



"تمكين العقول، إلهام القلوب، تشكيل المستقبل"

PE Department

Semester: 1**2025 – 2026**

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

				<p>manipulation skills needed for successful</p> <p>participation in individual and dual physical activities.</p> <p>1.5 Demonstrate body management and locomotor skills needed for successful participation</p>
4	Sept. 15 th	Sept.19 th	Streamline position	<p>Objective: Students will demonstrate proficiency in freestyle and backstroke and apply freestyle turns.</p>
5	Sept.22 nd	Sept.26 th	<p>Basketball</p> <p>Dribbling Drills</p>	<p>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</p>
6	Sept. 29 th	Oct.3 rd	Freestyle (25–50m with breathing).	<p>Objective: Students will demonstrate proficiency in freestyle and backstroke and apply freestyle turns.</p>
7	Oct.6 th	Oct.10 th	<p>Basketball</p> <p>Shooting Drills</p>	<p>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</p>
8	Oct.13 th	Oct.17 th	Freestyle (25–50m with breathing).	<p>Objective: Students will demonstrate proficiency in freestyle and backstroke and apply freestyle turns.</p>

9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	Football Shooting \standard shoot	Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics
10	Oct.27 th	Oct.31 st	Freestyle (25–50m with breathing).	Objective: Students will demonstrate proficiency in freestyle and backstroke and apply freestyle turns.
11	Nov.3 rd	Nov.7 th	Basketball Passing Drills	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
12	Nov.10 th	Nov.14 th	Freestyle (25–50m with breathing).	Objective: Students will demonstrate proficiency in freestyle and backstroke and apply freestyle turns.
13	Nov.17 th	Nov.21 st	Basketball defense strategies	2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching
14	Nov. 24 th	Nov.28 th	Football Passing and receiving Freestyle (25–50m with breathing).	3.5 Measure and evaluate changes in health-related physical fitness based on physical activity Patterns Objective: Students will demonstrate proficiency in freestyle

				and backstroke and apply freestyle turns.
、	Dec.1 st	Dec.5 th	Football Shooting \standard shoot	Students will demonstrate proficiency in passing and shooting techniques in football, showing accuracy, timing, and decision-making during practice drills and gameplay.
16	Jan 5 th	Jan 9 th	FOOTBALL Passing & Shooting Freestyle (25–50m with breathing).	Students will demonstrate passing & shooting Objective: Students will demonstrate proficiency in freestyle and backstroke and apply freestyle turns.
17	Jan 12 th	Jan 16 th	Football Match	Students will apply learnt techniques in a match
18	Jan 19 th	Jan 23 nd	Football Match	Students will apply learnt techniques in a match
19	Jan 26 th	Jan 30 th	Semester 1 Exams: Jan 22 nd to Jan 30 th \ 、	