



PUTTING THE FUN BACK
INTO LEARNING!

Dear Parents and Guardians,

As we move into Term 3, our students continue to explore a range of different activities within the Physical Education curriculum, with the aim of developing their physical literacy. Physical literacy is centred upon the development of students' knowledge, understanding, confidence and competence to value and take responsibility for engagement in physical activity for life. As such, the department will continue to offer a range of enrichment activities for all of our students.

Celebrating Success

The PE Department are actively looking at promoting and celebrating students sporting success, both through their PE lessons, and through their extra-curricular activities. If your child is participating in an extra-curricular activity, and is competing at a high level, then let us know! If you have details of these sporting successes, then please contact Mr Dayle via the email found in the Departmental Contact Details below.

PE Kit and Swimming

The PE Department are continuing with their drive of ensuring that all students attend their PE lessons fully equipped (PE tshirt, navy tracksuit bottoms/shorts, and sports shoes). With the reintroduction of the Swimming Pool, students who are studying swimming in the upcoming half term must ensure that they have the following equipment, as well as their normal PE kit:

1. Boys – Swimming shorts (knee length without pockets)
2. Girls – One piece swimming costume (Mid thigh length or with over shorts)
3. Swimming hat/cap (compulsory)
4. Goggles (advisable)
5. Large towel

Children who are swimming will be given a consent letter before their swimming unit begins. Please see below when your child has PE, and make sure that they come to school fully equipped for their lesson:

Key Stage Two

Sunday: 5F
3C
3E
3H
4A

Monday: 4C
4B
5B
5A
3D
5E

Tuesday: 3I
3B
5D

Wednesday: 5C
3A
4G

Thursday: 4H
4E

If your child is unable to physically participate in a lesson due to illness or injury, a note must be provided in their student diary, and given to their PE Teacher at the beginning of the lesson. Any student who is unable to physically participate will still have an active role within the lesson.

Physical Education Curriculum - April

Grade 3

Our Grade 3 students will be focusing on the following areas of study: Net and Wall Games, Invasion Games, Problem Solving, Gymnastics and Striking and Fielding Games. Students will continue to develop their understanding of how to control their bodies, developing the confidence to participate in physical activity, and how to develop basic techniques across a variety of different activities. Students will be encouraged to develop logical thinking within these activities, as well as begin to provide feedback to one another, based upon performance. Students who are studying swimming will look to develop their confidence and competence in the water; as well as their ability to perform a variety of strokes.

Grade 4

Our Grade 4 students will be focusing on the following areas of study throughout April: Swimming, Net and Wall Games and Striking & Fielding. Within lessons, students will develop their physical literacy, along with the confidence and competence to perform across a variety of activities. Peer based feedback will be used across all activities to develop students' knowledge and understanding of what/how/why progress is required. Students will be encouraged to demonstrate creativity, and explore a variety of different methods to complete tasks. Students who are studying swimming will look to develop their confidence and competence in the water; as well as their ability to perform a variety of strokes.

Grade 5

Throughout April, our Grade 5 students will continue to focus on the following areas: Swimming, Leadership and Gymnastics. Similarly to Grade 4, students will develop their physical literacy, along with the confidence and competence to perform across a variety of activities. Students who are studying swimming will look to develop their confidence and competence in the water; as well as their ability to perform a variety of strokes.

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
Mr. Arun	arun.a@albasmaschool.ae
Miss Sajitha	sajitha.k@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 on-going support.