



PE ANNUAL PLAN FOR ACADEMIC YEAR 2023-2024

The dates below are subject to change based on all 3 phase, academic calendar. Upon discussion and confirmation with the phase heads, the final calendar will be shared.

Month	Events
Sep 18 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) – league system – for inter-class winners. Medal and certificate for overall winners (1st, 2nd and 3rd) Year 7 & up (house-wise competition)
September	<p style="text-align: center;"><u>Dubai School Games</u></p> <p style="text-align: center;">Teachers Championship</p>
September	<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 1 round year 3 & 4, 2 rounds year 5 & 6
October - November	Dubai Fitness Challenge (DFC)
October 02 nd -27 th October	<p style="text-align: center;"><u>SECONDARY PHASE CRICKET INTER-HOUSE</u></p> <p>Cricket inter-house for boys and girls. Year 7 to 11</p>
October 2 nd – 27 th	<p style="text-align: center;"><u>BREAK – BUSTERS</u></p> <p>Will be conducted by the Student Sports Council – With the guidance and support of the PE team.</p>

<p>30th Oct – Nov 25th</p>	<ul style="list-style-type: none"> ➤ Year 5&6 - Inter-class football competition. ➤ Year 5&6 - Basketball Inter-class competition. ➤ Year 5&6 - Cricket Inter-class competition.
<p>30th Oct – Nov 24th</p>	<p style="text-align: center;"><u>SECONDARY PHASE HOCKEY INTER-HOUSE</u></p> <p style="text-align: center;">Hockey inter-house for boys and girls. Year 7 to 13</p>
<p style="text-align: center;">October</p>	<p style="text-align: center;"><u>INTER-SCHOOL COMPETITION</u></p> <ul style="list-style-type: none"> • BITS Pilani sports feast • Manipal Sports competition • St. Marys Catholic High School – sports feast • DPS Sharjah inter-school sports competition
<p style="text-align: center;">November</p>	<p style="text-align: center;"><u>Dubai School Games</u></p> <ul style="list-style-type: none"> • Chess Qualifiers • Chess Finals • Archery championship
<p style="text-align: center;">November</p>	<p style="text-align: center;"><u>INTER-SCHOOL COMPETITION</u></p> <p style="text-align: center;">Apex C level - Swimming competition</p>
<p style="text-align: center;">November 12th or 19th</p>	<p style="text-align: center;"><u>DS MARATHON</u></p> <ul style="list-style-type: none"> • 5km run for students from Year 7 to Year 13 • 2.5 km run for students from year 3 to year 6 • 1 km run for students of Year 1 and Year 2
<p style="text-align: center;">December 5th & 7th</p>	<p style="text-align: center;"><u>SPORTS DAY</u></p> <p style="text-align: center;">FS1 & FS2</p>

<p>January to March</p>	<p style="text-align: center;"><u>Dubai School Games</u></p> <ul style="list-style-type: none"> • Football championship • Athletics championship • Cricket championship • Tennis championship
<p>January 1st - 26th</p>	<p style="text-align: center;"><u>SECONDARY PHASE - FOOTBALL</u> Football inter-house for boys and girls. Year 7 to 13</p>
<p>January - February 23rd – 03rd</p>	<p style="text-align: center;"><u>SPORTS DAY</u>Year 3 to 6 (dates to be confirmed) Year 1 to 6</p>
<p>January - February 29th – 23rd</p>	<p style="text-align: center;"><u>SENIOR SCHOOL Break-Busters</u> Will be conducted by the Student Sports Council – With the guidance and support of the PE team.</p>
<p>February 12th to 16th</p>	<p style="text-align: center;"><u>SPORTS DAY</u> Year 7 Year 8 & 9 Year 10 & 11 Year 12 & 13</p>
<p>February</p>	<p style="text-align: center;"><u>SENIOR SCHOOL BASKETBALL</u> Basketball inter-house for boys and girls. Year 7 to 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</p> <p>15th – 19th 22nd -26th</p>	<p align="center"><u>SWIMMING CARNIVAL</u></p> <ul style="list-style-type: none"> ▪ Swimming Carnival Trials. ▪ Swimming Carnival Finals.
<p>May</p>	<p align="center"><u>Sports Competitions</u></p> <p>Dubai School Games - Swimming competition Emirates Cup D level – Swimming competition Apex fundamental level - Swimming competition</p>
<p>May to June</p>	<p align="center"><u>Dubai School Games</u></p> <ul style="list-style-type: none"> • Swimming championship • Volleyball championship • Basketball championship • Badminton championship • Indoor cricket championship

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

DASSA GAMES	ALL 3 TERMS
Ultimate Athletics Dxb International Academy	Nov 2023
UAE Athletics Track & Field - Gems world academy	May 2024
Hamilton Aquatics Super Sprint Meet	Sept 2023
Apex Community Open Championship	Oct 2023
All Star Swimming Competition	Dec 2023
Apex Community Open Championship	May 2024
Westford Swimming Gala (is this exclusive only for Westford students?)	May 2024
All Star Swimming Competition	June 2024
DU football championship	Jan 2024
Cambridge Hockey Tournament	Feb-March 2024

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