



PUTTING THE FUN BACK
INTO LEARNING!

Dear Parents and Guardians,

Our focus this month in PE is Leadership and Creativity.

Students will be asked to lead warm ups, sections of lessons, and game situations.

The Grade 6 girls have been asked to design their own dance unit, producing weekly plans and ideas for each lesson with their final lesson to perform a dance routine for the Grade 5 girls.

So what skills makes a good leader? Good communication skills, good organisational skills, confidence, and good subject knowledge. These are all skills that we will begin to work through this month.

What can you do to help? Have a discussion with your child about leadership, explain who is your favourite leader and why, discuss what attributes make them a good leader.

Due to support from management we have been able to add a professional trampoline to our growing stock of PE resources. Some girls have already started trampolining in lessons as part of their gymnastic unit. Mr Alfredo is planning to introduce trampolining into his lessons when he has completed his games unit with the boys.

Trampolining: In this unit pupils will focus on the basic safety issues around using the trampoline. Pupils will accurately replicate modelled skills and movements individually and in combination focusing on the correct techniques. Pupils will show creativity, control, fluency and aesthetics in developed sequences. Students will peer and self-evaluate and assess movements to improve sequences.

As this is the first time most students have done trampolining the following is a quick reference to what standards I will be expecting in all grades.

Grade 6 Aid in the setting up and returning of equipment. Will be able to “spot” correctly and safely. Can accurately replicate basic shapes and turns with some control and varied aesthetics. Will be able to combine moves into a short sequence. Displays some knowledge of the terminology used. Can suggest a basic warm up and describe fitness elements related to trampolining.

Grade 7 Able to perform all of the basic techniques well and completes some advanced movements. Consistently shows good technique with clarity of shape and fluency of movement. Style and control are present but sometimes variable, however sequences do show fluency. Able to experiment and plan own sequences and help others with their work. Can identify good performances and suggest some ways to improve. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.

Grade 8 Able to accurately replicate a range of techniques, skills and apply them in a small sequence. Shows consistent good height on each bounce, good technique, clarity of shape and fluency to next skill. Ability to perform drops (seat, front and back) and rotational movements i.e. front summersault. Ability to compose a sequence and perform with flow, control and precision.

Able to use knowledge of own and others abilities to assist learning and can analyse performances well. Has a developed knowledge of warm ups and fitness components required of trampolining.

Grade 9 High level of replication across a range of techniques, skills and apply them appropriately in a routine. Shows consistent good height on each bounce, excellent technique, clarity of shape and fluency to next skill. Ability to compose a sequence and perform with flow, control and precision. Able to use knowledge of own and others abilities to assist learning and can analyse performances well. Has a developed knowledge of warm ups and fitness components required of trampolining.

Key words: Safety, tolerance (core vale), leadership and fluency.

Mr Stephen is on personal leave and his lessons are being covered by members of the PE team.

The PE team:

Ms Karen karen.p@albasmaschool.ae

Mr Alfredo alfredo.s@albasmaschool.ae

Ms Stephen stephen.f@albasmaschool.ae