



PUTTING THE FUN BACK
INTO LEARNING!

Dear Parents and Guardians,

On behalf of the PE Department I would like to wish you a Very Happy New Year

Parents-what you can do to help? Promote health and well-being in your household. Encourage your children to join a local sports club or a new physical activity. Please continue to ensure that your child has their full correct PE kit with them in school, as well as their correct school uniform to change into. The PE kit is: School tracksuit bottoms/shorts, house t-shirt and trainers. No football boots, studs or blades are not permitted in school. All children must also have a bottle of water for PE lessons.

Keywords: Care (core value), Control, Precision, Sportsmanship

Topics covered (Girls): The girls will be doing a unit of swimming this term. They will be introduced to the importance of water safety, breathing techniques and strokes. They will progress to learning and developing a variety of swimming strokes. Please encourage your daughter to take part in all lessons. Please be aware that two female life guards will be present during every lesson. Each child will progress at their own pace.

As this is the first unit of swimming for the girls the topics covered will be similar for the first few weeks for safety, water confidence and assessment reasons. The expectations for each grade will be relevant for the age group and the grade assessment criteria. Self-assessment will be a big focus in this unit. The main topics covered will include: water safety, breathing, leg kicks, front crawl leg action, front crawl arm action, back stroke leg action, back stroke arm action, back stroke breathing, and self-assessment. Children will be using task cards to assess their performance and focus on the gross and fine motor skills involved in swimming. Girls will need the following equipment for swimming lessons:

1. Swimming Costume (covering tops of legs)
2. Swimming hat/cap (compulsory)
3. Goggles (advisable)
4. Large towel

Topics covered (Boys): Mr. Stephen's classes will be covering a Basketball unit for the first half of this term. The boys will be covering dribbling, passing, shooting, defending, teamwork and assessment.

Mr. Alfredo's class will be covering a unit of football for the next 5 to 6 weeks. They will choose, combine and perform football skills with more consistency, accuracy and quality. Each grade will focus on the following topics with a varied level of difficulty in relation to grade expectations. They will use basic principles of play, and applying tactics in attack and defence.

The topics will be: dribbling, passing, receiving, using a variety of body parts to strike/control the ball, tactical play in using width and marking. Children will also develop their leadership, communication and umpiring skills.

Expectations for football/basketball (Grade 6 to 9)

Grade 6: 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. Is able to compare their own and others work and see the differences so that they can improve their own performance. Is able to explain in simple terms the physical effects of exercise on their body and safe ways of preparing for exercise. A deeper understanding of the importance of health and fitness.

Grade 7: Control of the ball is consistent and skills are performed much more quickly in response to opposition pressures. Can select a very good range of skills to outwit an opponent. Is able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.

Grade 8: An advanced level of skill and technique is evident most of the time even under pressure. Can select an excellent range of skills to outwit an opponent. Is able to demonstrate a very good level of tactical awareness and 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:

Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will perform and replicate the skills of passing, receiving, dribbling, shooting, rebounding as well as defensive movements. Developing, combining and refining learnt basketball and football skills will enable the pupils to outwit opponents more frequently.

Regards,
The PE Department

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