



PUTTING THE FUN BACK  
INTO LEARNING!

Dear Parents and Guardians,

### **Parents-what you can do to help?**

Promote a healthy active lifestyle at home. Do you take part in physical activities as a family? Do you promote healthy eating in your home? Could your family be more active? Small life changes and choices can make a big difference to your children's health.

We are promoting healthy lifestyles in school and ask you to support us by sending your children with healthy options for snack and lunch.

**Keywords:** Integrity (core value), footwork, dodging, defending, tactical play.

**Topics covered (Girls):** As explained in the November newsletter the girls have been introduced to the British game called Netball this term. As a new sport to most of the girls I am delighted to say that the progress made has been very good. All children have developed the basic skills and knowledge required to play a full sided game. Some children have developed an in depth knowledge in relation to the tactics needed to be successful in the game. Children that had previous knowledge of the sport were used to help demonstrate and coach in their lessons. Overall a very successful introduction to the sport in Al Basma.

**Topics covered (Boys):** Mr. Stephen's class have now started fitness. The boys are learning a variety of fitness testing, training and the skill of self-evaluation in fitness. The boys have been working hard to improve their cardio-vascular fitness, endurance and muscular strength. Mr. Alfredo's classes have now completed their swimming unit. The boys are now taking part in volleyball or handball. Handball is an example of an invasion game. Below you will find the main objective of this unit.

As the majority of the children are now taking part in handball I have attached the expectations for each grade. These criteria are used to evaluate progress in lessons and as a guideline for the December reporting.

### **Expectations (Grade 6-9)**

**After carrying out the activities and core tasks in this unit.**

**Grade 6 students will be able to:**

- Choose and use combinations of skills with confidence, accuracy and consistent quality in most of the games they play;
- use a sound understanding of the principles of play when planning their approaches to games;
- work effectively in small teams to choose and put into practice tactics for attacking and defending;
- recognise and explain the importance of getting ready for games;
- follow appropriate warm-up routines; identify the main aspects of a good performance;

- recognise weaknesses; suggest how a performance could be improved.

**Grade 7 students will be able to:**

- Choose and use skills that suit the games they play, showing greater strengths in some of the games than others;
- work with others in small teams to attack and defend;
- take on specific roles that suit their abilities;
- contribute to the organisation of a team;
- know that they need to prepare safely for games;
- follow warm-up routines they are given with some care;
- describe what they do best;
- work on ideas that they are given to improve their performance.

**Grade 8 students will be able to:**

- Choose and apply complex skills and techniques that are suited to games;
- use these skills and techniques fluently and precisely;
- plan and adapt team and individual tactics, varying them as the need arises;
- take a leading role in teams and have a significant impact on the games played;
- recognise the similarity in approaches between the games and adapt ideas and approaches willingly and easily;
- prepare for games, devising effective warm-up routines; understand the importance of cooling down;
- describe quality in performance clearly and precisely;
- decide how to improve different aspects of performance.

**Grade 9 students will be able to:**

- Perform in the game to a high level showing flair and originality;
- demonstrate the ability to be an influence within the game situation and outwit opponents using complex strategies;
- understand and evaluate performance and see how skill, tactics, strategies and fitness affect overall team effectiveness;
- create plans to improve performance and create fitness programmes for themselves and others.

Thank you for your ongoing support and the PE department wish you a very restful and enjoyable winter break.

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