

## Overview 2024/2025 PE Lessons (Grade 9)

M,,....+ Week	Standard No.	Date	Unit	Lesson	Learning Objectives
<b>1</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	26/Aug-30/Aug	Handball	Dribbling	Students will demonstrate effective dribbling skills in handball including control, speed, and changes in direction.
<b>2</b>	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.	2/Sep-6/ Sep	Handball	Dribbling \ chest pass	Students will apply effective techniques in handball including dribbling and chest pass.
<b>3</b>	1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance	9/Sep-13/Sep	Handball	Passing\ bounce pass	Students will demonstrate effective passing and bouncing techniques in handball.

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	performance levels in aquatics, rhythms/dance, and individual and dual activities				
<b>4</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.	16/Sep-20/Sep	Handball	Passing\ over hand pass	Students will demonstrate proficiency in passing techniques, including both standard passes and overhead passes in handball.
<b>5</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	23/Sept-29/Sep	Handball	Kind of pass assessment	Student will apply the techniques learned including both standard passes and overhead passes in handball
<b>6</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	30/Sep-4/Oct	Handball	Defending and offensive	Student will learn defending and offensive strategies
<b>7</b>	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	7/Oct-11/Oct	badminton	The ready stance/Gripping the racket	Students will learn and demonstrate the correct ready stance effectively.

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	aquatics, rhythms/dance, and individual and dual activities.				
<b>8</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	41/Oct-18/Oct	badminton	The ready stance/Gripping the racket	Students will correctly apply the ready stance.
<b>9</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.	21/Oct-25/oct	badminton	<b>Forehand grip</b>	Students will correctly apply the forehand grip in badminton, demonstrating proper hand positioning.
<b>10</b>	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.	28/Oct-1/Nov	Badminton	Forehand grip	Students will correctly apply the forehand grip in badminton, demonstrating proper hand positioning.
<b>11</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	4/Nov-8/Nov	Badminton	Backhand grip	Students will demonstrate proficiency in the backhand grip in badminton by correctly positioning their hands and maintaining proper techniques.

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	in aquatics, rhythms/dance, and individual and dual activities.				
<b>12</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.	11/Nov-15/Nov	Badminton	Backhand grip	Students will demonstrate proficiency in the backhand grip in badminton by correctly positioning their hands and maintaining proper techniques.
<b>Nov 30 Martyr's Day and Dec 1 &amp; 2 National Day</b>					
<b>13</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	18/Nov-22/Nov	Badminton	Footwork	Students will demonstrate accurate footwork techniques in badminton.
<b>14</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	25/Nov-29/Nov	Badminton	Strokes (overhead forehand)	Students will demonstrate the overhead forehand stroke in badminton, showcasing proper technique, form, and control.
<b>Dec. 16, 2024 to Jan. 5, 2025: Winter holiday for students</b>					
<b>15</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	4/Des-6/Des	Badminton	Match /rules assessment	Students will play a badminton match, demonstrating proper court etiquette and sportsmanship.

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<b>16</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	9/Des-13/Des	Volleyball	Serving - underhand	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
<b>17</b>	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.	3/Feb –7/Feb	Volleyball	Serving – overhand	Students will demonstrate proper serving technique in volleyball, including correct grip, toss, and contact with the shuttlecock.
<b>Jan. 24 – Jan. 25 Revision For End of Term 1 Exam / Jan. 24 – Feb. 2 Final Exam</b>					
<b>18</b>	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/Feb – 14 /Feb	Volleyball	Volleyball jump serve	Students will demonstrate understanding and application of serving rules in volleyball, including proper stance, toss, contact with the ball.
<b>19</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	17/Feb/21Feb	Volleyball	Volleyball serve assessment	Students will apply serving rules Students will apply serving rules using accurate techniques.
<b>20</b>	1.2 Demonstrate proficient movement skills in: Aquatics Dance/Rhythms Individual Activities Dual Activities	24/Feb-28/Feb	Volleyball	Volleying – overhead pass	Students will demonstrate the overhead pass volley technique in volleyball, showing proper hand positioning, timing, and control

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<b>21</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	3/Mar-7/Mar	Volleyball	Volleying – underhand pass	Students will demonstrate the underhand pass volley technique in volleyball, showing proper hand positioning, timing, and control.
<b>22</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	10/Mar-14/Mar	Basketball	Dribbling \Crossover	Students will learn effective techniques in basketball, including dribbling and crossover.
<b>23</b>	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.	17/Mar-21/Mar	Basketball	Defense and offensive	Students will learn and practice effective offensive and defensive techniques in basketball.
<b>24</b>	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.	7/Apr-11/Apr	Basketball	Shooting\Free Throw	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.
<b>25</b>	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.	14 Apr-18/Apr	Basketball	Layup in Basketball	Students will demonstrate proficiency in layup shooting and free throw technique in basketball, including correct footwork, ball handling, and shooting mechanics.

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Mar 25. to Apr 7. Spring Holiday for students (2 Weeks)					
<b>26</b>	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.	21/Apr-25/Apr	Basketball	Basketball Match and rules back zone  Layup assessment	Students will participate in a structured match in basketball, focusing on developing fundamental techniques and applying rules effectively.
<b>27</b>	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.	28/Apr-2/May	Football	Passing & Shooting	Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics
<b>28</b>	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.	5/May-9/May	Football	Shooting \standard shoot	Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.
Eid Al Fitr					
<b>29</b>	1.9 Create and/or modify a practice/training plan based on evaluative feedback	12/May-16/May	Football	Shooting - Inside shoot	Students will learn and practice the standard shooting technique in football, focusing on proper stance, ball control, and shooting mechanics.

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	of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.				
<b>30</b>	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.	19/May-23/May	Football	Shooting - Standard shoot	Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics
<b>31</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	26/May-30/May	Football	Shooting - Inside shoot	Students will learn and practice the inside shooting technique in football, focusing on proper stance, ball control, and shooting mechanics
<b>32</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	2/3-Jun	Football	Passing & Shooting assessment	Students will demonstrate passing & shooting
<b>33</b>	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.	27/May-31/May			
<b>35</b>	1.9 Create and/or modify a	5/June-9/Jun			



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	practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.				
<b>Jun 13 - Jun 21 Final Exams for Gr.4-11</b>					
<b>36</b>	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.	12/June-16/June	Football Football	Football Match	Students will apply learnt techniques in a match
<b>37</b>	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.	19/June-23/June	Football	Football Match	Students will apply learnt techniques in a match
<b>38</b>	2.1 Participate in moderate to vigorous physical activity at least 4 days each week.	9/Jan-13/Jan	Physical fitness	Flexibility	Overall fitness
<b>39</b>	2.1 Participate in moderate to vigorous physical activity at	16/Jan-20/Jan	Physical fitness	Speed	Overall fitness

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	least 4 days each week.				
<b>40</b>	1.1 Combine, and apply movement patterns to progress from simple to complex in aquatics, rhythms/dance, and individual and dual activities.	24oct-28oct	Athletics	Hurdling	How to jump over obstacles
<b>41</b>	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.	31Oct-4Nov	Athletics	Shot put	Learn shot put techniques