

Overview 2024–2025 PE Lessons (Grade 7)

Week	Standard No.	Date	Unit	Lesson	Learning Objectives
1		26\8-30\8	fitness	school rules ,uniform Administrative general physical preparatoin	The general body of muscles and joints
2	Participate in aquatic activities that improve or maintain health-related physical fitness	2\9-6\9	Breaststroke	Key Actions	<ul style="list-style-type: none"> <li>· Keep your hands under the water</li> <li>· Pull your body through the water</li> <li>· Tuck your elbows into your sides after each pull</li> <li>· Stretch your arms forward with hands together</li> </ul>
3	1.4 Demonstrate body management and object-manipulation skills needed for successful participation in individual and dual physical activities. 1.5 Demonstrate body management and locomotor skills needed for successful participation.	9\9 13\9	fitness	general physical preparatoin	typically measured by how many repetitions of an exercise a person can perform. Common tests involve push-ups and sit ups.
4	Explain the relationship between participation in aquatic activities	16\9-20\9	Breaststroke	Technical Focus	<ul style="list-style-type: none"> <li>· Arms and hands should remain under water</li> <li>· Elbows should be tucked in after each pull</li> <li>· Arms should extend forward into a glide position</li> <li>· Body position should be maintained throughout</li> </ul>

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	and indicators of good health				
5	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	23\9-27\9	Basketball	<b>Basketball Dribbling Drills</b>	<p>This is a simple drill to teach the basics of dribbling to new players.</p> <p>It's a good way to introduce new moves without overwhelming them and will also help to improve the technique of the movements players already know.</p>
6	Develop and implement a month-long personal physical fitness plan that includes aquatic activities	30\9-4\10	Common Faults	Breaststroke	<ul style="list-style-type: none"> <li>· Arms pull past the shoulders</li> <li>· Arms fail to extend full forward</li> <li>· Hands come out of the water</li> <li>· Arms extend forward too far apart</li> <li>· Arms fail to bend during the pull.</li> </ul>
7	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	7\10-11\10	Basketball	<b>Shooting Drills</b>	<p>This is a great basketball drill for players to practice shooting with perfect form and also a for coaches to teach and correct shooting form.</p>

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8	Develop and implement a month-long personal physical fitness plan that includes aquatic activities	14\10 18\10	Butterfly Stroke	<b>Body Movement</b>	· face is in the water · legs are together · hands are together
9	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	21\10- 25\10	Basketball	<b><u>Pivot Shooting</u></b>	This is a great drill for incorporating footwork into a shooting drill that players will enjoy.  Players perform a jump stop on receiving the pass from the coach, pivot around to square up to the basket, and then make a variety of scoring moves.
10	Develop and implement a month-long personal physical fitness plan that includes aquatic activities	28\10- 31\10	Butterfly Stroke	Butterfly Stroke Kick	· legs are together and move simultaneously · knees should not bend excessively · legs should whip down like a dolphin tail
11	2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching;	5\11- 8\11	Basketball	<b>Passing Drills</b>	Partner passing teaches the absolute basics of passing and allows your players to practice different types of passes and the correct technique.

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	kicking/punting; striking; trapping; dribbling (hand and foot); and volleying				A great drill for kids beginning to learn the game of basketball.
12	Develop and implement a month-long personal physical fitness plan that includes aquatic activities	11/11-15/11	Butterfly Stroke	Arm Movement	<ul style="list-style-type: none"> <li>· elbows remain higher than the hands</li> <li>· hands accelerate through the water</li> <li>· arms are straight as they recover low over the water surface</li> </ul>
13	2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching;..	18/11 - 22/11	Basketball	<u>defense strategies</u>	Defense in basketball is defined as preventing the opposing team from scoring goals in the baskets by locating and lining up the team's players during the match. Each individual defender works with his team to restrain the defenders of the opposing team, preventing any opportunity to shoot; Like jumping open, lying in the box to prevent an offensive bounce, or to avoid a free throw, good defense requires speed in play, work with the foot, and a deep understanding of the basics and rules of play.
14		25\11 28\11	Assessment		
<b>Nov 29 Martyr's Day and Dec 2 &amp; 3 National Day</b>					

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15	3.5 Measure and evaluate changes in health-related physical fitness based on physical activity patterns	4/12 - 6/12	Football	<b>Passing and receiving</b>	<p>These two basic tools are the most essential ingredients for any footballer’s success. Accuracy is the key when it comes to passing and receiving. It makes open play fluid and ensures constant progress up the field that can result in creating scoring opportunities.</p> <p>“When you see top leagues around the world, the ball doesn’t really stop once it is received. It is constantly moving in the direction that it needs to go to build up play,” Chhangte says.</p> <p>According to him, receiving the ball correctly is the first step, which in turn can open up multiple options to make the right pass. A smooth transition can lead to promising attacking situations.</p> <p>“If the pass isn’t great, there’s a chance of losing the ball and handing the opposition the opportunity to counterattack. So both these skills work together and need to be executed correctly,” he says.</p>
16	Develop personal goals to improve performance in aquatic activities	9/12-13/12	Butterfly Stroke	Breathing Technique	<ul style="list-style-type: none"> <li>· exhalation takes place as the head begins to rise</li> <li>· inhalation is short and sharp</li> </ul>
17	3.4 Participate in moderate to vigorous physical activity a minimum of four days each week	6/1-10/1	Football	<b>Shooting</b>	<p>Every player needs accurate shooting skills, especially attacking players like Chhangte. During the 2021-2022 ISL season, Chhangte scored a screamer against NorthEast United FC from outside the box, which he says has been a result of the work that he’s put in during the offseason.</p>

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					“I need to work a lot on my shooting. I always spend extra time working on my shooting skills after regular training. You need to develop power in your shot, but more importantly, you need accuracy and confidence while making the strike,” he says.
20		27/1– 31/1			
21	2.3 Use principles of motor learning to establish, monitor, and meet goals for motor skill	3/2 7/2	Football	<b>Dribbling</b>	It’s a regular sight to watch Chhange blazing down the pitch. But the pace can only be productive with the right ball control, balance and dribbling skills to beat the marker.
22	Develop personal goals to improve performance in aquatic activities	10/2– 14/2		TESTS 1	Breaststroke Swimming for the Distance and Evaluating Performanc
23	2.5 Compare and contrast the effectiveness of practicing skills as a whole and practicing skills in smaller parts	18/2– 21\2	Football & Assessment	<b>Touch and ball control</b>	A player’s ball control can be critical in building up play, especially at the time of receiving the ball. Chhange says he developed his ball control skills by simply juggling the ball at every opportunity. “The idea is to feel the ball as often as you can – keep it at your feet or in the air and just move it

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					around all the time. The more you can manage to do this, the more confident you get about control,” he says.
24	Develop personal goals to improve performance in aquatic activities	24/2 - 28/2	Butterfly Stroke	Timing and Coordination	1. Push away from the poolside and use your head to initiate the whole movement. 2. Perform a leg kick followed immediately by a simultaneous arm pull. 3. Perform another leg kick as your arms recover over the water surface. 4. Continue the pattern, using a 'kick-pull-kick-recover' sequence.
25		3/3-7\3	Handball	Receiving skill	It is that the player receives the ball with his hands, and depends on focusing in the direction of the ball, and moving towards it so that he can catch it well and not let it go and then pass it to another player, or shoot it if his position allows it
26	Identify and analyze aquatic activities that enhance personal enjoyment	10/3-14/3	Butterfly Stroke	Key Actions	Thumbs go in first · Pull hard through the water · Pull past your thighs · Throw your arms over the water
27	2.11 Explain how movement qualities contribute to the aesthetic dimension of physical activity	17/3-21/3	Handball	Passing skill	The player receives the ball or is in possession of it for a few minutes, and after making sure that his teammate is ready to receive the ball, he passes it to him quickly.
Mar 24. to Apr 6. Spring Holiday for students (2 Weeks)					
29	. Develop personal goals to improve	14/4-18/4	Butterfly Stroke	Timing and Coordination	1. Push away from the poolside and use your head to initiate the whole movement. 2. Perform a leg kick

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	performance in aquatic activities				followed immediately by a simultaneous arm pull. 3. Perform another leg kick as your arms recover over the water surface. 4. Continue the patter, using a 'kick-pull-kick-recover' sequence.
30	1.6 Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement (throw) patterns	21/4-25/4	Handball & Assessment	shooting	It is for the player to determine the location of the goal, and to make sure of the extent of the goalkeeper's follow-up to him, so he must be quick to notice, and distribute his attention between the goalkeeper and the opponent's players so that he can take the appropriate position to shoot the ball towards the goal.
31	Identify and analyze aquatic activities that enhance personal enjoymen	28/4-29\4	Butterfly Stroke	Key Actions	· Thumbs go in first · Pull hard through the water · Pull past your thighs · Throw your arms over the wate
32	2.8 Illustrate how the intended direction of an object is affected by the angle of the implement or body part at the time of contact	5/5-9/5	Athletics	Long jump	students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activity
33		12/5-16/5			
34	.1.10 Combine motor skills to play a lead-up or modified game.	19/5 - 23/5	Athletics & Assessment	Long jump & Teaching start-up High start	Students demonstrate and Understand the laws of running race.
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