



PUTTING THE FUN BACK  
INTO LEARNING!

AL BASMA  
BRITISH SCHOOL

Dear Parents and Guardians,

Welcome to our February Curriculum Guide,

**Parents, what you can do to help?**

What sporting activities are happening in February? Could you and your family attend a new sporting event or activity? Could you go to watch a new sport?

**Keywords:** Empathy (core value), Challenge, Fluency, Co-ordination

**Topics covered (Girls):** The girls will continue their unit of swimming for the month of February. We have covered the front crawl stroke over the last 3 weeks and now some children will progress to the breast stroke. Self and peer assessment will continue to be a big focus with regular progress checks in every lesson. Please note that the swimming pool and building is temperature controlled. Therefore it is not a problem for the children to swim in this weather. Also please encourage your children to swim every week. This is a short unit and swimming will not be revisited again until next year.

**Here is a breakdown of what the girls will be covering for the next four weeks:**

Week:	Grade 6	Grade 7	Grade 8	Grade 9
3	<ul style="list-style-type: none"> <li>To know and understand the different techniques used in the Front – Crawl technique</li> <li>To be able to perform the correct leg kick and arm pull</li> <li>To be able to perform the Basic Front Crawl technique</li> <li>To know and understand how the different events are measured and time in a competition</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand the importance of timing within the stroke</li> <li>To be able to perform the correct kicking and pull techniques that are correctly timed</li> <li>To be able to evaluate their own performances and create drills and practices to improve their Front Crawl technique</li> <li>To be able to perform the Front Crawl</li> <li>To improve performances of the speed and strength of the arm pull and leg kick</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform the breath on the third pull and know that they must alternate sides</li> <li>To know and understand the importance of breathing on the arm pull in a rhythmic pattern</li> <li>To understand the vital relationship between pulling and breathing</li> <li>To breath accurately and fluently whilst performing the breast stroke</li> <li>To be able to control their breathing whilst swimming the breast stroke</li> <li>To know and understand to exhale out of their nose</li> </ul>	<ul style="list-style-type: none"> <li>To use imagination and creativity to perform new methods of starts</li> <li>To know and understand the rules and regulations of the starts used in events</li> <li>To know and understand the different types of starts per each stroke</li> </ul>
4	<ul style="list-style-type: none"> <li>To use the correct timing when performing leg kick and arm pull</li> <li>To know and understand how to glide when performing the front crawl technique</li> <li>To be able to perform the glide</li> </ul>	<ul style="list-style-type: none"> <li>To be able to evaluate their own performances and create drills and practices to improve their Breaststroke technique</li> <li>To be able to perform the Breaststroke</li> </ul>	<ul style="list-style-type: none"> <li>To be able to alternate body to either side to enhance breathing technique</li> <li>To be able to turn body to enable body to breathe whilst competing and swimming</li> <li>To know and understand the importance of breathing</li> </ul>	<ul style="list-style-type: none"> <li>To be able to evaluate the starts strengths and weaknesses regarding propulsion, force and reaction</li> <li>To be able to incorporate force , propulsion and glide from start</li> </ul>

	To be able to Swim 25m	To improve performances of the speed and strength of the arm pull and leg kick To be able to create more propulsion from the kicks and pulls when performing the Breast stroke technique	on the arm pull in a rhythmic pattern To understand the vital relationship between pulling and breathing To breath accurately and fluently To be able to control their breathing whilst swimming	
5	To know and understand how the different events are measured and time in a competition To know and understand the benefits of using more strength and speed when performing the kicks and pulls to assist propulsion	To be able to perform the starts with accuracy and fluency  To use power and force at push off  To know and understand the importance of using power and force at the start of an event	To know and understand the mechanics used within the Butterfly stroke To know and understand how to perform the leg kick To further develop the pupils performance of the leg kick To know and understand how to perform the arm pull To further develop the pupils performance of the arm pull	To know the importance of entering the water with a streamlined approach creating minimal splash To know and understand the progressions of diving To be able to perform these progressions safely and accurately To be able to perform the Standing Front dive correctly and safely To know and understand how to perform the Standing Front dive
6	To know and understand how to perform the leg kick To be able to perform the leg kick used in the breast stroke To know and understand the arm pull used in the Breast Stroke To be able to perform the arm pull To know and understand the benefits of using more strength, timing and speed when performing the kicks and pulls to assist propulsion	To be able to perform the starts with accuracy and fluency To use more power and force at push off To enhance their knowledge and understanding of the importance of using power and force at the start of an event To know and understand how to glide in both the prone and back positions correctly	To incorporate timing and breathing within the pull To start to breathe when performing the Butterfly stroke To increase their performance of the fluency of the Stroke alongside the leg kick and arm pulls To know and understand how to glide when performing the stroke	To use imagination and creativity to perform new methods of turns  To know and understand the rules and regulations of turning within Swimming competitions and events  To know and understand terminology such as rotation, force and power

Mr. Stephen's class will be continuing with their Basketball unit. The boys will begin to assess their performance in their lessons, demonstrate good leadership ability and improve their communication skills.

Mr. Alfredo's class will continue to focus on football skills. The grade expectations have already been placed in previous curriculum guides for your reference. Here is a recap on the topics covered: dribbling, passing, receiving, using a variety of body parts to strike/control the ball, tactical play in using width and marking. Children will also develop their leadership, communication and umpiring skills.

Regards,  
The PE Department

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