



PE ANNUAL PLAN FOR ACADEMIC YEAR 2022-2023

Month	Events
September 19 th – 30 th	<p style="text-align: center;"><u>CHESS COMPETITION</u></p> <ul style="list-style-type: none">• Year 4 to 13 chess competition. ·• Year 4 to 6 (class/section-wise competitions) – <i>league system – for inter-class winners. Medal and certificate for overall winners (1st, 2nd and 3rd)</i>• Year 7 & up (house-wise competition)
October 3 rd – 28 th	<p style="text-align: center;"><u>FITNESS ASSESSMENT</u></p> <p><u>Year 1&2</u></p> <ul style="list-style-type: none">❖ Speed [30 m dash]❖ Agility [shuttle run 15 meters]❖ Flexibility [sit & reach]❖ Strength [standing broad jump] <p><u>Year 3&6</u></p> <ul style="list-style-type: none">❖ Speed [30 m dash]❖ Agility [shuttle run 15 meters]❖ Flexibility [sit & reach]❖ Strength [standing broad jump]❖ Endurance years 3 &4 will run 1 round of football field, year 5 and above group students will run 2 round of football field.
October to November The Dubai fitness challenge most probably will start in October, to 2nd week of November.	Dubai Fitness Challenge (DFC)

<p>October 10th -28th October</p>	<p><u>SECONDARY PHASE CRICKET INTER-HOUSE</u></p> <p>✓ In October will begin with cricket intramurals for senior school boys and girls. Each year group hose has separate boys and girl's teams.</p>
<p>NOVEMBER</p>	<p><u>SIG CUP – U12 (football, basketball, swimming, athletics)</u></p>
<p>November 1st – 25th</p>	<p>➤ Inter-class football competition for the year group 3&4. ➤ Basketball Inter-class competition for year 5&6.</p>
<p>November 1st – 25th</p>	<p><u>SECONDARY PHASE HOCKEY INTER-HOUSE</u></p> <p>Begin the Hockey intramurals for senior school boys and girls. Houses of each year group should have separate boy's and girl's teams.</p>
<p>November 24th – 29th</p> <p>December 5th – 9th</p>	<p><u>SPORTS DAY</u></p> <p>❖ FS1, FS2 ❖ ❖ ❖ ❖ YEAR 1, YEAR 2</p>
<p>January 24th 26th</p> <p>Secondary Phase Heats Qualifiers</p>	<p><u>SPORTS DAY</u> Year 3 to 6 (dates to be confirmed)</p> <p>Year 3 Year 4</p> <p>Starts from the 1st Week of January – Year 7 to 13</p>
<p>January 2nd - 27th</p>	<p><u>SENIOR SCHOOL BASKETBALL INTRAMURALS</u></p> <p>Begin the basketball intramurals for senior school boys and girls. Houses of each year group should have separate boy's and girl's teams.</p>
<p>January - February 30th – 24th</p>	<p><u>SENIOR SCHOOL FOOTBALL INTRAMURALS</u></p> <p>Begin the Football intramurals for senior school boys and girls. Houses of each year group should have separate boy's and girl's teams.</p>

<p>February 2nd 7th</p>	<p style="text-align: center;"><u>SPORTS DAY</u></p> <p style="text-align: center;">Year 5 Year 6</p>
<p>February</p> <p>Throwing Events Qualifiers</p> <p>Year 7-11 Sports Day preparation</p>	<p style="text-align: center;"><u>SECONDARY SPORTSDAY DATES</u></p> <p style="text-align: center;"><u>Starts 1st Week of February</u></p> <p style="text-align: center;">❖ February Senior School Sports Day. <i>Inter house sports day along with all games competition). 7 and 8 together, 9 and 10 together and 11 separate.</i></p>
<p>February 28th March 1st 2nd 7th</p>	<p style="text-align: center;"><u>SECONDARY SPORTSDAY DATES</u></p> <p style="text-align: center;">Year - 7 & 8</p> <p style="text-align: center;">Year – 9 & 10</p> <p style="text-align: center;">Year – 11</p> <p style="text-align: center;">Year – 12 & 13</p>
<p>March 13th – 17th 20th – 24th</p>	<p style="text-align: center;"><u>SWIMMING</u></p> <ul style="list-style-type: none"> ▪ Swimming Gala Trials. ▪ Swimming Gala Finals.
<p>May 15th – 19th 22nd -26th</p>	<p style="text-align: center;"><u>SWIMMING CARNIVAL</u></p> <ul style="list-style-type: none"> ▪ Swimming Carnival Trials. ▪ Swimming Carnival Finals.
<p>May-June</p>	<p style="text-align: center;"><u>Indoor Sports Competition</u></p> <p>Badminton and Table tennis competition <i>June - Friendly swimming competition (SIG)</i></p>

INTER-SCHOOL EVENTS: - (Possible Participation) – Tentative Month

Ultimate Athletics Dxb International Academy	Nov 2022
UAE Athletics Track & Field - Gems world academy	May 2023
Hamilton Aquatics Super Sprint Meet	Sept 2022
Apex 1 st Community Open Championship	Oct 2022
All Star Swimming Competition	Dec 2022
Dubai School Games	May 2023
Apex 2 nd Community Open Championship	May 2023
Westford Swimming Gala (<i>is this exclusive only for Westford students?</i>)	May 2023
2 nd All Star Swimming Competition	June 2023
DU football championship	Jan 2023
Cambridge Hockey Tournament	Feb-March 2023

**Thank you,
Surjit. S. Sandhu
Head of Department – Physical Education.**