



Dear Parents and Guardians,

As we move in to March, our focus turned to Sports Week, which ran Sunday 4th March to Thursday 7th March. We were delighted that some parents came to support the older children and watch them compete!

Celebrating Success

The PE Department are actively looking at promoting and celebrating students sporting success, both through their PE lessons, and through their extra-curricular activities. If your child is participating in an extra-curricular activity, and is competing at a high level, then let us know! If you have details of these sporting successes, then please contact Mr Dayle via the email found in the Departmental Contact Details below.

PE Kit and Swimming

The PE Department are continuing with their drive of ensuring that all students attend their PE lessons fully equipped (PE tshirt, navy tracksuit bottoms/shorts, and sports shoes). With the reintroduction of the Swimming Pool, students who are studying swimming in the upcoming half term must ensure that they have the following equipment, as well as their normal PE kit in case the pool is not in use for any reason:

1. Boys – Swimming shorts (knee length)
2. Girls – Swimming costume (knee length)
3. Swimming hat/cap (compulsory)
4. Goggles (advisable)
5. Large towel

Parents of children who are scheduled to swim in Term 3 will be contacted directly by letter after the Spring Break.

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

Monday: 6D, 9B GCSE Theory

Tuesday: 9B GCSE Practical
7D, 8D

Wednesday: 9B GCSE Theory

Thursday: 10B Core, 6E, 7E

Physical Education Curriculum Guide -March

Grade 6

March will see Grade 6 students continuing to focus upon a variety of activities; these include Problem Solving, Net and Wall Games, and Leadership. 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 7

Our Grade 7 students will continue to focus on the following activities: Problem Solving, Striking and Fielding and Invasion 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. Within 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. There will be an emphasis of real-life challenges that students could encounter, in which they will be encouraged to consider the impact of their decision making.

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 Games. March will see students planning, leading and evaluating their own activity sessions, as well as developing their leadership qualities; whilst students will be developing transferable skills across a variety of games, and applying tactics to overcome their opponents, in the games module.

Grade 9 GCSE PE

Our Grade 9 cohort will continue to focus upon Movement Analysis, with particular attention being on lever systems, as well as planes and axes of movement. This topic is new to GCSE PE. The inclusion of movement analysis is so that students have the opportunity to develop their knowledge and understanding of the basic principles of movement, and their effect on performance in physical activity and sport. Students will be assessed through a written assessment, as well as through their practical lessons.

Departmental Contact Details

Mr. Dayle (Head of PE)	dayle.m@albasmaschool.ae
Miss Danielle	danielle.f@albasmaschool.ae
Miss Karen	karen.p@albasmaschool.ae
Mr. Steve	stephen.f@albasmaschool.ae

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