



PUTTING THE FUN BACK
INTO LEARNING!

Dear Parents and Guardians,

On behalf of the Physical Education Department, I would like to give a warm welcome to our new, and returning students, to what is bound to be an exhilarating year for Al Basma British School. The PE Department welcomes two new faces this year; Mr Dayle, who is Head of PE at the school, and Miss Danielle, who is our new Grade 6 Leader and PE teacher. The PE Department is extremely fortunate to have such a strong and experienced team of teachers, who are excited to be teaching a range of activities, over the coming year.

Parents, what you can do to help.

We ask that you promote your child to live a healthy, active lifestyle. This means being physically active for at least one hour per day, maintaining a balanced diet, and keeping hydrated. Hydration is essential to maintaining a healthy lifestyle, and being able to maintain performance in physical activity. The PE Department are encouraging *all* students to bring bottles of water to their lessons.

It is incredibly important that your child attends their PE lessons properly equipped; house t-shirt, shorts/tracksuit bottoms and trainers. Please note, students must be wearing sports trainers, and not school shoes to their PE lessons. We would also like to remind parents and students that football shirts and studded boots are strictly forbidden in PE lessons.

Please see below when your child has PE, and make sure that they come to school fully equipped for their lesson:

Boys

Sunday: 10A Core
9A GCSE Theory
8B

Monday: 6A
9A GCSE Practical

Tuesday: 8A
9A Core
7A
7C

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

Physical Education Curriculum - September

Grade 6

Within the first half term, students will be introduced to fundamental principles within Physical Education, such as the importance of a warm up, how to correctly perform one, the names and locations of major muscles, the importance of team cohesion in sport, and how to communicate effectively. Furthermore, students will be introduced to the notion of 'sportsmanship', and how that is displayed across the different areas of the curriculum. Students will be participating in the following topics this half term: Invasion Games, Outdoor Adventurous Activities and Dance

Grade 7

Throughout the first half term, students will be further developing their knowledge of fundamental principles within Physical Education, and will be introduced to more complex technical and tactical principles. Students will begin to develop a greater understanding of what makes quality feedback, and how to provide a peer with feedback. Grade 7 will be exploring the following topics this half term: Invasion Games and Outdoor Adventurous Activities. Class teachers will inform students what topic they are studying, and when they are changing activity.

Grade 8

Students will be introduced to our new 'Pathway' structure; here students will study 6-7 week blocks of the following areas of the National Curriculum: Games, Health and Fitness, Leadership, Outdoor Adventurous Activities, and Aquatic Activities. Within these pathways, students will explore the techniques and strategies required to be successful, as well as develop fundamental and transferrable skills such as communication, determination, and perseverance. These pathways are related to the GCSE PE option, which students will be encouraged to take in Grade 9&10. Class teachers will inform students what topic they are studying, and when they are changing activity.

Grade 9 & Grade 10 Core

In the opening half term, our Key Stage 4 students will be exploring Invasion Games, with the focus of complex technical skill development, as well as strategic planning, application and evaluation. Students will develop a greater understanding of how tactics can be used to outwit an opponent, as well as how these tactics can be transferred and adapted across a range of team based games. Students will be presented with the opportunity to develop their ability to critically analyse performance, and provide quality feedback, based on the technique or strategy that they have observed.

Department 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.

Thank you for your ongoing support,

The PE Department