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**NAS Dubai PE  
Parent Handbook**

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## NAS PE Parent Handbook

This handbook has been produced for parents, students and the school community, in order to give a detailed overview of the provision for Sport and PE at NAS Dubai.

### Department Philosophies and Aims

The philosophy of the Department is that every pupil should be given the opportunity and encouragement to achieve their potential in a stimulating, informative and safe environment. Further incorporating our 'Be Ambitious' school motto.

Our aims are to:

- Encourage a healthy and active lifestyle throughout the school body
- Nurture sportsmanship in all aspects of competition
- Widen each pupil's sporting experience and enjoyment
- Create a passion for active recreation and sport
- Assist pupils in reaching their physical potential in a variety of sporting environments

At NAS Dubai we have highly qualified, motivated and thoroughly enthusiastic teachers and coaches with outstanding expertise in a variety of different sports and activities.

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## **The importance of Physical Education**

PE develops pupils' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. A high-quality PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, they analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve upon them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles. Discovering what they like to do, what their aptitudes are at school, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity. PE helps pupils develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, leading their own learning and coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

## **Sport for All vs. Elitism at NAS Dubai**

We believe that every pupil should be given the opportunity to achieve their potential. Subsequently we seek to ensure that pupils of all abilities are encouraged to be the best they possibly can. By this rationale, the department believes that both Sport for All and Elite sporting performance can flourish side by side.

All lessons from Foundation Stage to Year 2 are taught mixed gender, mixed ability groups. Lessons from Year 3 – 11 are taught as single gender groups. Groups are differentiated into 'extension/exceeding' 'expected' and/or 'development' cohorts. Further differentiation happens within the lesson in order to assist all pupils to work at a level that is both challenging and tangible.

- Squad selection = Aimed at the elite. A and B teams created where possible.

Should a child be unsuccessful then the curriculum offers competition where students will experience winning and losing against peers of similar ability through the streamed classes.

- Curriculum = Sport for all. 12 sports with house competitions at the end of every 3 week topic (6 lessons). Due to the streaming process students will compete in house tournaments with peers of similar ability making it more challenging, fair and fun.

Students that wish to improve further will have the opportunity to participate in the paid CCA's

- CCA = Sports for all and Elite.

The programme is designed to instill resilience and rely on intrinsic reward alongside extrinsic rewards.



## The Curriculum

The school PE curriculum has been designed to offer students a wide and extensive experience of sports.

At the beginning of each year students will be baseline tested to gain an understanding of their experience and requirements to develop as a sports person. Performances and results will then be analysed. From year 3 – 10 students will be streamed into ability groups to maximize learning. Once selection has been completed students will follow a programme similar to the example below where they will be taught in 12 different sports. This is subject to change.

The department wishes our students to experience as many sports as possible. The aim being that all students will find at least one sport that they will continue to play throughout their lifetime. Elite athletes then have the opportunity to progress in curricular lessons, squads and CCAs.

### First year 2017/18

Group 1 Boys	Group 2 Girls	Group 2 boys	Group 2 Girls	Group 3 Boys	Group 3 Girls
Baseline	Baseline	Baseline	Baseline	Baseline	Baseline
Swim Pool	Netball Sports Hall	Swim Pool	Netball Tennis Court	Football Pitch	Multi fitness Dance Studio
Multi fitness Dance Studio 1	Swim Pool	Multi fitness Dance Studio 2	Swim Pool	Rugby Sports hall/pitch	Football ½ Pitch
Athletics Pitch	Athletics Pitch	Athletics Pitch	Athletics Pitch	Athletics Pitch	Athletics Pitch
Rugby Sports hall/pitch	Football Pitch	Rugby Sports hall/pitch	Football Tennis Court	Multi fitness Dance Studio	Swim Pool
Football ½ Pitch	Multi fitness Dance Studio 1	Football ½ Pitch	Multi fitness Dance Studio 2	Swim Pool	Handball Sports Hall
Baseline	Baseline	Baseline	Baseline	Baseline	Baseline
Swim Pool	Rounders/Cricket ½ Pitch	Swim Pool	Rounders/Cricket ½ Pitch	Gym ½ Sports Hall	Badminton ½ Sports Hall
Rounders/Cricket ½ Pitch	Swim Pool	Rounders/Cricket ½ Pitch	Swim Pool	Badminton 1/2 Sports Hall	Gym ½ Sports Hall
Gym ½ Sports Hall	Badminton/table tennis 1/2 Sports Hall	Gym W/Top Boys	Badminton/table tennis W/Top Girls	Swim Pool	Rounders/Cricket Tennis courts
Badminton/Table tennis ½ Sports Hall	Gym ½ Sports Hall	Badminton/Table tennis W/Top Boys	Gym W/Top Girls	Rounders/Cricket Tennis Court	Swim Pool



**Second year  
2018/19**

Group 1 Boys	Group 2 Girls	Group 2 boys	Group 2 Girls	Group 3 Boys	Group 3 Girls
Baseline	Baseline	Baseline	Baseline	Baseline	Baseline
Rugby ½ Pitch	Football ½ pitch	Rugby ½ Pitch	Football ½ pitch	Swim Pool	Tennis Tennis Court
Tennis Tennis Court 1	Rugby ½ Pitch	Tennis Court Tennis Court 2	Rugby ½ Pitch	Football ½ pitch	Swim Pool
Athletics Pitch	Athletics Pitch	Athletics Pitch	Athletics Pitch	Athletics Pitch	Athletics Pitch
Swim Pool	Tennis Tennis Court 1	Swim Pool	Tennis Tennis Court 2	Rugby Pitch	Football ½ pitch
Volleyball ½ Sports Hall	Swim Pool	Football ½ pitch	Swim Pool	Tennis Tennis Court	Rugby Pitch
Baseline	Baseline	Baseline	Baseline	Baseline	Baseline
Fitness ½ Sports Hall	Netball Courts 2	Fitness ½ Sports Hall	Netball Courts 1	Football Pitch	Swim Pool
Football ½ Pitch	Fitness ½ Sports Hall	Football ½ Pitch	Fitness ½ Sports Hall	Swim Pool	Netball Courts
Gym ½ Sports Hall	Swim Pool	Gym ½ Sports Hall	Swim Pool	Fitness Dance Studio 1	Fitness Dance Studio 2
Swim Pool	Gym Full Sports Hall	Swim Pool	Gym Full Sports Hall	Gym Full Sports Hall	Gym Full Sports Hall

**Assessment and reporting Key stage 1 and 2**

**Overview**

Students are assessed continually throughout the year with a full lesson dedicated for self, peer and teacher assessment to take place on the penultimate lesson of that topic. The PE assessment is broken into four main areas: *Fitness, application, technique and tactical awareness*. Teachers will then make their judgement to decide if the student has shown any evidence of meeting that requirement and this data is stored centrally on the school's student management system ISAMs. The department constantly moderates each other's assessment levels. The reporting is using a four-point scale, these are as follows:

- Exceeding (E) Level 1
- Meeting (M) Level 2
- Working Towards (W) Level 3
- Below (B) Level 4



### Key stage 3

Students are assessed in more detail in the skills of every sport they participate in in every three week cycle. Throughout the year they will also be assessed in the following:

Officiating / Knowledge of Rules
Leadership and teamwork
Tactics
Effects of exercise
Observation and Analysis

The Physical Education Department aims to maintain and stimulate pupils' interest and enjoyment in PE whilst promoting health, fitness and a lifelong involvement in sport.

### Structure of the curriculum within Physical Education

#### Foundation Stage

Foundation stage 1 (Nursery) classes are taught one 30 minute swimming lesson as well as one 30 minute PE lesson per week.

Foundation stage 2 (Reception), students receive one 30 minute swimming lesson as well as one 30 minutes PE lesson per week.

#### Key Stage 1 (Years 1 – 2)

Students are taught one 40 minute lesson and one 50 minute lesson per week. In order to keep the curriculum varied and broad, students change their activities/units of study after 3 (6 lessons) weeks.

#### Key Stage 2 (Years 3 – 6)

Students are taught one 40 minute lesson and one 60 minute lesson per week. In order to keep the curriculum varied and broad, students change their activities/units of study after 3 (6 lessons) weeks.

#### Key Stage 3 (Years 7 – 9)

Students are taught two 60 minute lessons per week. In order to keep the curriculum varied and broad, students change their activities/units of study after 3 (6 lessons) weeks.



## **Key Stage 4 (Years 10 -11)**

We offer a wider number of physical activities in order to encourage the pupils to diversify their understanding and experiences of exercise. This is specifically done to encourage a healthy lifestyle, which will hopefully be habit forming during the individual's post-school years. As with Key Stage 3, each block of work will last approximately 3 school weeks. Students will be provided with a number of enrichment opportunities throughout the year in order to further inspire and engage our students into continuing their participation in health-related exercise, sport and physical activity.

## **Year 10 and Year 11 GCSE PE**

The department run a Full Course **GCSE** in Physical Education and use the EDEXCEL examination board. Students will have 4 lessons a week and is split between 2 theory and 2 practical lessons.

The GCSE course itself is split 40% practical activities and 60% theory. There are 2 external examination papers at the end of Year 11 and a practical moderation day with a visiting moderator. During the practical element of the course the pupils are assessed in 3 practical activities involving team and individual activities which are assessed across the 3 years. In addition to this, they must plan a Personal Exercise Programme (PEP) and will take part in the Analysis of Performance examination.

## **Curriculum Outline and Aims**

Throughout each year group four of the following range and content of the National Curriculum are reflected through the different activities undertaken including;

- [Outwitting opponents](#), as in games activities
- [Accurate replication](#) of actions, phrases and sequences, as in gymnastic activities
- [Performing at maximum levels](#) in relation to speed, height, distance, strength or accuracy, as in athletic activities
- [Identifying and solving problems](#) to overcome challenges.
- [Exercising safely and effectively](#) to improve health and wellbeing, as in fitness and health activities.

Through a broad and balanced programme, pupils will be taught to be physically active, developing co-ordination, control and body management. They will be involved in problem-solving, communication with others and team-building. Pupils will be encouraged to understand the importance of a healthy life style through participation in and enjoyment of a variety of activities and environments.

The streaming of students will enhance this outcome.

## **Streaming**

At the beginning of each year students from year 3 -10 will be baseline tested in:

- 80/60 m sprint
- Standing long jump
- Swimming Breaststroke, front crawl and Back stroke
- Cooper fitness test
- Invasion games



Subject to change

Once all data is collected the department analyse the results and set groups accordingly.

As in with other subjects that set, streaming will enhance and accelerate learning and overall become more enjoyable for the student and will encourage commitment, discipline, effort, leadership and responsibility.

## **SWIMMING**

At NAS, we believe that all children should have the opportunity to learn how to swim and be taught how to stay safe in and around water. We provide students with opportunities for personal growth and enjoyment, and an introduction to the lifelong health benefits of swimming. Swimming is taught in a fun environment while nurturing a competitive attitude at the individual's own rate. Our desire is to create a positive atmosphere where NAS students can learn to set individual goals and experience the rewards of achieving them.

In our curriculum programme, we offer a guided age-group program for children age 4 and up, from the swimmer with basic stroke ability to competitive and skilled swimmers. We also strive for all swimmers at NAS, especially our squad swimmers, to have the basic values of sportsmanship, good behaviour and team work.

Our success is ultimately measured by how much opportunity we provide for the students of our school and by how much their individual potential is maximized. The building of positive attitudes, healthy bodies, disciplined minds, and enduring friendships are among the rewards our program strives to offer.

## **DASSA (Dubai athletics and school sports association)**

NAS Dubai are committed members of DASSA. This sports association organizes full competitive fixtures as part of a league and end of season tournaments for all of its member and affiliate schools in Dubai. Each age group has the opportunity to compete in a wide range of sports and these are organized on a termly basis. Fixtures take place on a weekly basis either at a fixed location or based on the more traditional home and away fixtures.

**Our fixture and training days are dictated by the DASSA leagues.**

## **SPORTS KIT LIST**

The PE kit consists of the following items:

NAS PE Polo Shirt

NAS PE Shorts

Trainers or appropriate footwear

Studded footwear is recommended for football and rugby activities but not compulsory.





Primary students also need to bring **water bottle** and **Sun hat** to their PE lessons to protect themselves from dehydration and excessive exposure from the sun.

Secondary students need a **water bottle**.

The swim kit consist of the following items:

PE swim suit

Girls: One-piece swimsuit, flip-flops and goggles

Boys: Swim shorts or trunks, flip-flops and goggles

Swimming hat and towel for all students

Flip flops are essential to have on pool side. If students do not have them they will be asked to bring their school shoes to pool side and will be asked to wear them in the unlikely event of a fire alarm.

#### **IMPORTANT KIT INFORMATION**

NAS Dubai has purchased fantastic new kits for all school representative teams. Each student will keep the kit for the season (term of sport) and return to the department soon after their last game. The kit must be washed. Each parent of the student that is selected must collect the kit and sign a form and accept a fee of 100 aed should the kit become damaged or lost.

The school has previously struggled to participate in fixtures through to kit not being returned. Thank you for your understanding.

#### **Curriculum Kit**

Should your child have an injury and cannot take part in PE or swimming then a doctor's note or note/email from the parent/guardian must be given to the teacher explaining the reasons for this. If there is no note then the student will be marked as a No Kit. If this happens twice then the parent will be contacted. We will allow students to participate and borrow PE kit where possible. If the activity is appropriate and there is no kit to borrow we may allow them to take part in their uniform as our mission is maximum participation.

Should you have any spare PE or swim kit then please donate it to the department.

#### **TEAM SELECTION**

Trials are undertaken at the start and sometimes end of every term with the exception of swimming. We select an A and B team for most sports where possible and where there is high participation.



In general, the selecting of teams is based on a subjective basis of the member of staff running the team. It is made clear to students that a new year means a new opportunity for all students to prove themselves with a different member of staff selecting. There is consultation between the staff at that level.

There are times when there are tricky decisions to be made and it is hoped that the parents can respect the staff's professional judgement. Parents may contact teachers in charge to organize a meeting to discuss the reasons for their decision but the teacher's decision is final.

Please allow members of staff to get on with their role without unnecessary interference and pressure. It should be remembered that selection takes into account player performance at practices as well as matches each week and also the attitude of the student. At times players will miss out on selection, which is a reality in sport. The basic principle is to attempt to be fair to all students and to explain the reasoning behind any decisions made. Staff aim to make sure that students feel supported and always allow for opportunities to experience this form of competition whenever possible.

Targets are typically given on areas to work on. It is hoped that players can respond positively to any setback and strive to improve their performance.

### **Training and trials**

Parents are very welcome to support at fixtures but we ask that there are no parents for training and trials in the sports hall and tennis courts. You are welcome on to attend training and trials for sports on the field but please stay in the stands to avoid disruption to the sessions.

### **FIXTURES**

All home matches will take place on the school playing fields or Sports hall or tennis courts located on the school site. Away match locations are posted on each individual team sheet which are then emailed to parents. The school will provide transport to offsite fixtures.

Your coach will ask you where you wish to pick your child up for away fixtures.

We have a great balance of training, fixtures and tournaments for our students, all based on the principles of long-term development. All fixture information will be shared with students and parents as soon as possible.

Notification of any additional fixtures will be emailed to parents.



## SPORTS CITY

Any training or fixtures taking place at sports city will need the following.

- A bus will take them to sports city
- The bus will not return to school and parents must make arrangements to pick their child from sports city
- Students will finish lessons at 3.30 and must immediately make their way to the bus departure area
- Students will NOT change at school. They will change into their appropriate kit at Sports city
- The bus will leave at 3.40. If a student is not there in this time the bus will leave and the student must go to reception to arrange a pick up.
- Pick up time will be communicated to you by the coach.

## AGE GROUPS

As we enter DASSA competitions we have to adhere to their rules and regulations regarding students participating in their correct age groupings.

### DASSA age group

Age Group	Date of Age
Under 9	Must be 8 or under on 27 <sup>th</sup> August 2017 (Year 3 and 4 only)
Under 11	Must be 10 or under on 27 <sup>th</sup> August 2017
Under 12	Must be 11 or under on 27 <sup>th</sup> August 2017
Under 14	Must be 13 or under on 27 <sup>th</sup> August 2017
Under 16	Must be 15 or under on 27 <sup>th</sup> August 2017
Under 19	Year 11 students that do not qualify for Under-16 can participate

## ROLES, RESPONSIBILITIES AND CODE OF CONDUCT

Sport is an essential part of life at NAS Dubai and we aim to play it in the right spirit, with the support of parents. This is something that we value greatly and want to enhance for the future.

### PARENTS

- Please ensure your child has all the necessary attire and equipment to take part in their school sporting life, taking full advantage of all the opportunities available to them.
- Attend as many matches as possible: your presence will not only boost the team's confidence but will help to engender a 'family spirit' within the school.
- If your child is unable to participate in Physical Education lessons, fixtures or training sessions, a written letter or email must be sent to the lead member of staff explaining the reason.
- Please make sure that your child is collected at the correct time, unless organized and agreed with the lead member of staff. Failure to follow this could lead to the removal of your child from the club/activity.



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## PUPILS

- Please ensure you are punctual, have the right attire and equipment to take part in sport fully and that you always give the absolute best you can give.
- Always strive to achieve more than you did previously, being supportive to your team mates and staff.
- Maintain the highest standards of behaviour and ensure that the reputation of NAS Dubai is only enhanced by your actions.

Our parents, pupils and staff are expected to maintain the highest standards of conduct and in order to help maintain our good reputation we would appreciate your support in upholding our core values:

- Show respect to officials, opposition players and parents
- Support through plenty of encouragement and positive comments only
- Applaud good play from both sides
- Keep in mind the process and way we play is more important than the final result
- Enjoy the spectacle and show your enthusiasm to the players

## FINALLY

Here at NAS Dubai we have fantastic students and we wish to do our very best to support and nurture every single one of them. At the same time we need your support and will welcome your feedback. However we are incredibly busy in the office so please contact us by email and should you wish to make an appointment then please contact the necessary teacher or Mr Collin.

We look forward to yet another amazing year of sport at NAS Dubai.