

CONTENT DISTRIBUTION IN SCHOOL YEAR 2022/2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods

Class: Senior One

Term: One

UNIT 1: Motor control		Number of Periods: 4
Key unit Competence: Develop physical exercise routines and advise how to apply them		
Week	Contents	Periods
1	Basic physical exercises: Warm up and muscular development exercises.	1
	Endurance building exercises.	1
2	Relaxation exercises.	1
	End unit assessment	1
UNIT 2: Body control and balance		Number of Periods: 3
Key Unit Competence: Maintain a balanced position for a given period and task		
Week	Contents	Periods
3	Balancing and body control exercises.	2
4	End unit assessment	1
UNIT 3: Gymnastics		Number of Periods: 5
Key Unit Competence: Perform floor exercises or use exercising machines		
Week	Contents	Periods
4	Gymnastics exercises on the ground.	1
5	Gymnastics exercises on the ground.	1
	Gymnastics using machines.	1
6	Gymnastics using machines.	1
	End unit assessment	1
UNIT 4: Athletics		Number of Periods: 12
Key Unit Competence: Develop different types of running, jumping and throwing techniques and abilities		
Week	Contents	Periods

7	Running races from different departure positions and signals (sprint, resistance and endurance races)	2
8	Sprint race (50m, 60m, 80m, 100m, 200m and 400m).	1
9	Resistance races (800m and 1500m)	1
	Endurance races (5000m and 10000m)	1
10	Jumping technique exercises: Long jump.	2
11	Jumping technique exercises: High jump exercises.	1
	Jumping technique exercises: Triple jumping exercises.	1
12	Throwing technique exercises (short put, discus and javelin).	2
	End unit assessment	1
13	End term assessment	

TERM TWO

UNIT 5: Football		Number of Periods: 10
Key Unit Competence: Use different football techniques in various game situations and apply basic rules		
Week	Contents	Periods
1	Shooting the ball	2
2	Controlling the ball	1
	Dribbling the ball	1
3	Dribbling the ball	1
	Stopping and blocking the ball	1
4	Attack and defense strategies	2
5	End unit assessment	2

UNIT 6: Volleyball		Number of Periods: 8
Key unit Competence: Use different volleyball techniques in various game situations and apply basic rules		
Week	Contents	Periods
6	Basic techniques of volleyball (service and pass)	2
7	Positioning exercises	2

8	Basic rules of the game	2
9	End unit assessment	2
UNIT 7: Basketball		Number of Periods: 8
Key unit Competence: Use different basketball techniques in various game situations and apply basic rules		
Week	Contents	Periods
10	Passing and receiving the ball	2
11	Dribbling the ball	2
12	Shooting the ball	2
13	End unit assessment	2

Term: Three

UNIT 8: Handball		Number of Periods: 8
Key Unit Competence: Use different handball techniques and tactics in a game situation and apply basic rules		
Week	Contents	Periods
1	Basics techniques in attack(pass and reception)	2
2	Basic techniques in attack (dribbling and shoot)	2
3	Defensive techniques	1
	Basic rules of the game	1
4	Basic rules of the game	1
	End unit assessment	
UNIT 9: Goalball		Number of Periods: 5
Key unit Competence: Use different defensive and offensive techniques and tactics of goal ball and apply basic rules		
Week	Contents	Periods
5	Basic goalball equipment and techniques, tactics in offense/ attack in goal ball (throwing rolling, bouncing, spine, and penalty shots).	2
6	Basic techniques and tactics in defense in goal ball (Knee position, crouching, diving, blocking the ball in a lying position to stop and catching the ball.	2
7	End unit assessment	1

UNIT 10: Sitting volleyball		Number of periods:4
Key unit Competence: Use different defensive and offensive techniques and tactics of sitting volleyball and apply basic rules		
Week	Contents	Periods
7	Introduction to basic sitting volleyball equipment, techniques, tactics of sitting volleyball.	1
8	Exercises of serving, passing and receiving the ball using basic sitting volleyball techniques and tactics	2
9	End unit assessment	1
UNIT 11: Netball		Number of Periods: 5
Key unit Competence: Use different defensive and offensive techniques and tactics of netball and apply basic rules.		
Week	Contents	Periods
9	Catching/reception of the ball	1
10	Passing the ball	1
	Exercises to develop Netball techniques in game situation	1
11	Exercises to develop Netball techniques in game situation	1
	End unit assessment	1
12	End Term assessment	

CONTENT DISTRIBUTION OF SCHOOL YEAR 2022/2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods

Class: Senior Two

Term: One

UNIT 1: Motor control		Number of Periods: 4
Key unit Competence: Perform exercise routines based on its importance to health		
Week	Contents	Periods
1	Perform different physical exercises (running from various starting positions, jumping exercises using different positions of legs).	1
	Basic physical training and muscular development, body activation exercises (stretching, balancing).	1
2	Endurance and Relaxation exercises.	1
	End unit assessment	1
UNIT 2: Body control and balance		Number of Periods: 3
Key Unit Competence: Express one self and communicate through a variety of exercises.		
Week	Contents	Periods
3	Fitness exercises	1
	Rhythm and different dancing style and leading groups.	1
4	End unit assessment	1
UNIT 3: Gymnastics		Number of Periods: 5
Key Unit Competence: Perform gymnastic movements		
Week	Contents	Periods
4	Different exercises of gymnastic movements done on the ground (rolling forward and backward and from different departure positions).	1
5	Hand rest reversed, Handstands and Round off exercises	1
	Handstand forward roll and Rocketing exercises.	1
6	Gymnastic exercises using apparatuses.	1

	End unit assessment	1
UNIT 4: Athletics		Number of Periods: 12
Key Unit Competence: Develop different types of running, jumping, and throwing techniques and abilities		
Week	Contents	Periods
7	Running races with respect to different starting signals.	2
8	- Hurdles exercises - Distance running (100m, 200m and 400m) and relay runs	2
9	High jump	2
10	Triple jump	2
11	Javelin throw	2
12	End unit assessment	2
13	End term assessment	

Term: Two

UNIT 5: Football		Number of Periods: 10
Key Unit Competence: Apply various defensive and offensive strategies and techniques during a football game		
Week	Contents	Periods
1	Attacking systems	2
2	Counter-attack	1
	Pressing the opponent	1
3	Heading in defense	1
	Tackles	1
4	Tackles	1
	Football drills	1
5	Football drills	1
	End unit assessment	1
UNIT 6: Volleyball		Number of Periods: 8

Key Unit Competence: Use different defensive and offensive volleyball techniques in various game situations and apply basic rules.		
Week	Contents	Periods
6	Service	2
7	Defense system	2
8	Attacking system	2
9	End unit assessment	2
UNIT 7: Basketball		Number of Periods: 6
Key unit Competence: Use different defensive and offensive basketball techniques in various game situations and interpret rules of the game		
Week	Contents	Periods
10	Techniques and tactics of playing basketball in Game situation	2
11	Systems of basketball in Game situation	2
12	End unit assessment	2
13	End term assessment	

Term: Three

UNIT 8: Handball		Number of Periods: 8
Key unit Competence: Use different defensive and offensive handball techniques in various game situations and interpret the rules of the game		
Week	Contents	Periods
1	Techniques of attack	2
2	Techniques of counter-attack	2
3	Defensive systems	2
4	End term assessment	2
UNIT 9: Goal ball		Number of Periods: 5
Key Unit Competence: Use different defensive and offensive techniques and tactics of goal ball		
Week	Contents	Periods

5	Techniques and tactics of attack	2
6	Techniques and tactics in defense	2
7	End unit assessment	1
UNIT 10: Sitting volley ball		Number of Periods: 4
Key unit Competence: Use different defensive and offensive techniques and tactics of sitting volleyball and respect rules		
Week	Contents	Periods
7	Techniques and tactics of attack	1
8	Techniques and tactics of defense	1
	Apply the rules in the game situation	1
9	End unit assessment	1
UNIT 11: Netball		Number of Periods: 7
Key unit Competence: Apply techniques, tactics, and basic rules of netball		
Week	Contents	Periods
9	Different types of passes	1
10	Techniques of netball	2
11	Tactics of netball	2
12	End unit assessment	2

CONTENT DISTRIBUTION OF SCHOOL YEAR 2022/2023

SUBJECT: PHYSICAL EDUCATION AND SPORTS

Number of periods per week: 2 periods

Class: Senior Three

Term: One

UNIT 1: Physical conditioning		Number of Periods: 9
Key unit Competence: Perform muscular exercises and gymnastic movement with agility and flexibility		
Week	Contents	Periods
1	Motor control exercises	2
2	Balance exercises	2
3	Gymnastic exercises: Rolling forward.	2
4	Gymnastic exercises: Rolling backward.	2
5	End unit assessment.	1
UNIT 2: Athletics		Number of Periods: 12
Key Unit Competence: To refine different types of running, jumping, and throwing techniques.		
Week	Contents	Periods
5	Exercises of speed and middle distance running	1
6	Exercises of speed and middle distance running	1
	Exercises of relays and hurdles running	1
7	Exercises of relays and hurdles running	1
	Exercises of long distance	1
8	Exercises of long distance	1
	Exercises jumps	1
9	Exercises jumps	1
	Exercises of throwing	1
10	Exercises of throwing	1
11	End unit assessment	2

UNIT 3: Football		Number of Periods: 12
Key Unit Competence: Refine defensive and offensive strategies and techniques used in football and adhere to rules of the game.		
Week	Contents	Periods
12	Playing football adhering to rules.	2
13	End term assessment	

Term: Two

UNIT 3: Football (Next)		Number of Periods: 12
Key Unit Competence: Refine defensive and offensive strategies and techniques used in football and adhere to rules of the game.		
Week	Contents	Periods
1	Exercises to improve and refine football techniques and tactics.	2
2	Fouls and their penalties during the game.	2
3	Fouls and their penalties during the game.	2
4	Referees positions, assistant referees movements and how to conduct the flag during the game	2
5	End unit assessment	2

UNIT 4: Volleyball		Number of Periods: 9
Key Unit Competence: Refine technical and tactical volleyball skills and adhere to rules of the game		
Week	Contents	Periods
6	Refine skills, such as reception and passing the ball, setting the ball spiking and blocking the ball.	2
7	Volleyball techniques and tactics of defense	2
8	Introduction to volleyball rules	2
9	Introduction to volleyball rules	2
10	End unit assessment	1

UNIT 5: Basketball		Number of Periods: 9
---------------------------	--	-----------------------------

Key unit Competence: Refine defensive and offensive basketball techniques in various game situations and adhere to rules of the game.

Week	Contents	Periods
10	Basketball tactics and techniques in attack	1
11	Basketball tactics and techniques in attack	2
12	Basketball tactics and techniques in defense	2
13	End of term assessment	

Term: Three

UNIT 5: Basketball (next) Number of Periods: 9

Key unit Competence: Refine defensive and offensive basketball techniques in various game situations and adhere to rules of the game

Week	Contents	Periods
1	Basketball tactics and techniques in defense	1
	Introduction to basketball rules and regulations	1
2	Introduction to basketball rules and regulations	1
	End unit assessment	1

UNIT 6: Handball Number of Periods: 6

Key unit competence: Refine defensive and offensive handball techniques in various game situations and adhere to rules of the game.

Week	Contents	Periods
3	Handball offensive plays and positions	2
4	Handball defensive play and position	2
5	Introduction to handball rules and regulations	1
	End unit assessment	1

UNIT 7: Adaptive sports Number of Periods: 9

Key unit competence: To apply techniques and tactics of adaptive sports and adhere to rules of the game

Week	Contents	Periods
------	----------	---------

6	Techniques of attack in goal ball	1
	Techniques of defense in goal ball	1
7	Basic rules and regulations of goalball	2
8	Sitting volleyball techniques	1
	Sitting volleyball techniques	1
9	Basic rules and regulations of sitting volleyball	2
10	End unit assessment	1
UNIT 8: Netball		Number of Periods: 6
Key Unit Competence: Refine defensive and offensive Netball techniques in various game situations and adhere to rules of the game.		
Week	Contents	Periods
10	Refine netball techniques of attack	1
11	Refine netball techniques of attack	1
	Refine netball techniques of defense	1
12	Refine netball techniques of defense	1
	Basic netball rules	1
13	End unit assessment	1
	End of term assessment	