



PUTTING THE FUN BACK
INTO LEARNING!

Physical Education Curriculum Guide

November 2017

Dear Parents and Guardians,

As we move in to November, the PE Department will continue to familiarise students with the new assessment process, which focuses upon four different areas; Performance, Making and Applying Decisions, Evaluating and Improving, and Growth Mindset. These areas will be discussed with students within lessons, and will give them a clear understanding of how they are being assessed. In line with the School's assessment policy, students will be provided with a grade of Emerging, Established or Exceeding, based on the topics that are covered within each term. The PE Assessment document remains attached to the bottom of this month's guide for your information.

PE Kit

In last month's edition, we discussed the importance of students attending PE lessons fully equipped; with school PE uniform t-shirt, school uniform tracksuit bottoms or navy blue knee length shorts and trainers. Students are not permitted to wear leggings for PE lessons. Students must be wearing their PE house shirt for lessons. The school uniform shop is fully stocked with PE t shirts and track suit pants so you should not be having any trouble purchasing the house shirt or tracksuit pants. If you are facing difficulty, please write a note in your child's organiser, so that the PE teacher is aware of the problem. Old house t shirts can continue to be worn until September 2018 when all children will be expected to be in the new house t shirts. Furthermore, to promote health and safety, students are not allowed to wear watches or jewellery in lessons, and hair must be tied up. Failure to attend lessons fully equipped will result in removal of Golden Time.

Changing

Students are only allowed to attend school in their PE house shirt, if they have a practical PE lesson during Periods 1 and 2. All other children must attend school in their full school uniform and change for PE. All children must change back into their school uniform after PE unless the lesson is periods 8 and 9. Many children are wearing their PE shirts for the entire day, which is unhygienic, and goes against the uniform policy. Please ensure that your child attends school with both uniforms, on the day that they have PE.

Please see below when your child has PE:

Boys

Sunday: 10A Core
9A GCSE Theory
8B

Monday: 6A
9A GCSE Practical

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

Wednesday: 8C, 7B

Thursday: 9A GCSE Theory
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

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Grade 6

As we move into November, students will be changing the area of study in their PE lessons. Topics that will be explored this half term include: Health and Exercise, Net and Wall Games, and Problem Solving. Health and Exercise lessons will be centred upon developing student's knowledge and understanding of the importance of a healthy, active lifestyle, as well as how the body responds to the demands of physical activity. Net and Wall Games will see students developing an understanding of how to outwit an opponent, as well as developing technical and tactical understanding. A new aspect of Al Basma's PE Curriculum is Problem Solving; these activities require students to think logically, plan, lead and evaluate strategies to overcome challenges, and then applying these into a range of scenarios. Problem Solving is a fundamental principle of PE, and has a direct correlation to cross curricular learning.

Grade 7

Throughout November, students will be covering the following topics: Leadership, Problem Solving, Invasion Games, and Net and Wall Games. Within Leadership lessons, students will develop their knowledge and understanding of what makes an effective leader, applying these qualities into their own teaching episodes, and providing feedback on the effectiveness of student-led sessions. Invasion Games will be focusing upon a variety of activities, in which students will develop transferable skills, such as technique development and tactical understanding.

Grade 8

Students are continuing with our new 'Pathway' structure; here students are studying 6-7 week blocks and have been focusing on the following areas of the National Curriculum: Leadership and Health and Exercise. November 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, and Games modules. 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 Games, students will continue to develop their technical and tactical understanding and performance across a range of activities.

Grade 9 & 10 iGCSE 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. The Grade 10s will continue to develop and produce their Personal Exercise Programme (PEP). They will perform, evaluate and analysis their results. This is part of their final external assessment. In theory sessions, students will be introduced to a Sports Psychology topic called The Classification of Skills.

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



Performance: ___/10

Your ability to apply the components of health and skill-related fitness to a task, as well as being able to precisely replicate the learning points from each lesson, demonstrating control, fluidity and accuracy.



Making and Applying Decisions: ___/10

The thought process which informs the skills that you select and apply to overcome the challenge presented to you, as well as your ability to use tactics and strategies.



Evaluating and Improving: ___/10

Your ability to provide critical feedback to enable a partner to develop their performance, through the use of keywords and referencing learning points; as well as your ability to reflect on the feedback you receive, and make adjustments to improve performance.



Growth Mindset: ___/10

Your determination to overcome the barriers you face, seeking further challenge, and putting maximum effort in all situations.

