



PUTTING THE FUN BACK
INTO LEARNING!

Dear Parents and Guardians,

On behalf of the Physical Education Department, I would like to welcome you to October's Curriculum Guide. September was an exciting month for Al Basma School, as we welcomed two new members of the Physical Education Department; Mr Dayle, who is our new Head of PE, and Miss Danielle, who is the new Grade 6 Leader. With the new academic year underway, students are fully immersed in the new PE Curriculum, which will see students covering a variety of activities, developing their knowledge and understanding of technical and strategic performance, as well as fundamental movement patterns, and how to manipulate and control their bodies.

Parents, what you can do to help.

We ask that you encourage your child to live a healthy, active lifestyle. This means being physically active for at least one hour per day, maintaining a balanced diet, and keeping hydrated. Hydration is essential to maintaining a healthy lifestyle, and being able to maintain performance in physical activity. The PE Department are encouraging *all* students to bring bottles of water to their lessons.

It is incredibly important that your child attends their PE lessons properly equipped; house t-shirt, navy blue shorts or school uniform tracksuit bottoms and trainers. Please note, students must be wearing sports trainers, and not school shoes for their PE lessons. Please note old house t shirts can be worn until September 2018 when we will expect all children to be wearing the new house t shirts.

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 - October

Grade 3

Since the start of the new school year, students have been focusing on different areas of the Physical Education curriculum, with particular attention being paid to Gymnastics, Invasion Games and Striking and Fielding. Within these areas, students will be learning how to develop their understanding of how to use and control their bodies, the importance of communication in team events, and how to create and use space. Activity change overs will occur after half term, and will be discussed in our November curriculum guide.

Grade 4

Continuing in to October, students will be focusing on Gymnastics, Outdoor and Adventurous Activities, Striking and Fielding, and Net and Wall games; these are specific to each class, and will work on a rotational basis. Within these lessons, students will be developing a greater 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. Activity change overs will occur after half term, and will be discussed in our November curriculum guide.

Grade 5

Throughout October, students will continue to focus upon a variety of areas of the Curriculum, including Invasion Games, Outdoor and Adventurous Activities, Striking and Fielding, and Net and Wall games. 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. Activity change overs will occur after half term, and will be discussed in our November curriculum guide.

Department Contact Details

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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