



PUTTING THE FUN BACK  
INTO LEARNING!

AL BASMA  
BRITISH SCHOOL

Dear Parents and Guardians,

Thank you for attending the parents' evening last week. It was a pleasure to give you an update on the progress your children are clearly making in PE. Your support is highlighted in the effort, motivation and organisation that most children are displaying in PE.

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

Many parents raised their concerns about their children's fitness levels. It is recommended that children should take part in exercise 3-5 times a week. Is your child achieving this? If not, small changes to the family routine can make big differences to fitness levels. As the weather is getting cooler there is now more opportunity to exercise or be active in the evening time. How much time are your children spending on their phones, ipads etc. ?

### **Keywords:**

Integrity (core value), aerobic exercise, competition, communication

### **What's next?**

Most children have been involved in the outwitting an opponent theme which will continue this month. The girls have completed a unit of volleyball or football. They will now progress to the introduction of a very popular British sport called Netball. Many girls have not played this sport before so it is an exciting time to see the girls' progress in a new sport. The boys are completing their handball/swimming unit and will be moving onto a team sport to complete their outwitting an opponent unit.

**Outwitting an opponent:** Throughout this scheme pupils will develop the fundamental skills necessary to outwit opponents. Pupils will learn to choose, combine and perform netball skills with fluency, consistency, accuracy and quality. A continual development and refinement of the necessary skills will contribute to producing a successful performance and outwitting opposition more frequently.

### **Success Criteria**

#### **Grade 6:**

**Emerging** Can pass and shoot with reasonable accuracy and demonstrate a developing technique usually applied with co-ordination and control. Can demonstrate techniques usually applied with co-ordination and control to gain an advantage over an opponent. Tactically awareness is improving and response to situations has started to vary. Can see the differences between their own performances and others. Understands the need to warm up.

**Expected:** 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. Can catch and pass a ball successfully. Able to compare their own and others work and see the differences so that they can improve their own performance. Able to explain in simple terms the physical effects of exercise on their body and safe ways of preparing for exercise. Has a deeper understanding of the health and fitness and the importance.

**Exceeding:** Can consistently replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve own and others' performances. Can conduct a suitable warm up and explain why exercise is good for health.

### Grade 7:

**Emerging:** 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. Can catch and pass a ball successfully. Able to compare their own and others work and see the differences so that they can improve their own performance. Able to explain in simple terms the physical effects of exercise on their body and safe ways of preparing for exercise. Has a deeper understanding of the health and fitness and the importance.

**Expected:** Can consistently replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve own and others' performances. Can conduct a suitable warm up and explain why exercise is good for health.

**Exceeding:** Has a good skill level and shows vision within game situations. Is becoming more influential in the game outwitting opponents easily. Can change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills etc. have been used and suggest ways to improve further. Knows how different type of exercise help with health and fitness and can suggest ways of warming up and cooling down.

### Grade 8:

**Emerging:** Can consistently replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health.

**Expected:** Has a good skill level and shows vision within game situations. Is becoming more influential in the game outwitting opponents easily. Can change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills have been used and suggest ways to improve further. Knows how different type of exercise help with health and fitness and can suggest ways of warming up and cooling down.

**Exceeding:** An advanced level of skill and technique is evident even under pressure and when outwitting an opponent. Can adapt and apply these to suit both defensive and attacking situations. Can analyse their own opponent's play using sound technical knowledge, and can 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:** The GCSE cohort will be introduced to the anatomy, including the structure and function of the musculoskeletal system, the cardio-respiratory system, and the prevention of injury in sport. Homework will continue to be given on a weekly basis and they will continue to do exam preparation.

Thank you for your ongoing support.

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