**	**CCSS / NGSS Code / MOE**
1	1st.Sep	4. Sep	Introducing the overview Setting the rules up To know the students' names, favourite sports,	Adding the students to PE Schoology
2	7th.Sep	11th. Sep	Basketball Dribbling / Crossover Demonstrate controlled dribbling including crossover.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
3	14th.Sep	18th. Sep	Basketball Offense & Defense Apply basic offensive and defensive techniques.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
4	21st.Sep	25th. Sep	Basketball Shooting / Free Throw Demonstrate correct shooting mechanics and free-throw technique.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
5	28th.Sep	2nd. Oct	Basketball Layup Demonstrate layup footwork, ball handling and shooting mechanics.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
6	5th.Oct	9th. Oct	Handball Dribbling	PE-7: proficient movement skills; skill-related fitness;

			Demonstrate effective dribbling including control, speed and changes in direction.	regular moderate-to vigorous activity.
7	12th.Oct	16th. Oct	Handball Dribbling / Chest Pass Apply effective dribbling and chest-pass techniques.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
8	19th.Oct	23rd. Oct	Handball Passing / Bounce Pass Demonstrate effective passing and bouncing techniques.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
9	26th.Oct	30th. Oct	Handball Overhand Pass Demonstrate standard and overhead passing techniques.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
10	2nd. Nov	6th. Nov	Handball Passing Assessment Apply learned passing techniques in controlled and game situations.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
11	9th. Nov	13th. Nov	Handball Defending & Offense Learn and apply defending and offensive strategies.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
12	16th.Nov	20th. Nov	Volleyball Underhand Serve Demonstrate correct underhand serving technique.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
13	23rd.Nov	27th. Nov	Volleyball Overhand Serve Demonstrate correct overhand serving technique.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
14	30th. Nov	4th. Dec	Volleyball Serve Assessment Apply serving rules and accurate technique.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.
15	7th. Dec	11th. Dec	Volleyball Overhead Pass / Volley Demonstrate overhead passing with correct hand position, timing and control.	PE-7: proficient movement skills; skill-related fitness; regular moderate-to vigorous activity.