



PUTTING THE FUN BACK
INTO LEARNING!

January 2018

Dear Parents and Guardians,

As we move into the new year, we can reflect on the success our students have had across our PE Curriculum, with evidence of students developing their knowledge and understanding across a variety of different activities. The new year will present the students of Al Basma British School with a range of new opportunities and experiences, both in curriculum time, and through enrichment activities.

Sports Leaders

The Al Basma PE Department will be reintroducing the role of Sports Leaders, in the new term. Information will be given to students when they return from the winter break; those students who are interested in applying for the roles must provide a letter stating why they would make an ideal sports leader, along with the return slip that will be on the information sheet.

PE Kit and Changing

We have noticed a great improvement in student's organisation with their PE kit; however, there is always room for improvement! A reminder that students must bring their PE t-shirt, navy tracksuit bottoms/shorts, and sports shoes into school on the days that they have PE. Students should not be attending school in their PE kit, unless that have PE lessons at the beginning of the day. With the imminent reintroduction of the swimming pool, it is essential that students bring appropriate/suitable swimwear, **as well as** their normal PE kit, should we ever experience any issues with the pool. A reminder that football boots are not permitted in school, be that in PE lessons, enrichment activities or recreational time.

Please see below when your child has PE:

Boys

Sunday: 10A Core
9A GCSE Theory
8B

Monday: 6A
9A GCSE Theory

Tuesday: 9A Core
7A, 7C, 8A

Wednesday: 8C, 7B

Thursday: 9A GCSE Practical
6C, 6B

Girls

Sunday: 9B Core
10B GCSE Theory

Monday: 6D, 9B GCSE Theory
10B GCSE Practical

Tuesday: 9B GCSE Practical
7D, 8D

Wednesday: 9B GCSE Theory
10B GCSE Theory

Thursday: 10B Core, 6E, 7E

Physical Education Curriculum Guide - January

Grade 6

January will see Grade 6 students focusing upon a variety of activities; these include Striking and Fielding, Invasion Games, and Problem Solving. Problem Solving will require students to think logically, plan, lead and evaluate strategies to overcome challenges, and then apply these to a range of scenarios. Problem Solving is a fundamental principle of PE, and has a direct correlation to cross curricular learning. Striking and Fielding will be focused upon developing student's hand-eye coordination, their ability to throw, catch and strike an object, as well as their strategic understanding of these games.

Grade 7

Our Grade 7 students shall be focusing on the following activities: Leadership, Problem Solving, Striking and Fielding, and Net and Wall Games. Striking and Fielding will be focused upon further developing student's hand-eye coordination, their ability to throw, catch and strike an object, as well as their strategic understanding of these games. Net and Wall Games will see students developing an understanding of how to outwit an opponent, as well as developing technical and tactical understanding. Within Leadership and Problem Solving lessons, students will be required to think logically, demonstrate effective planning and reflective skills, and to communicate in a concise yet informative manner.

Grade 8

Students are continuing with our new 'Pathway' structure; here students are studying 6-7 week blocks and will be focusing on the following areas of the National Curriculum: Leadership and Health and Exercise. January will see students planning, leading and evaluating their own activity sessions, as well as developing their leadership qualities. The Health and Exercise pathway is a pre-cursor for IGCSE PE, and will see students planning, conducting and evaluating a Personal Exercise Programme, in which they will be looking to develop their knowledge and understanding of the components of health and skill related fitness.

Grade 9 & Grade 10 Core

Our Key Stage 4 students will be exploring Health and Exercise, Net and Wall Games. Similarly to Grade 8, students will be further developing their knowledge of healthy, active lifestyles, and will be exploring a range of different training methods, and discovering the short term and long term effects of exercise. Within Net and Wall Games, students will continue to develop their technical and tactical understanding and performance across a range of activities.

Grade 9 & 10 GCSE PE

Our Grade 9 cohort will continue with the study of Applied Anatomy and Physiology, with particular attention being paid to the Cardiovascular System, as well as the short-term effects of exercise on the Muscular System and the Cardio-Respiratory System. Students will be sitting a mock assessment towards the end of January, which will give a greater representation of student knowledge, understanding and progress. Further information will be sent to those students affected, closer to the time.

Our Grade 10 cohort will be focusing upon exam preparation, with the mock assessment period approaching. Within theory based lessons, students will be focusing upon energy systems, principles of training, and statistical data analysis. For further information regarding theory content, please contact Mr Dayle, via the email address provided below.

Departmental Contact Details

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Please do not hesitate to contact us if you have any queries; we will do our best to respond as quickly as possible.

Thank you for your on-going support,

The PE Department

