



Dear Parents and guardians,

PE assessment week will commence week beginning 12th March. This is an opportunity for teachers to assess the progress that each pupil has made in their respective units. The G6-9 girls will be completing their swimming unit over the next two weeks including a swimming assessment week commencing 12th March. This assessment will be focused on assessing the progress each child has individually made in this swimming unit. Reference will also be made to the English National Curriculum (ENC) guidelines which have been shared with you in previous curriculum guides, As our Core Value this month is Resilience we would like to congratulate some pupils on their continuous determination to keep trying in lessons, which resulted in them making very good progress in their swimming technique, knowledge and overall confidence in water.

The following girls have shown excellent resilience in the swimming unit:

Grade 6NI: Hajra Nasir Ud-Din Humayun Nasir

Grade 6NI: Mahra Khaleel Ibrahim Mohamed Qraishi Al Marzouqi

Grade 6RA: Aayla Anjaleen Abdul Muqtader Khan

Grade 6RA: Azza Mohamed El Tag Abdalla

Grade 6RA: Fadwa Abdul Kareem

Grade 6RA: Khadija Muhammad Kalim Ahmed

Grade 7AM: Maryam Hamad Yousef Abdulla Al Mansoori

Grade 8MA: Uzma Humaira Binte Asrin

Grade 9RA: Reem Yasser Ibrahim Mohamed Abbas

They will each receive a Principal's Award for their efforts.

Key words: Resilience (Core Value), Buoyancy, Co-ordination, Independence, Self-awareness



The grade 6-9 boys will be assessed in their outwitting opponents unit through basketball and football, depending on their grades and teacher. Both Mr Alfredo and Mr Stephen will be using the following ENC guidelines to assess progress and attainment.

Grade 6:

Emerging Can pass and shoot with reasonable accuracy and demonstrate a developing technique usually applied with co-ordination and control. Can demonstrate techniques usually applied with co-ordination and control to gain an advance over an opponent. Tactically

awareness is improving and response to situations has started to vary. Can see the differences between their performances and others. Understands the need to warm up.

Expected: Can use skills and techniques together with accuracy to outwit an opponent. Can demonstrate skills successfully and begins to understand importance of strategy and tactics when attacking. Can catch and pass a ball successfully. Able to compare their own and others work and see the differences so that they can improve their own performance. Able to explain in simple terms the physical effects of exercise on their body and safe way of preparing for exercise. A deeper understanding of the health and fitness and the importance.

Exceeding: Can consistent replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health

Grade 7:

Emerging: Can use skills and techniques together with accuracy to outwit an opponent. Can demonstrate skills successfully and begins to understand importance of strategy and tactics when attacking. Can catch and pass a ball successfully. Able to compare their own and others work and see the differences so that they can improve their own performance. Able to explain in simple terms the physical effects of exercise on their body and safe way of preparing for exercise. A deeper understanding of the health and fitness and the importance.

Expected: Can consistent replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health.

Exceeding: Good skill level and shows vision within game situations. Becoming more influential in the game outwitting opponents easily. Can change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills etc have been used and suggest ways to improve further. Know how different type of exercise helps with health and fitness and can suggest ways of warming up and cooling down.

Grade 8:

Emerging: Can consistent replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health.

Expected: Good skill level and shows vision within game situations. Becoming more influential in the game outwitting opponents easily. Can change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills have been used and suggest ways to improve further. Know how different type of exercise helps with health and fitness and can suggest ways of warming up and cooling down.

Exceeding: An advanced level of skill and technique is evident even under pressure and when outwitting an opponent. Can adapt and apply these to suit both defensive and attacking situations. Can analyse their own opponent's play using sound technical knowledge, and plan ways to improve team and individual performance. Can plan their own exercise and activity programme to suit their specific needs and carry it out.

Grade 9 GCSE cohort will be covering, media & sponsorship in sport, injury in sport, risk assessment in sport, video diaries and exam/revision techniques.

Thank you for your support in another successful term for the PE department. The PE department would like to wish all our parents & students a very restful and enjoyable Spring Break.

Kind regards,

The PE Team

Ms Karen karen.p@albasmaschool.ae

Mr Alfredo alfredo.s@albasmaschool.ae

Ms Stephen stephen.f@albasmaschool.ae