



PUTTING THE FUN BACK  
INTO LEARNING!

## Physical Education Curriculum Guide

October 2017

Dear Parents and Guardians,

With the academic year fully underway and lessons in full flow, students are now fully immersed in the new Physical Education curriculum at Al Basma School. As we move in to October, the PE Department will be introducing a new assessment process, which focuses upon four different areas; Performance, Making and Applying Decisions, Evaluating and Improving, and Growth Mindset. These areas will be discussed with students within lessons, and will look to give them a clear understanding of how they are being assessed. In line with the School's assessment policy, students will be provided with a grade of Emerging, Establishing or Exceeding, based on the topics that are covered within each term. The PE Assessment document is attached to the bottom of this month's guide for your information.

### 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.

### Changing

Students are only allowed to attend school in their PE house shirt, if they have a PE lesson during Period 1 or 2. All other children must attend school in their full school uniform and change for PE. All children must change back into their school uniform after PE unless the lesson is periods 8 and 9. Many children are wearing their PE shirts for the entire day, which is unhygienic, and goes against the uniform policy. Please ensure that your child attends school with both uniforms, on the day that they have PE.

Please see below when your child has PE:

#### Boys

Sunday: 10A Core  
9A GCSE Theory  
8B

Monday: 6A  
9A GCSE Practical

Tuesday: 9A Core  
7A, 7C, 8A

Wednesday: 8C, 7B

Thursday: 9A GCSE Theory  
6C, 6B

#### Girls

Sunday: 9B Core  
10B GCSE Theory

Monday: 6D, 9B GCSE Theory  
10B GCSE Practical

Tuesday: 9B GCSE Practical  
7D, 8D

Wednesday: 9B GCSE Theory  
10B GCSE Theory

Thursday: 10B Core, 6E, 7E

## **Physical Education Curriculum Guide -October**

### **Grade 6**

Within October, students are continuing with the fundamental principles within Physical Education, such as the importance of a warm up, how to correctly perform one, the names and locations of major muscles, the importance of team cohesion in sport, and how to communicate effectively. Furthermore, students have been introduced to the notion of 'sportsmanship', and how that is displayed across the different areas of the curriculum. Students are continuing to participate in the following topics this month: Invasion Games, Outdoor Adventurous Activities and Dance. Activity change overs will occur after half term.

### **Grade 7**

Throughout October, students will be further developing their knowledge of fundamental principles within Physical Education, and will be introduced to more complex technical and tactical principles. Students have begun to develop a greater understanding of what makes quality feedback, and how to provide a peer with feedback. Grade 7 will continue to explore the following topics in October: Invasion Games and Outdoor Adventurous Activities. Activity change overs will occur after half term.

### **Grade 8**

Students are continuing with our new 'Pathway' structure; here students are studying 6-7 week blocks and have been focusing on the following areas of the National Curriculum: Games and Leadership. October will see students continue to develop their technical and tactical awareness, as well as how to successfully plan, lead and evaluate their own sessions. These pathways are related to the GCSE PE option, which students will be encouraged to take in Grade 9&10. Activity change overs will occur after half-term.

### **Grade 9 & Grade 10 Core**

Our Key Stage 4 students will continue to explore Invasion Games, with the focus of complex technical skill development, as well as strategic planning, application and evaluation. Students are developing a greater understanding of how tactics can be used to outwit an opponent, as well as how these tactics can be transferred and adapted across a range of team based games. Activity change overs will occur after half-term, with Grade 9 students moving on to Health and Fitness, and Grade 10 students moving on to Striking and Fielding.

### **Grade 9 & 10 GCSE PE**

Our Grade 9 cohort are currently learning about Applied Anatomy and Physiology, with particular attention being paid to the musculoskeletal system. Students are developing their knowledge of the skeletal system and the muscular system, and how both relate to physical activity. Students will continue with this topic throughout October, with an end of topic assessment to be completed before half term.

Our Grade 10 cohort are beginning to conduct their Personal Exercise Programme, which forms 10% of their overall GCSE Qualification. Within this coursework task, students will be planning, performing and evaluation a 6-8 week training programme, which will look to develop components of health related, and skill related fitness. This Personal Exercise Programme will enable students to demonstrate the knowledge and understanding they have developed since the beginning of the course, and will relate to one of their chosen practical assessment sports. For further information on our PE GCSE courses, please contact Mr Dayle.

## **Departmental Contact Details**

Mr. Dayle (Head of PE)      [dayle.m@albasmaschool.ae](mailto:dayle.m@albasmaschool.ae)  
Miss Danielle                [danielle.f@albasmaschool.ae](mailto:danielle.f@albasmaschool.ae)  
Miss Karen                   [karen.p@albasmaschool.ae](mailto:karen.p@albasmaschool.ae)  
Mr. Steve                     [stephen.f@albasmaschool.ae](mailto:stephen.f@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,

The PE Department



### **Performance: \_\_\_/ 10**

Your ability to apply the components of health and skill-related fitness to a task, as well as being able to precisely replicate the learning points from each lesson, demonstrating control, fluidity and accuracy.



### **Making and Applying Decisions: \_\_\_/ 10**

The thought process which informs the skills that you select and apply to overcome the challenge presented to you, as well as your ability to use tactics and strategies.



### **Evaluating and Improving: \_\_\_/ 10**

Your ability to provide critical feedback to enable a partner to develop their performance, through the use of keywords and referencing learning points; as well as your ability to reflect on the feedback you receive, and make adjustments to improve performance.



### **Growth Mindset: \_\_\_/ 10**

Your determination to overcome the barriers you face, seeking further challenge, and putting maximum effort in all situations.

