Sport Department

Semester: 1 **2026 – 2027**

Grade Level	9 BOYS		Subject: sport	
Teacher(s) Name	Suliman Zawahreh			
Textbook				
Week #	**Dates**		**Lesson Title / Pages**	**CCSS / NGSS Code / MOE**
1	1st.Sep	4. Sep	Basketball Dribbling / Crossover Demonstrate controlled dribbling including crossover.	PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.
2	7th.Sep	11th. Sep	Basketball Offense & Defence Apply basic offensive and defensive techniques.	PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.
3	14th.Sep	18th. Sep	Basketball Shooting / Free Throw Demonstrate correct shooting mechanics and free-throw technique.	PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.

4	**21st.Sep**	**25th. Sep**	**Basketball** **Layup** **Demonstrate layup footwork, ball handling and shooting mechanics.**	**PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.**
5	**28th.Sep**	**2nd. Oct**	**Basketball** **Rules / Match Assessment** **Apply fundamental techniques and rules in a structured match.**	**PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.**
6	**5th.Oct**	**9th. Oct**	**Handball** **Dribbling** **Demonstrate effective dribbling including control, speed and changes in direction.**	**PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.**
7	**12th.Oct**	**16th. Oct**	**Handball** **Dribbling / Chest Pass** **Apply effective dribbling and chest-pass techniques.**	**PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.**
8	**19th.Oct**	**23rd. Oct**	**Handball** **Passing / Bounce Pass** **Demonstrate effective passing and bouncing techniques.**	**PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.**
9	**26th.Oct**	**30th. Oct**	**Handball** **Overhand Pass** **Demonstrate standard and overhead passing techniques.**	**PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.**
10	**2nd. Nov**	**6th. Nov**	**Handball** **Passing Assessment** **Apply learned passing techniques in controlled and game situations.**	**PE-9: proficient movement skills; balance, reaction**

				time, agility, coordination, power and speed; evaluation and training planning; regular activity.
11	9th. Nov	13th. Nov	Handball Defending & Offense Learn and apply defending and offensive strategies.	PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.
12	16th.Nov	20th. Nov	Volleyball Underhand Serve Demonstrate correct underhand serving technique.	PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.
13	23rd.Nov	27th. Nov	Volleyball Overhand Serve Demonstrate correct overhand serving technique.	PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.
14	30th. Nov	4th. Dec	Volleyball Serve Assessment Apply serving rules and accurate technique.	PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.
15	7th. Dec	11th. Dec	Volleyball Overhead Pass / Volley Demonstrate overhead passing with correct hand position, timing and control.	PE-9: proficient movement skills; balance, reaction time, agility, coordination, power and speed; evaluation and training planning; regular activity.