



PUTTING THE FUN BACK  
INTO LEARNING!

## Physical Education Curriculum Guide

November 2017

Dear Parents and Guardians,

As we move in to November, Al Basma's Enrichment Programme will be restarting; the Enrichment Programme is a fantastic opportunity to enrol your child into one of the many extra-curricular activities that we offer at the school. The PE Department will be offering a range of different sporting activities throughout the year, so be ensure to sign up early, as spaces will be limited!

### **PE Kit**

In last month's edition, we discussed the importance of students attending PE lessons fully equipped; with school PE uniform t-shirt, school uniform tracksuit bottoms or navy blue knee length shorts and trainers. Students are not permitted to wear leggings for PE lessons. Students must be wearing their PE house shirt for lessons. The school uniform shop is fully stocked with PE t shirts and track suit pants so you should not be having any trouble purchasing the house shirt or tracksuit pants. If you are facing difficulty, please write a note in your child's organiser, so that the PE teacher is aware of the problem. Old house t shirts can continue to be worn until September 2018 when all children will be expected to be in the new house t shirts. Furthermore, to promote health and safety, students are not allowed to wear watches or jewellery in lessons, and hair must be tied up. Failure to attend lessons fully equipped will result in removal of Golden Time.

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 - November**

### **Grade 3**

As we move into November, our Grade 3 students will be focusing on the following areas of study: Net and Wall Games, Invasion Games, 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.

### **Grade 4**

Our Grade 4 students will be focusing on the following areas of study throughout November: Invasion Games, Gymnastics, and Problem Solving. Within lessons, students will be focusing upon developing technical and tactical knowledge and understanding, providing feedback to peers, developing strategies in problem solving based activities, and how to create and use space to outwit an opponent. Furthermore, students will be developing a greater understanding of how to control and manipulate their bodies across a variety of activities.

### **Grade 5**

Throughout November, students will be focusing upon the following areas of study: Problem Solving, Invasion Games and Striking and Fielding Games. Students will be looking to develop a greater understanding of logical thinking, developing communication skills, and how to overcome challenging scenarios. The development of technical and tactical understanding will allow students to progress with fundamental movement and cognitive skills.

## **Department Contact Details**

Mr. Dayle (Head of PE)	<a href="mailto:dayle.m@albasmaschool.ae">dayle.m@albasmaschool.ae</a>
Miss Danielle	<a href="mailto:danielle.f@albasmaschool.ae">danielle.f@albasmaschool.ae</a>
Miss Karen	<a href="mailto:karen.p@albasmaschool.ae">karen.p@albasmaschool.ae</a>
Mr. Steve	<a href="mailto:stephen.f@albasmaschool.ae">stephen.f@albasmaschool.ae</a>
Mr. Arun	<a href="mailto:arun.a@albasmaschool.ae">arun.a@albasmaschool.ae</a>

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,

The PE Department