



**Semester: 1**

**2025 – 2026**

Grade Level		9	Subject: P.E	
Teacher(s) Name		NOURA		
Textbook				
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug.25 <sup>th</sup>	Aug.29 <sup>th</sup>	Handball/Dribbling	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
2	Sept. 1 <sup>st</sup>	Sept. 5 <sup>th</sup>	Handball/ Dribbling \ chest pass	1.5 Explain, apply and evaluate the appropriate use of the biomechanical principles of leverage, force, inertia, rotary motion, opposition, and buoyancy to achieve advanced performance in aquatics, rhythms/dance, and individual and dual activities.
3	Sept.8 <sup>th</sup>	Sept.12 <sup>th</sup>	Handball/ Passing\ bounce	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities
4	Sept. 15 <sup>th</sup>	Sept.19 <sup>th</sup>	Handball/ Passing\ over hand pass	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power,

				and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities
5	Sept.22 <sup>nd</sup>	Sept.26 <sup>th</sup>	Handball/ Kind of pass assessment	2.1 Participate in moderate to vigorous physical activity at least 4 days each week
6	Sept. 29 <sup>th</sup>	Oct.3 <sup>rd</sup>	Handball/ Defending and offensive	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.
7	Oct.6 <sup>th</sup>	Oct.10 <sup>th</sup>	Badminton/ The ready stance/Gripping the racket	1.5 Explain, apply and evaluate the appropriate use of the biomechanical principles of leverage, force, inertia, rotary motion, opposition, and buoyancy to achieve advanced performance
8	Oct.13 <sup>th</sup>	Oct.17 <sup>th</sup>	Badminton/ Forehand grip	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.
9	Oct.20 <sup>th</sup>	Oct.24 <sup>th</sup> <b>Oct 24 End of Quarter 1</b>	Badminton/ Forehand grip	1.9 Create and/or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.
10	Oct.27 <sup>th</sup>	Oct.31 <sup>st</sup>	Badminton/ Backhand grip	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels
11	Nov.3 <sup>rd</sup>	Nov.7 <sup>th</sup> <b>Parent's meeting k-12, day off for students from k-12</b>	Badminton/ Backhand grip	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities.
12	Nov.10 <sup>th</sup>	Nov.14 <sup>th</sup>	Badminton/ Footwork	.2 1Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities

13	Nov.17 <sup>th</sup>	Nov.21 <sup>st</sup>	Badminton/ Strokes (overhead)	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities
14	Nov. 24 <sup>th</sup>	Nov.28 <sup>th</sup>	Badminton/ Match /rules	2.1 Participate in moderate to vigorous physical activity at least 4 days each week
15	Dec.1 <sup>st</sup>	Dec.5 <sup>th</sup> <b>Dec 1 celebration national day and Dec 2-3 National Day (Holiday)</b>	Badminton/ Match /rules assessment	2.1 Participate in moderate to vigorous physical activity at least 4 days each week
16	Jan.5 <sup>th</sup>	Jan.9 <sup>th</sup>	<b>Football /short pass</b>	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities
17	Jan12	Jan16	<b>Football/ball control</b>	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities
18	Jan19	Jan23	<b>Football/ Shooting</b>	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatics, rhythms/dance, and individual and dual activities
19	Jan26	Jan 30	<b>Semester 1 Exams :Jan22to Jan30</b>	
<p align="center"><b>Dec. 8, 2025 to Jan. 4, 2026</b></p> <p align="center"><b>Winter holiday for students</b></p>				