



Dear Parents and Guardians,

On behalf of the PE department I would like to say a warm welcome back to all our students. I hope you had a relaxing summer vacation and are looking forward to the new academic year.

Parents, what you can do to help.

Promote your children being active whenever possible. Making small life changes can increase health and fitness. Please check the list below to highlight when your child has PE. Your child needs to be fully equipped for every lesson with their house t-shirt, shorts/tracksuit bottoms and trainers and a bottle of water.

Football tops and shirts and football boots with studs or blades are strictly not allowed in school.

Boys:

- Sunday: 6AN
- Monday: 7LC (Ms Laura)
- Tuesday: 7LA (Ms Lamia)
- Wednesday: 7AI, 6JO, 8SA, 8AL, 9CI
- Thursday: 9CI

Girls:

- Sunday: GCSE PE (theory)
- Monday: GCSE PE (theory)
- Tuesday: 6NI, GCSE (practical), 7MA
- Thursday: 8MA, 6RA, 9RA

Some of the keywords we will be using this term to promote learning are: Honesty (our core value focus), self-evaluation, feedback, analysis and progress.

As always we will be promoting challenge in every lesson. No matter what ability your child is in relation to PE we will ensure that they try to challenge themselves to enable them to progress in a confident manner.

What has happened so far?

As we have had some new students and new classes our first few weeks have been spent observing and recording some baseline information in relation to general skill and fitness level.

What to expect?

After Eid our focus will be on specific sports and activities. Following the English NC route, each sport or activity will be delivered over a 5 or 6 week block. Due to an increase and an improvement in resources we are now able to offer a wider variety of activities. Your son or daughter will experience a varied physical education programme including striking and fielding games, invasion games, dance, gymnastics, athletics, swimming and net wall games.

Grade 6

Focus: Skills and technique with an introduction of rules and regulations. Children will focus on components of skills for example, aspects of control, balance, speed, and reaction time.

Grade 7

Focus: Rules and regulations, skills and an introduction to outwitting opponents. Children will be encouraged to self-evaluate their performance and produce small targets for their next lesson

Grade 8

Focus: Tactical awareness and team tactics. Children will be prompted to communicate with their peers to decide on aspects of their play that will ensure progress against the other team.

Grade 9

Focus: More advanced tactical decisions, more depth of knowledge in relation to outwitting opponents. Self-evaluation is highlighted and advanced to peer evaluation. Providing accurate feedback to a peer in relation to areas for improvement.

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Thank you for your ongoing support,

The PE team.