



# ACTIVITIES DEPARTMENT

# NEWSLETTER 2024-2025

## Welcome to the [PE / ART / MUSIC] Activities Section

We are dedicated to fostering well-being and empowering our students to lead confident, healthy, and secure lives. Through engaging lessons and activities, we aim to nurture their creativity, talent, and self-assurance. As we embark on the academic year 2024-2025, our teachers remain committed to inspiring students to set and pursue their own goals. We believe that the ability to set meaningful objectives is a vital life skill, deserving a central place in our department's curriculum and activities.

Our department serves as a vibrant platform for students to explore and develop their unique talents—whether in sports, singing, mastering musical instruments, or creating breathtaking works of art. We strive to encourage every student to reach their full potential and take pride in their accomplishments.

Together, let us aim to discover the next star athlete, talented musician, and exceptional painter among our students. With our guidance and their dedication, the possibilities are endless!



Understanding students' physical skills provides a valuable opportunity to support their dreams and aspirations for the future. These students, who are beginning to participate in tournaments and various sports activities both within and beyond the school, are laying the foundation for lifelong benefits. Developing these skills not only enhances their present capabilities but also empowers them to shape the future they envision for themselves, turning their aspirations into reality.





# ACTIVITIES DEPARTMENT PE

2024-2025

OUR VISION - Inspiring our students to love learning and helping them achieve their potentials and build their social, emotional and physical wellbeing.



United Private School (UPS)
Policy on Physical Education
(PE) and School Sports
24-25



#### **United Private School**

#### United Private School (UPS) Policy on Physical Education (PE) and School Sports

#### Introduction

United Private School (UPS) recognizes that staying physically active and literate enhances student health, wellbeing, confidence, competence, skills, attitudes, and behaviors, contributing to a lifelong commitment to physical activity. UPS prioritizes promoting physical activity and literacy through Physical Education (PE) and school sports, acknowledging its critical role in students' early exposure to organized sports. UPS aligns its efforts with Abu Dhabi's Sports for All Policy to develop active learners equipped with skills to make healthy lifestyle choices.

#### Purpose

This policy aims to:

- · Establish minimum requirements for PE and school sports for all students.
- · Promote structured and unstructured physical activity throughout the school day.
- Develop an internal policy and physical literacy framework to guide UPS's PE and sports programs.
- Ensure PE and school sports cater to all students, including those with additional learning needs and gifted/talented students.
- Standardize minimum requirements for PE teachers, coaches, curriculum, pedagogy, and assessment at UPS.

#### Policy Provisions

#### 1. UPS PE and School Sports Policy

#### 1.1 Policy Requirements

UPS develops, implements, monitors, evaluates, and reviews a PE and School Sports Policy that includes:

- The school's vision, mission, strategy, and targets for promoting student physical health
- 2. Implementation strategies through the PE curriculum and sports programs.



#### **United Private School**

- Goals to ensure each student engages in a daily average of at least 30 minutes of moderate-to-vigorous-intensity physical activity (MVPA) within the school setting.
- Awareness initiatives for all stakeholders (staff, students, parents) to promote physical activity and health.

#### 2. Staying Active

#### 2.1 Holistic Activity Goals

UPS provides opportunities for students to achieve an average of at least 30 minutes of MVPA daily within the school setting, contributing to a total of 60 minutes in both school and home environments. These opportunities include:

- 1. Active breaks during recesses with safe spaces, equipment, and supervised play.
- Reducing sedentary time in classrooms through standing, walking, and movement activities
- 3. Short, frequent activity breaks during lessons to encourage physical engagement.
- Collaborating with stakeholders to promote broader sports programs.
- Additional support for the least active students, ensuring inclusivity without stigmatization.

#### 3. Inclusion

#### 3.1 Inclusive Participation

UPS ensures high-quality PE and sports participation for all students:

- All students participate in designated PE classes.
- Alternatives such as team leader, referee, or scorekeeper roles are offered when full participation isn't feasible.
- PE lesson content is adjusted to support documented learning plans (DLPs) for students with additional learning needs.
- Equal opportunities are provided for all students, including those with additional needs, gifted/talented students, and the least active, to compete in intra- and interschool sports.

#### 4. Gender Considerations

UPS complies with gender requirements outlined in the ADEK School Coeducation Policy, ensuring appropriate provisions for all students.





#### United Private School

#### 5. Physical Literacy

#### 5.1 Physical Literacy Framework

UPS develops a framework addressing physical, social, cognitive, and psychological outcomes of movement:

- 1. Enjoyment: "I like playing sports or being active."
- 2. Confidence: "I feel confident when exercising or playing sports."
- 3. Competence: "I find sports and exercise easy."
- Knowledge: "I know why exercise and sports are good for me and how to improve my skills."
- Understanding: "I understand how to apply my skills and knowledge to stay active for life."

#### 5.2 Framework Integration

UPS incorporates the framework into PE curriculum planning and sports programs, ensuring stage- and age-appropriate activities.

#### 5.3 Communication

UPS raises awareness among teachers, coaches, and parents about their roles in supporting student physical literacy.

#### 6. Competition

#### 6.1 Sports Integrity and Values

UPS fosters a spirit of sports integrity and healthy competition, emphasizing values like determination, resilience, sportsmanship, and teamwork.

#### 6.2 Competitive Opportunities

UPS provides:

- 1. Intra-school competitions: Introducing students to participation and enjoyment.
- Inter-school competitions: Offering inclusive opportunities for all students, not just the most talented.
- 3. Participation in ADEK-organized or government-endorsed competitions.

#### 6.3 Talent Development

UPS supports gifted/talented students and those with additional needs through tailored challenges, access to local sports clubs, and pathways for further development.



#### **United Private School**

#### 7. Teachers and Coaches

#### 7.1 PE Teachers

- 1. Eligibility: UPS hires qualified PE teachers as per ADEK policies.
- Continuous Professional Development (CPD): Teachers receive 75 hours of CPD annually, focusing on pedagogy and skill enhancement.

#### 7.2 Coaches

- Eligibility: Coaches must meet ADEK-endorsed training or international standards.
- CPD: Coaches receive 25 hours of CPD annually.
- Employment: UPS ensures all PE staff comply with ADEK's Employment and Student Protection policies.

#### 8. Health and Safety

#### 8.1 Guidelines

UPS ensures all PE and sports activities comply with health and safety standards:

- 1. Mandatory first aid training for PE staff.
- 2. Risk assessments for new activities and equipment.
- 3. Regular facility inspections and equipment maintenance.
- 4. Access to student medical records for safe participation.

#### 8.2 Weather Conditions

UPS monitors environmental factors (heat, humidity, air quality) and ensures adequate hydration, sun protection, and flexibility in uniform policies during adverse conditions.

#### 9. PE Curriculum, Pedagogy, and Assessment

#### 9.1 Curriculum

UPS implements a curriculum focusing on:

- Skills: Movement, activity-specific, and life skills.
- 2. Knowledge: Benefits of an active lifestyle, including nutrition and mental health.
- 3. Values: Resilience, teamwork, sportsmanship, and independence.

#### 9.2 PE Time

UPS provides a minimum of 60 minutes of timetabled PE weekly, striving for 120 minutes where feasible.





#### **United Private School**

#### 10. Sports Facilities

#### 10.1 Community Engagement

UPS partners with local organizations to promote active lifestyles by making facilities available while ensuring school safety and security.

#### 11. Monitoring and Evaluation

#### 11.1 Internal Indicators

UPS evaluates its PE and sports program through:

- Monitoring students' MVPA levels.
- Tracking participation in PE, sports events, and competitions, including additional learning needs students.

#### 12. Compliance

#### 12.1 Implementation

UPS adheres to this policy starting AY 2024/25.

#### 12.2 Accountability

Non-compliance is subject to ADEK regulations and Federal Law No. (31) of 2021.

#### References

- Department of Community Development (DCD). (2024). Sports for All Policy Abu Dhabi.
- Federal Decree Law No. (31) of 2021 Promulgating the Crimes and Penalties.
- International Physical Literacy Association (IPLA). (2017).
- World Health Organization (WHO). (2020). Physical Activity Fact Sheet.





# International & National events celebration



The UAE Flag Day is celebrated on November 3rd every year. It's a national occasion where the people of the <u>UAE</u> remember the efforts of the founders of their State, <u>Sheikh Zayed</u>, <u>Sheikh Rashid</u>, and their brothers, who sacrificed everything for the sake of their nation.

This day is celebrated everywhere you look, from schools to offices; people are raising the flag at 11 am, all at once – a heartwarming show of unity.

Moreover, while the flags are raised, the national anthem is played or sung by each celebrating group, making lovely vibes around.















## **Teacher Day**

#### 3. Teacher's Day

- **Details**: Organized sports activities and friendly matches between teachers and students.
- Date:3rd of October, 2024
- Objectives: Strengthen teacher-student relationships and foster a cohesive school environment.
- Outcomes: Well-received by both teachers and students, enhancing their bond.







## Music :Participation in Teacher's Day

As part of the Teacher's Day celebrations at Al Muttahida Private School, a special song was composed to honor the dedicated teachers. The performance was organized separately during the morning assemblies: the girls' choir performed in the girls' assembly, while the boys' choir delivered their rendition in the boys' assembly. This arrangement ensured that each group contributed uniquely to the celebration, highlighting the students' appreciation for their teachers









# SPORTS COMPETITIONS In & Out School







Date: September 26, 2024

**Location:** Falcon International School, Al Ain

**Event:** Athletics Championship

**Organizers:** Falcon International School in collaboration with Abu Dhabi Kids Athletics

Club

On September 25, 2024, our school participated in <a href="mailto:the">the</a>
<a href="https://Athletics.championship at Falcon International School,">the Championship at Falcon International School,</a>
<a href="https://Athletics.championship">Athletics Championship at Falcon International School,</a>
<a href="https://Athletics.championship">Athletics Club</a>
<a href="https://Athletics.championship">Club</a>
<a href="https://Athletics.championship">Students from Grades 3 to 5 competed in various track and field events, showcasing skills in running, jumping, and throwing, while promoting sportsmanship and teamwork.</a>



PRIVATE SCHOOL

"ATHLETICS CHAMPIONSHIP"

GRADS 3-4-5"

FIRST PLACE "UPS SCHOOL"

Report by Mrs.Faten

Our team secured first place in the overall championship, thanks to the hard work and dedication of our students. Two standout athletes, Amira Saif Almarzouque and Salem Mohamed Aloulaque, impressed the Abu Dhabi Kids Athletics Club and were invited to join, opening doors for further development. This success highlights the potential of our young athletes, inspiring peers and paving the way for future champions. Our participation at Falcon International School reinforced our commitment to nurturing talent and supporting students in achieving excellence in sports.









"ATHLETICS CHAMPIONSHIP"
GRADS 3-4-5"



First place المركز الاول UPS school























Abu Dhabi
Athletics Team
collects results
and announces
winners





Our gifted Student
Outstanding
achiever
"LONG JUMP EVENT"

selected to join Abu Dhabi athletics club



## "People of determination"







On September 17, 2024, Grade 3 and 4 students from United Private School Al Yahar, including "People of Determination," participated in a sports competition at Falcon Emirates School. Guided by Mrs. Faten and Ms. Diana, students showcased teamwork, resilience, and enthusiasm through activities like obstacle courses and relay races. The event fostered inclusivity, camaraderie, and skill development in a lively and supportive atmosphere.







Date: September 17, 2024

Event: People of determination Sport Competition
Location: Falcon Emirates School -Alain

School Represented: United Private School Al Yahar (UPS)

Grade Levels: 3rd and 4th Grade Supervisors: Mrs. Faten (PE Teacher)

Ms. Diana (Special Needs Teacher)









"The First Term Report for 2024-2025 highlights sports and physical education activities that fostered students' fitness, teamwork, and inclusivity. Key events included internal leagues and external championships, showcasing students' enthusiasm and achievements across grades, while supporting holistic growth and a vibrant sports culture."

## 1.Football League for Senior Grades 10-12 :

- **Details**: Organized a competitive football league for senior grades (10-12).
- Date: 4th of October, 2024
- **Objectives**: Enhance teamwork, foster sportsmanship, and develop football skills.
- **Outcomes**: Strong student participation with noticeable improvement in performance.



### 2.Football League for Middle Grades

UNITED PRIVATE SCHOOL AHAR

- Details: Organized an internal football league for grades 7-9
- Date: 15th of November, 2024
- Objectives: Instill sports values and provide an engaging environment for students.
- Outcomes: Improved communication and heightened enthusiasm among students.





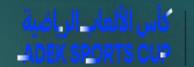








### 3.4th Abu Dhabi Ball Sports Championship







- Details: School's participation in the Abu Dhabi sports championship.
- **Objectives**: Represent the school excellently at the regional level.
- Outcomes: Gained experience, interacted with other schools, and achieved advanced positions.





### 4. Emirates Falcon School Volleyball Championship for Cycle 3

Details: Participated in an external volleyball championship for students from cycle 3.
 date: Sunday 27 / 10 / 2024

• Objectives: Improve students' volleyball skills through competition.

• Outcomes: Delivered commendable performance and gained competitive experience.









### 8.Sports Clubs (Thursday)

- UNITED | A PRIVATE | SCHOOL | AR
- Details: Organized sports clubs for students every Thursday, such as volleyball and basketball club.
- Objectives: Encourage sports participation and develop athletic skills.
- Outcomes: High student turnout and noticeable improvement in their performance.















#### Title of the Activity:

Handball Championship - Girls (Grades 4 to 6)

#### **Date and Time:**

20-01-25, First and Second Periods

#### Venue:

School Playground, United Private School

#### Organized By:

Physical Education Department

#### Participants:

• Number of Participants: Various students across Grades 4 to 6

- Grade Levels: Grade 4 to Grade 6
- Roles: Competitors

#### Objective of the Activity:

To promote physical fitness, teamwork, and sportsmanship among students.

#### Description of the Activity:

The Handball Championship witnessed an enthusiastic and competitive atmosphere with varying skill levels among the students. Three elimination matches were played, leading to a final match between Grade 4D [T2] and Grade 5D [T2]. The final score was 3-1, with Grade 4D [T2] crowned as the champions.

Key highlights:

- Top Scorer: Maryam Faisal (Grade 4D) with 14 points
- Other Notable Performances:
  - Amira Saif (Grade 5D) with 5 points
  - Maitha Mohammed (Grade 6D) with 4 points







#### Title of the Activity:

Ups Sport Day Term2 -2025

#### **Date and Time:**

January 23, 2025, 8:50 AM to 10:30 AM

#### Venue:

School girls Playground

#### Organized By:

United Private School Physical Education Department

#### Participants:

Number of Participants: Approximately 70 students Grade Levels: Grades 1 to 4 (Girls) Roles: Participants, teachers as facilitators, and support staff

#### Objective of the Activity:

To promote physical fitness, teamwork, and enjoyment through engaging sports activities, and to foster a sense of unity and school spirit among students.

#### Description of the Activity:

The Sport Day celebration began with an energetic warm-up Zumba dance session led by Ms. Meram. All students were excited, happy, and full of energy, setting a positive tone for the day.

Following the warm-up, students from Grades 1 to 4, dressed in grade-specific colors, were divided into different stations for various fun-filled games. The stations included:

- 1. Space Hoppers & Ball Relay
- 2. Obstacle Race
- 3. Jumping Sack Race
- 4. Hula Hoop Relay
- 5. Football Game
- S. Politicali Gaine
- 6. Balls Challenge
- 7. Catching Numbers
- 8. Pull Your Body and Go



























# SOCCER CHAMPIONSHIP



photo of our school team and La Masia Academy team after the match

Our player in action during the friendly match

photo from the students' training sessions showcasing their dedication and team spirit.

# UNITED PRIVATE SCHOOL SCHOOL ADEK CUP





The defensive line on high alert to stop the opposing team's attack

## SOCCER TOURNAMENT

The school team in a group photo after the match, embodying the spirit of teamwork and achievement



A moment of focus as a player passes the ball to a teammate in midfield



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#### Title of the Activity:

#### Environmental Friends Marathon - Al Ain Oasis

#### Date and Time:

Date: 08-02-2025

Time: 4:00 PM]

#### Venue:

Al Ain Oasis

#### Organized By:

Environmental Friends Association - Al Ain

#### Participants:

- Number of Participants: Various schools from Alain.
  Grade Levels: Boys and Girls under 10 years old and between 10 to 16 years old.
  Roles: Runners, Volunteers, Special Needs Participants, Police Representatives, and Community Leaders.





























#### Title of the Activity:

Al Ain Oasis Challenge Marathon

#### Date and Time:

Date:8 February 2025 Time: 3:00 pm - 6:00 pm

#### Venue:

Al Ain Oasis

#### Organized By:

Emirates Environment Friends Society

#### Participants:

- Number of Participants: 8 Girls
   Grade Levels: Grade 4,5,6
- - Runners: Students from grades 4, 5, and 6.
    Race Officials: Ensured fair play and maintained safety.
    Organizers: Managed event execution.













- Event: Emirates Environment Friends Society Marathon
- Highlights: Opening ceremony, race start, checkpoints, finish line, and awards
- Special Guests: Race officials and a motivational speaker.

#### Outcomes/Achievements:

- Skills Developed: Endurance, perseverance, teamwork, and resilience.
- Participants' Performance: Strong determination, sportsmanship, and enthusiasm.
- Impact on Students' Growth: Improved fitness, boosted confidence, and fostered school spirit.





B80





#### Title of the Activity:

Basketball Tournament between Grade 7, 8, and 9

#### Date and Time:

Date: 18 February 2025 Duration: First 3 period

#### Venue:

United Private School, Al Yahar

#### Organized By:

Organized by: Ms. Meram Mohsen Supervision by: Ms. Faten Hamdy

#### Participants:

- Number of Participants: (All Students)
- Grade Levels: (Grade 7,8,9)
- Roles: [Mention specific roles if applicable, e.g., performers, volunteers, competitors]

#### Objective of the Activity:

- Foster teamwork: Encourage collaboration and communication.
   Enhance creativity: Stimulate innovative and imaginative thinking.

#### Objective of the Activity:

- Foster teamwork: Encourage collaboration and communication.
- Enhance creativity: Stimulate innovative and imaginative thinking.
- Promote physical fitness: Encourage healthy living through physical activities.

#### Description of the Activity:

- Basketball competition for grades 7,8,9
- · Events include matches, semi-final, final, and awards.
- · Referees and a special guest may oversee the event.
- Highlights include teamwork, sportsmanship, and awards.



#### Outcomes/Achievements:

- Developed teamwork, leadership, and communication skills.
- Boosted confidence and school pride.



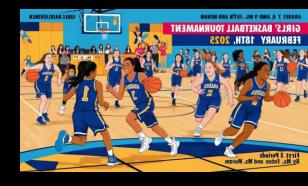


















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#### Gifted Student Evidence Report Form

#### Activities Department - United Private School

Subject: P.E

Student Name: Amira saif almarzouqui

Grade: 5 Class: D

Date: 25 /05/2025

#### 1. Area of Giftedness (Check all that apply)

PE (e.g., Long Jump, Gymnastics, Team games, Running...)

☐ Music (e.g., Instrumental, Vocal, Composition....)

☐ Art (e.g., Drawing, Painting, Digital Art)

#### √ Teacher Feedback:

Amira Saif Almarzouqui excels in gymnastics, athletics, handball, volleyball, and basketball, showcasing exceptional skills and dedication. Her strategic thinking and teamwork are outstanding, making her a role model for her peers. Her positive attitude and commitment to improvement are truly commendable.

## 3. Recommendations for Development (Support, training, competitions, advanced activities)



#### Support:

Provide personalized coaching sessions and ensure access to proper equipment and facilities.

Training:





#### 2. Evidence of Giftedness (Attach supporting materials if applicable)

#### ✓ Performance Observations:

Amira Saif Almarzouqui consistently demonstrates exceptional skills in multiple sports, including gymnastics, athletics, handball, volleyball, and basketball. She excels in technique, strategic thinking, and teamwork, setting an example for her peers with her discipline and dedication in class and training sessions.

#### ✓ Achievements & Recognition:

Amira has received numerous awards and certificates for her performance in various sports competitions. Some of her notable achievements include:







## **Gifted Student Evidence**























Basketball Tournament between Grade 10, 11, and 12

#### Date and Time:

Date: 17 January 2025 Duration: Full Day

#### Venue:

United Private School, Al Yahar

#### Organized By:

Organized by: Ms. Meram Mohsen Supervision by: Ms. Faten Hamdy

#### Participants:

- Number of Participants: (All Students)
- Grade Levels: (Grade 10,11,12)
- Enhance creativity: Stimulate innovative and imaginative thinking.
   Promote physical fitness: Encourage healthy living through physical activities.

#### Description of the Activity:

- · Basketball competition for grades 10-12.
- Events include matches, semi-final, final, and awards.



- Referees and a special guest may oversee the event.
   Highlights include teamwork, sportsmanship, and awards.

Is this concise enough, or would you like any adjustments? Yes, this is concise enough.

#### Outcomes/Achievements:

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- Developed teamwork, leadership, and communication skills.
   Boosted confidence and school pride.















Outdoor Basketball Tournament (ADEK)

#### Date and Time:

Date:18 January 2025 Time: 10:30 am - 1:30 pm

#### Venue:

Al Ragby Club, Al Ain.

#### Organized By:

ADEC under the supervision of Ms. Meram Mohsen and Ms. Faten Hamdy.

#### Participants:

- Number of Participants: 4 Students
   Grade Levels: Grade 11
- Roles:

Competitors: Students from grade 11

Referees: Ensured fair play.

Competitors: Students from grade 11

Referees: Ensured fair play.

Organizers: Managed event execution.

#### Objective of the Activity:

- Foster teamwork and school spirit.
   Enhance physical fitness and sportsmanship.
   Develop leadership skills.





Is this concise enough for you? Yes, this is concise enough.

#### Description of the Activity:

. Events: Adek Basketball matches for Girl's students in a knockout format.

















Basketball in Abu Dhabi University's community

#### Date and Time:

Date: 21 January 2022 Time: From 8:30 AM to 1:30 PM

#### Venue:

Al Ain Campus

#### Organized By:

Abu Dhabi University's community

#### Participants:

- Number of Participants: 10 Students
- Grade Levels: Grade 11 Girls
- Roles:

Competitors: Students from grade 11

Referees: Ensured fair play.

Organizers: Managed event execution

#### Objective of the Activity:

- Foster teamwork and school spirit.
- Enhance physical fitness and sportsmanship.
- Develop leadership skills.



#### Description of the Activity:

Events: Indoor basketball matches for the Abu Dhabi University community at the Al Ain campus in a knockout format.

Highlights: Opening ceremony, knockout rounds, semi-finals, finals, and awards. Special Guests: Referees and a motivational speaker.

#### Outcomes/Achievements:

- Skills Developed: Teamwork, communication, leadership, and problem-solving.
   Participants' Performance: Strong athleticism, sportsmanship, and competitive
- Impact on Students' Growth: Boosted confidence, promoted physical fitness, and encouraged school pride.





















Country: Marrocco

Culture Day Celebration - 2025

Date and Time:

February 21, 2025- From 8:30 AM until 12 PM

Venue:

United Private School- Boys Playground

Organized By:

United Private School

Participants:

sites, traditional clothing, famous foods, and cultural performances, including songs and dances.

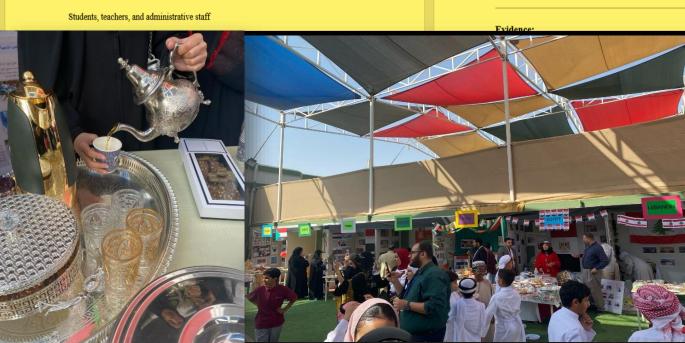
The school atmosphere was filled with energy as students, teachers, and administrative staff enthusiastically participated in sharing and exchanging traditional dishes, cultural insights, and performances. The audience was highly engaged, enjoying the lively environment and the rich diversity of cultures represented.

As part of the celebration, Ms. Faten and Ms. Samah, along with students from Grade 9, proudly presented the Moroccan booth. The booth featured traditional Moroccan attire, famous dishes, and key historical and tourist locations in Morocco. Students actively engaged with visitors, sharing fascinating facts about Moroccan culture and heritage.

- · Outcomes/Achievements:
- · Increased cultural awareness and appreciation among students and staff.
- · Strengthened school spirit and community bonding.
- · Provided an interactive and educational experience about global cultures.
- · Encouraged students to explore and respect different traditions.

The event was a resounding success, leaving everyone with a deeper understanding of different cultures and a lasting appreciation for global diversity.









# Term3



Academic Year 2024 – 2025

#### Club Report

#### Session Details

Club Title: Basketball (G10 D)

Department: Activity

Session Date: 9/01/2025

Responsible: Miss. Meram Mohsen

#### Activities Conducted

- 1. Warm-up Exercises (5 minutes)
- 2. Basic Skill Drills (10 minutes): A. Passing Drill: B. Ball Control: C. Shooting:
- 3. Team Play (15 minutes)
- 4. Feedback and Discussion (5 minutes)

#### Student Achievements

Skill Improvement

2. Teamwork & Communication

3. Confidence & Sportsmanship

#### Student Feedback

Our team is communicating much better now. In the beginning, we were all playing individually, but now we work together and understand each other's movements better.

#### **Challenges Encountered**

 Some students experience physical exhaustion due to the intensity of sports activities, while others may face mental fatigue from the overall demands of school life.



Academic Year 2024 – 2025

#### Club Report

#### Session Details

Club Title: Basketball (G11 D)

Department: Activity

Session Date: 16/01/2025

Responsible: Ms. Meram Mohsen

#### Activities Conducted

- 1. Warm-up Exercises (5 minutes)
- 2. Basic Skill Drills (10 minutes): A. Passing Drill: B. Ball Control: C. Shooting:
- 3. Team Play (15 minutes)
- 4. Feedback and Discussion (5 minutes)

#### Student Achievements

1. Skill Improvement

2. Teamwork & Communication

3. Confidence & Sportsmanship

#### Student Feedback

Our team is communicating much better now. In the beginning, we were all playing individually, but now we work together and understand each other's movements better.

#### Challenges Encountered

 Some students experience physical exhaustion due to the intensity of sports activities, while others may face mental fatigue from the overall demands of school life.



#### Academic Year 2024 - 2025

#### **Club Report**

#### Session Details

Club Title: Handball (G 6 D)

Department: Activity

Session Date: 20/02/2025

Responsible: Ms. Meram Mohsen

#### Activities Conducted

- 1. Warm-up Exercises (5 minutes)
- 2. Basic Skill Drills (10 minutes): A. Passing Drill: B. Ball Control: C. Shooting:
- 3. Team Play (15 minutes)
- 4. Feedback and Discussion (5 minutes)

#### Student Achievements

1. Skill Improvement

2. Teamwork & Communication

3. Confidence & Sportsmanship

#### Student Feedback

Our team is communicating much better now. In the beginning, we were all playing individually, but now we work together and understand each other's movements better.

#### Challenges Encountered

 Some students experience physical exhaustion due to the intensity of sports activities, while others may face mental fatigue from the overall demands of school life.





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#### Title of the Activity:

Football for All Tournament

#### Date and Time:

25-04-2025

From the first to the third period

#### Venue:

Boys' Playground

#### Organized By:

Mrs. Faten

#### Participants:

- Number of Participants: Boys from Grades 1 to 4
- · Grade Levels: Grade 1 to Grade 4 (boys)
- · Roles: Competitors, Team Members



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was filled with excitement and enthusiasm from all participants and teachers. The competition was strong yet beautiful, emphasizing the spirit of teamwork and collective play throughout the event. The playground was decorated with special banners prepared for the tournament, adding to the festive environment.

#### Outcomes/Achievements:

- The winning teams were: Grade 3 Boys, Grade 1A, and Grade 2B.
- · Students demonstrated high levels of teamwork, cooperation, and sportsmanship.
- The tournament strengthened students' social skills, built their confidence, and promoted physical fitness.
- Teachers and students alike shared moments of joy, motivation, and team spirit.

#### Evidence:



















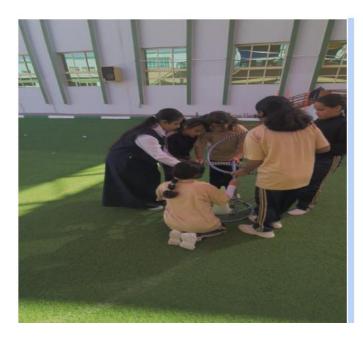




#### Weekly Activity

#### Weekly PE Activity – 20 February 2025 By Ms. Meram Mohsen

A team is gathered on a green artificial turf, working together to form shapes using hula hoops for a competition between teams. The activity promotes collaboration, creativity, and fun.



#### Weekly Activity

## Weekly PE Activity – 13 February 2025 By Ms. Meram Mohsen

A group of students is participating in an outdoor activity on a green artificial turf field. Some are holding or dribbling basketballs, and there is several orange traffic cones placed on the field. The setting appears to be a school or educational institution.



#### Weekly Activity

## Weekly PE Activity – 6 February 2025 By Ms. Meram Mohsen

Children are engaged in a fun jumping activity on a green artificial turf field, using orange bands to tie their legs together. The setting is an indoor sports facility, and the activity promotes physical exercise and teamwork.



### Weekly Activity

## Weekly PE Activity – 30 January 2025 By Ms. Meram Mohsen

Children are engaged in a crawling race on a green artificial turf field. They are positioned on their hands and knees, moving forward with enthusiasm. The game promotes physical activity, coordination, and fun.



#### Weekly Activity

#### Weekly PE Activity – 16 January 2025 By Ms. Meram Mohsen

Students participated in a fun and engaging teamwork activity aimed at improving coordination, strength, and cooperation. The game involved small groups working together a friendly tug-of-war-style challenge, promoting collaboration, balance, and strategic thinking. The outdoor session encouraged active movement and social interaction, making both physically and mentally stimulating.



#### Weekly Activity

#### Weekly PE Activity – 23 January 2025 By Ms. Meram Mohsen

A group of children is engaged in a hula hoop passing activity on a green artificial turf. They are holding hands and passing the hula hoop around the circle without breaking the chain. The setting is a large indoor or semi-indoor area.



## Weekly PE Activity – 9 January 2025 By Ms. Meram Mohsen

Students participated in a fun hula hoop challenge to improve coordination, teamwork, and motor skills. The outdoor session promoted movement, balance, and collaboration, making learning both active and enjoyable.













# PEStudents skills & Clubs



# Term1

#### Session Details

Club Title: Basketball Fundamentals

Department: Activities

Session Date: 16th of January 2025

Responsible: Mrs. Faten Hamdi













UNITED PRIVATE SCHOOL









## Basketball drills: Dribble and control the ball Grade1

First-grade students displayed great enthusiasm and engagement during the basketball class. They particularly enjoyed learning and developing the dribbling skill. They seemed determined to master this skill and maintain ball control while moving.











## Floor Gymnastic: Handstand Grade 2

- Second-grade students exhibited remarkable enthusiasm and engagement while learning the handstand skill during their gymnastics class. Many excelled in mastering this challenging skill, maintaining their balance for increasingly longer periods with each attempt. A noticeable improvement was observed in their ability to control their bodies and execute precise movements.
- ❖ The students' positive attitudes and perseverance were evident throughout the lesson. Their willingness to try new things and overcome challenges created a supportive and encouraging learning environment.









# Term2

## PE CLUB





#### **Session Details**

Club Title: Basketball

Department: Activities

Session Date: 24th of October 2024 Responsible: Mrs. Faten hamdi

#### **Activities Conducted**

1. Warm-up Exercises (5 minutes)

2. Offensive Drill (15 minutes): 1- Spot Shooting Challenge 2-Fast Break Drills

3. Mini game (10 minutes)

4.Feedback and Discussion (5 minutes)

#### Student Achievements

- Improved shooting accuracy
- 2. Enhanced passing speed
- 3. Effective teamwork

#### Student Feedback

- . They enjoyed the challenge of spot shooting; it helped them focus on their shooting technique
- . The fast break drills were fun, but some needed to work on their reaction time to keep up with teammates.

#### Challenges Encountered

- 1. Some students struggled with maintaining control while moving at high speed during fast breaks.
- 2. Difficulty in accurate shooting under time pressure.

#### Next Steps

Increase speed training: Add short sprints and agility drills to improve reaction times and speed on fast breaks.

Focused shooting practice: Incorporate specific shooting drills under pressure to improve accuracy and consistency.







#### **Academic Year 2024 – 2025**

#### Club Report

#### Club Report

#### Session Details

- Club Title: Floor Gymnastics Grade 4D
- Department: Activities
- Session Date: 31st of October 2024
- Responsible: Mrs. Faten Hamdi

#### **Activities Conducted**

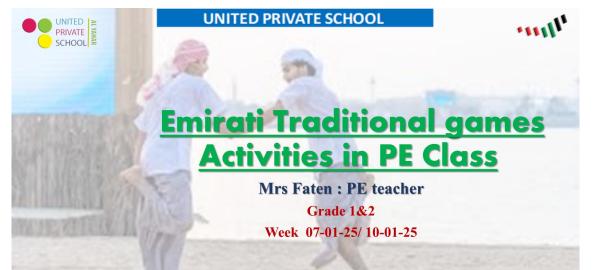
- Warm-up Routine (5 minutes): Stretching and flexibility exercises to prepare for choreography.
- 2. Choreography Practice (15 minutes):
  - Linking gymnastics moves into smooth sequences.
  - o Emphasis on posture, transitions, and rhythm.
- 3. Jump Training (10 minutes):
  - Practiced straight jumps, tuck jumps, and split leaps with proper form and landings.
- 4. Cool-down and Feedback Session (5 minutes): Reflecting on performance and providing personalized guidance.

#### Student Achievements

- · Improved ability to connect gymnastics elements into fluid routines.
- Increased confidence in performing jumps with control and precision.
- · Enhanced understanding of rhythm and timing in choreographed sequences.

#### Student Feedback

- Students found learning choreography links enjoyable and appreciated the focus on creativity.
- · Many highlighted the jump practice as challenging but rewarding.



OUR VISION - Inspiring our students to love learning and helping them achieve their potentials and build their social, emotional and physical wellbeing.











#### **UNITED PRIVATE SCHOOL**



In the first week of the start of the second term of 2025, Grade 1 and 2 students enthusiastically performed traditional Emirati games like Al Karabi, Khousa Bousa, and Taq Taq Taqiya as warm-up activities during their PE class. The students took the lead in naming, explaining, and playing the games in a lively and competitive atmosphere.

These activities not only promoted physical fitness but also strengthened their connection to Emirati heritage, creating a joyful and culturally enriching experience that celebrated national identity.

OUR VISION - Inspiring our students to love learning and helping them achieve their potentials and build their social, emotional and physical wellbeing.





## **PE Students DRILLS**













# Term3

## Weekly Activity

## Weekly PE Activity – 8 May 2025 By Ms. Meram Mohsen

Children stand in a circle on a grassy field, engaged in an activity involving a hula hoop. They appear to be working together, possibly passing the hula hoop around the circle without breaking their chair of hands. This exercise promotes teamwork, coordination, and problem-solving skills in a fun and interactive way. The scene conveys a strong sense of collaboration and engagement among the students.



## Weekly Activity

## Weekly PE Activity – 30 April 2025 By Ms. Meram Mohsen

A fun and engaging classroom activity where students participate in an interactive math game. One student takes turns answering a question by throwing a soft toy ball, combining physical movement with learning. This activity promotes active participation, reinforces math skills, and encourages teamwork and focus among students.



## Weekly Activity

## Weekly PE Activity – 16 April 2025 By Ms. Meram Mohsen

"Children engaging in a fun activity on an artificial turf field, practicing teamwork and coordination skills with cones in a vibrant sports environment."





## Weekly Activity

## Weekly PE Activity – 23 April 2025 By Ms. Meram Mohsen

This classroom is filled with joy and energy as young students actively participate in a dance session. With bright expressions and enthusiastic movements, the children are clearly enjoying the activity while following a fun video on the smart screen. The vibrant classroom decorations—colorful numbers, shapes, and labels—create a cheerful and welcoming atmosphere. This scene reflects an engaging and lively learning environment where students are encouraged to move, smile, and learn through joyful physical activity.



## Students work and skills T3

8 May 2025

Grade 5 D

By Ms. Meram Mohsen

Students are engaged in a collaborative classroom activity, gathered on the floor and working together on a hands-on project involving colored paper and written materials. The atmosphere appears focused and interactive, promoting teamwork, creativity, and active learning in a comfortable classroom setting.









#### Academic Year 2024 – 2025

#### Club Report

#### Session Details

Club Title: Handball (G 10 D)

Department: Activity

Session Date: 17/04/2025

Responsible: Ms. Meram Mohsen

#### **Activities Conducted**

Warm-up Exercises (5 minutes)

2. Basic Skill Drills (10 minutes): A. Passing Drill: B. Ball Control: C. Shooting:

3. Team Play (15 minutes)

4. Feedback and Discussion (5 minutes)

#### Student Achievements

1. Skill Improvement

2. Teamwork & Communication

3. Confidence & Sportsmanship

#### Student Feedback

Our team is communicating much better now. In the beginning, we were all playing individually, but now we work together and understand each other's movements better.

#### **Challenges Encountered**

1. Some students experience physical exhaustion due to the intensity of sports activities, while others may face mental fatigue from the overall demands of school life.

#### Club Report

#### Session Details

Club Title: Basketball (G 11D)

Department: Activity

Session Date: 24/04/2025

Responsible: Ms. Meram Mohsen

#### **Activities Conducted**

- 1. Warm-up Exercises (5 minutes)
- 2. Basic Skill Drills (10 minutes): A. Passing Drill: B. Ball Control: C. Shooting:
- 3. Team Play (15 minutes)
- 4. Feedback and Discussion (5 minutes)

#### Student Achievements

1. Skill Improvement

2. Teamwork & Communication

3. Confidence & Sportsmanship

#### Student Feedback

Our team is communicating much better now. In the beginning, we were all playing individually, but now we work together and understand each other's movements better.

#### **Challenges Encountered**

1. Some students experience physical exhaustion due to the intensity of sports activities, while others may face mental fatigue from the overall demands of school life.

#### Next Steps

- 1. Introduce Advanced Drills 1 May 2025
- 2. Discuss potential participation in upcoming tournaments or friendly matches, encouraging students to commit to





Basketball Tournament between Grade 4, 5, 6 and 7

#### Date and Time:

Day: Friday

Date: 25 April 2025 Duration: Period 4, 5 and 6

#### Venue:

United Private School, Al Yahar

#### Organized By:

Organized by: Ms. Meram Mohsen Supervision by: Ms. Faten Hamdy

#### Participants:

- Number of Participants: (All Students)
   Grade Levels: (Grade 4, 5, 6, 7) Girls
- Roles:







## Students' works



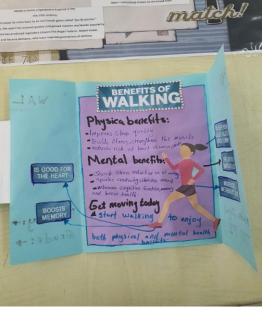














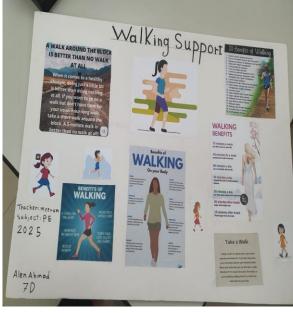
## Students' Projects

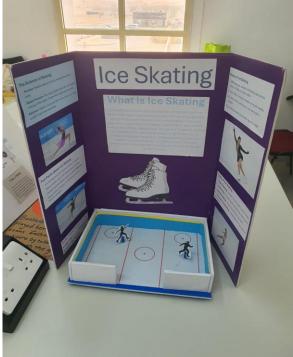






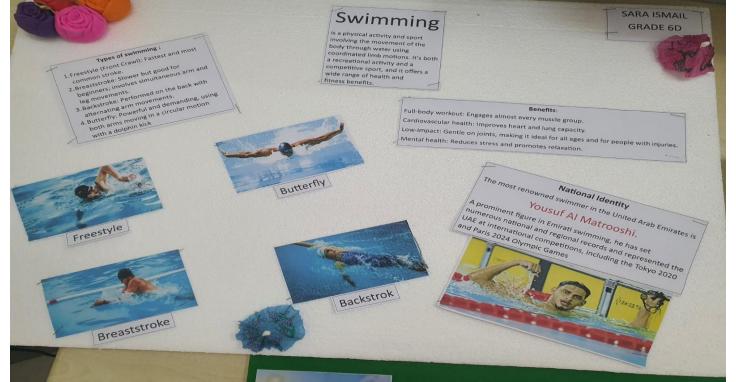
PRIVATE SCHOOL















# Morning Assembly Term 2&3



#### UNITED PRIVATE SCHOOL



#### Assembly Program: UAE National Identity

21-01-25

#### Good morning, dear teachers and students!

Today, our broadcast is about the UAE National Identity. Let's dive into its beauty, importance, and how sports help preserve our Emirati heritage.

First, let us begin with Quran Kareem, recited by ...
"يَا أَيُّهَا النَّاسُ إِنَّا خَلْقَاتُكُمْ مِنْ نَكْرٍ وَأَنْشَىٰ وَجَعَلْنَاكُمْ شَعُوبًا وَفَيَائِلَ لِتَعَارِفُوا إِنَّ أَكُرَهُمُ عِلَدَ اللهِ أَقْلُكُمْ إِنَّ اللهُ عَظِيمٌ خَبِيرًا"
(Surah Al-Ḥujjṇṇaṭ, Ayah 13)

#### Now, here's a fun fact about UAE heritage with

Did you know?

The UAE's traditional sport, camel racing, is famous worldwide. It showcases our love for nature and desert culture.

Also, falconry, practiced by Emiratis for generations, is recognized by UNESCO as a cultural heritage. It reflects our respect for tradition and the environment.

The Role of Sports in Preserving Heritage with \_ :

Sports like archery and horse racing have deep roots in Emirati culture and are still enjoyed today.

These sports teach discipline, teamwork, and a connection to our traditions.

Now, let's test your knowledge with =

1- Question: What is the UAE's national bird, often seen in traditional sports?
Answer/: The falcon

- 2- Question: What is horse riding a symbol of?
  - A) Strength and courage
  - . B) Speed and flying

# ш <u>ത</u>



#### UNITED PRIVATE SCHOOL



· C) Swimming skills

Answer: Strength and courage.

3- Question: Which traditional Emirati sport involves racing animals in the desert?

Answer! Camel racing

#### Words from Sheikh Mohamed bin Zayed with \_

Sheikh Mohamed bin Zaved once said:

"Sport is not just about competition. It is about preserving our traditions, bringing people together, and building strong and healthy communities."

إقال الشيخ محمد بن زايد آل نهيان

" الرياضة ليست مجرد تنافس. إنها وسيلة للحفاظ على تقاليدنا وجمع الناس معًا ويناء مجتمعات قوية وصحية "

These words remind us of the importance of staying united as a nation through our heritage and values.

#### Closing thought:

Remember, being proud of your national identity means understanding and respecting your traditions, values, and heritage.

تذكروا، أن الفخر بالهوية الوطنية يعني فهم واحترام تقاليدكم وقيمكم وتراتكم

Thank you, and have a wonderful day ahead!



# UNITE PRIVATE SCHOOL









#### . 1111

#### لتشاهد معا الأن رقصة من تقديم طلاب صف أول و صف ثاتي.





# Re S 0 ect

#### الإذاعة الصباحية " الإحترام " \_ تاريخ 29.04.25

SCHOOL E

#### الطلية رودينا

السلام عليكم ورحمة الله ويركاته،

أسعد الله صباحكم بكل خير، زملائي الطلاب، معلمينا الأفاضل،

نحريكم اليوم بإذاعة صباحية تحمل قيمة عظيمة من قيم مجتمعنا وهويتنا، وهي "الاحترام"، تلك القيمة التي تُعلَّمنا كيف نعامل الأخرين بلطف، ونفتُخر بوطننا، وننافس بشرف في ميادين الرياضة .

#### و الآن تستمع للقرآن الكريم مع الطالبة : ميس

قَالَ اللهِ تَعَالَى: "يَا أَيُّهَا الَّذِينَ آمَتُوا لَا يَمَكُرُ قَوْمٌ مِّن قَوْمٍ] "الحجرات: 11[

صندق الله العظيم.

#### و تستمع للحديث الشريف مع الطالبة: عزيزة

قال رسول الله ﷺ:

"ليس المؤمن بالطعان ولا اللعان ولا القاحش ولا اليديء".

رواه النَرمذي.

الطالبة فاطمة محمد- في دولة الإمارات العربية المتحدة، تُعلِّم أبناءنا منذ الصغر أن الاحترام جزء أساسي من هويتنا

فنحن نحترم قيادتنا الرشيدة، رموز دولتنا، تراتنا، ولغننا، ونرفع رايتنا بكل فخر واحترام وهذا ما بِجعلنا نموذجًا بِحدّني به بين الأمم.

الطالبة سارة إسماعيل - و عندما تتكلم عن الاحترام في الرياضة فإن الرياضة لا تعنى فقط الفوز، بل تعنى احترام الخصم، احترام القوانين، واحترام الجمهور.

في كل مباراة، نرى كيف يتصافح اللاعبون ويتعاملون بروح رياضية عالية.

و هكذا تُعلِّم أنفسنا أن الاحترام هو أساس النفوق الحقيقي.

الطالبة رودينا -وفي الختام، تذكّروا زمالئي: الاحترام لا يُعلِّم فقط بالكلمات، بل بالمواقف، بالأفعال، وبالقدوة الحسنة.

وكما قال المعقور له الشيخ زايد بن سلطان آل تهيان حطيب الله تراه:



Term1
Teachers Intensive
Training Term1 - 24-25





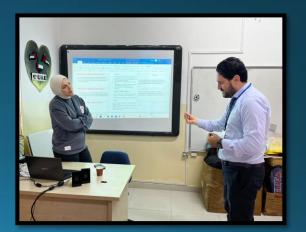


### The intensive training sessions

conducted by Mrs. Faten focused on enhancing teaching practices through innovative strategies, practical applications, and technology integration. Key themes included effective lesson planning, differentiated instruction, student engagement through hands-on and interactive activities, balanced evaluation methods, and leveraging technology for better classroom management and learning outcomes. Collectively, these sessions equipped teachers with diverse tools and collaborative insights to foster an engaging and efficient learning environment that meets varied student needs.











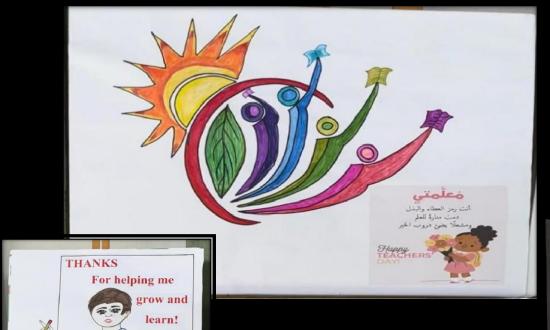
# ACTIVITES DEPARTMENT ART 2024-2025

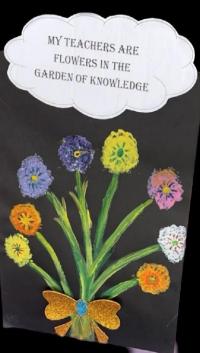
OUR VISION - Inspiring our students to love learning and helping them achieve their potentials and build their social, emotional and physical wellbeing.

### ART&STUENTS Term1

he Art Education Group participated in a school event emphasizing teachers' contributions to innovation and education reform, fostering students' connections to their school and country. The group showcased diverse artworks, including printing, drawing, and design.























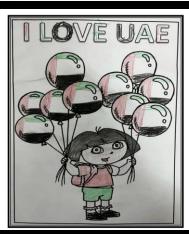








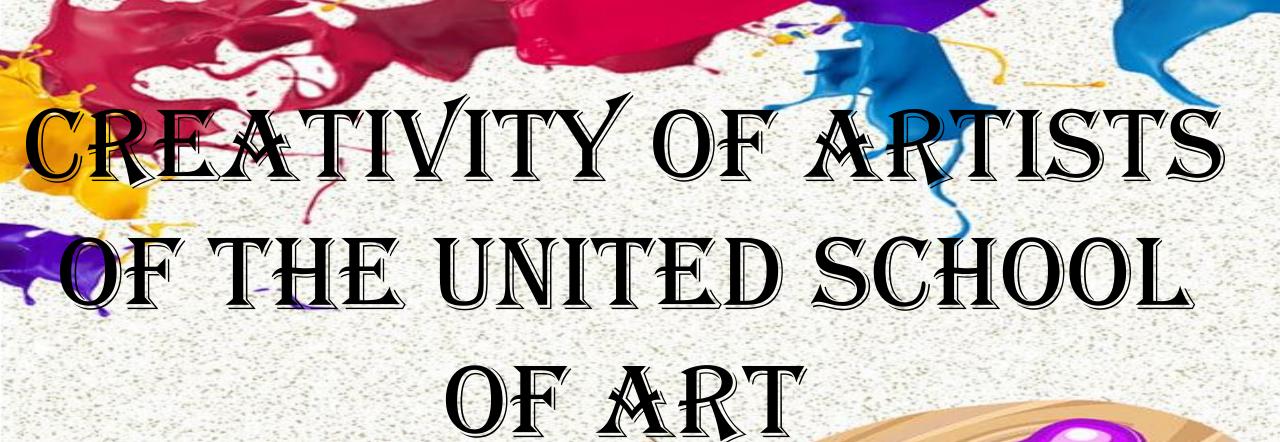












2024-2025

### CARTON MATERIA



### TISSUE ROLL MATERIAL









### BURLAP BAG MATERIAL



### USING OLD PMPER MID FORM MATERIALS TO CREMIE & 3D ARTWORK TO EXPRESS SUSTAINABILITY

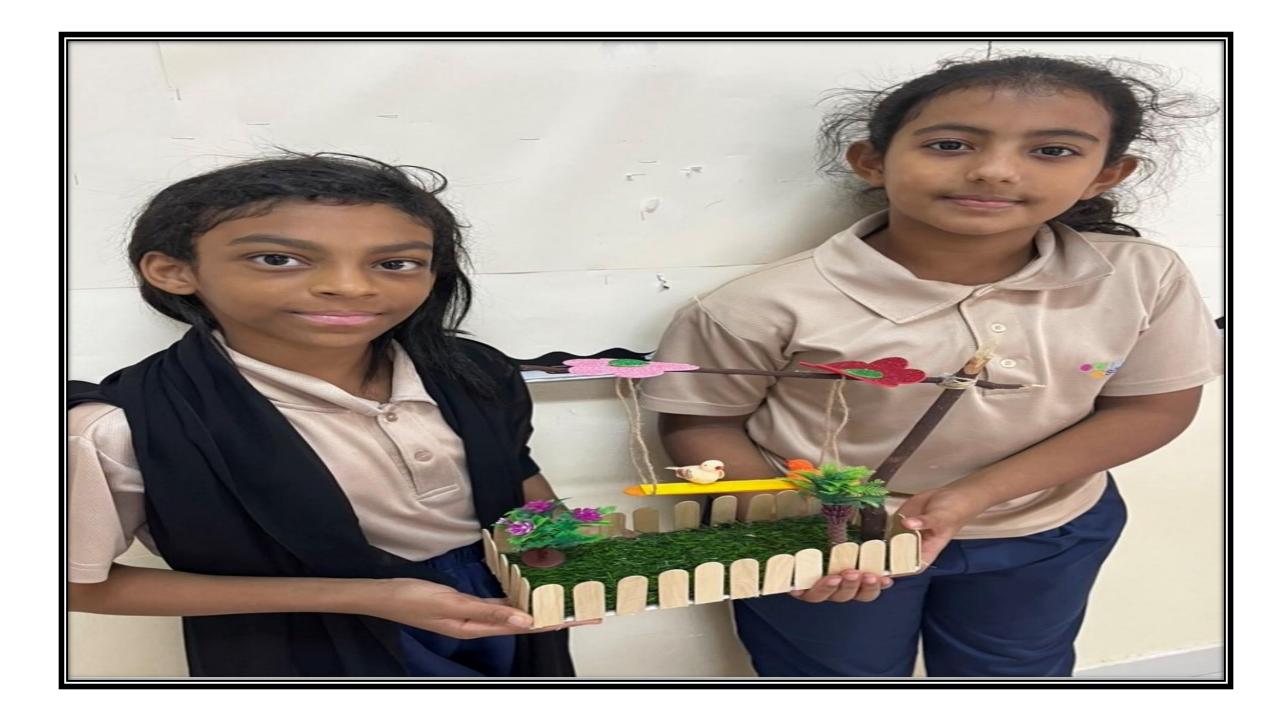








### USE OLD COLOR BOXES TOMAKE VASES FOR ROSES



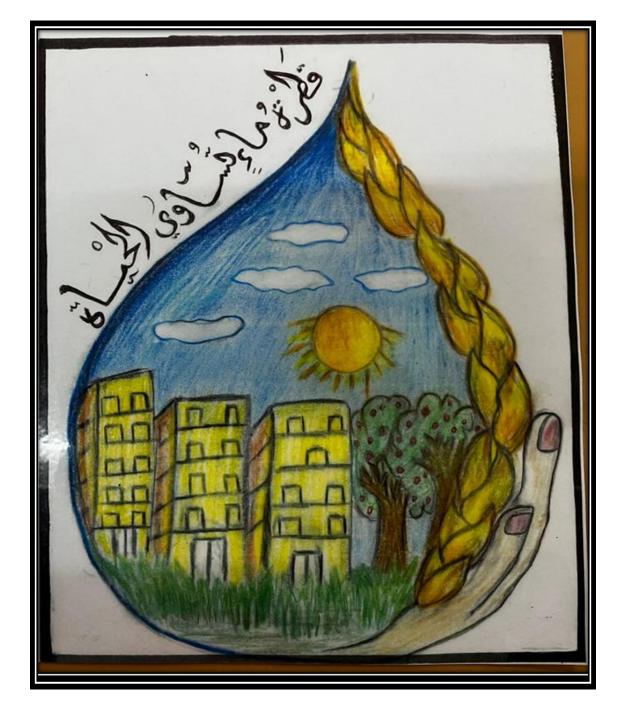


A house made of foam and simple materials And use environmentally friendly energy



### DISTRIBUTING BROCHURES TO RAISE AWARENESS OF THE IMPORTANCE OF WATER CONSERVATION AND INSIDE CLASSROOMS TO CONSERVE ELECTRICITY









### ART&STUENTS Term2

### SUSTAINABILITY WEEK TUESDAY 21/1/2025

We participated with the school's science department in the Sustainability Week by making some artistic things made from recycled materials. Also, one of the outstanding students in the art of drawing made a design about preserving the



### UNITED PRIVATE SCHOOL



Title of the Activity: Sustainability Week  [ Sustainability Week ]
Date and Time:
[_Tuesday 1/21/2025
Second period
Venue:
[ small school playground ]
Organized By:
[ Department of Science and Activities (Department of Art Education)]
Participants:

Number of Participants: [ Five students \_]

. Roles: [ We divided the students into two sections: the first for design and

Grade Levels: (G7-12)

### Objective of the Activity:

[ fostering teamwork, enhancing creativity .]

### Description of the Activity:

OUR VISION - Inspiring our students to love learning and helping them achieve their potentials and build their social, emotional and physical wellbeing.



### UNITED PRIVATE SCHOOL



- A student presented a distinctive drawing about the environment and the importance of preserving it
- · Other students presented artwork using the art of recycling
- · Dr. Salam with Ms. Kanana

### Outcomes/Achievements:

[. The students presented distinctive artworks and Dr. Salam encouraged them because she admired what they presented.

These activities help students to commit to environmental cleanliness and employ the materials used before in useful things that could be small projects for them later.

### Outcomes/Achievements:

[ The students presented distinctive artworks and Dr. Salam encouraged them because she admired what they presented.

These activities help students to commit to environmental cleanliness and employ the materials used before in useful things that could be small projects for them later.

• ]

### Evidence:





قام قسم التربية الفنية بالاشتراك في الفاعلية المقامه في

مركزسالم بن حم الثقافي بتاريخ

الخميس الموافق -30 1 -2025

والتي ضمت أقسام

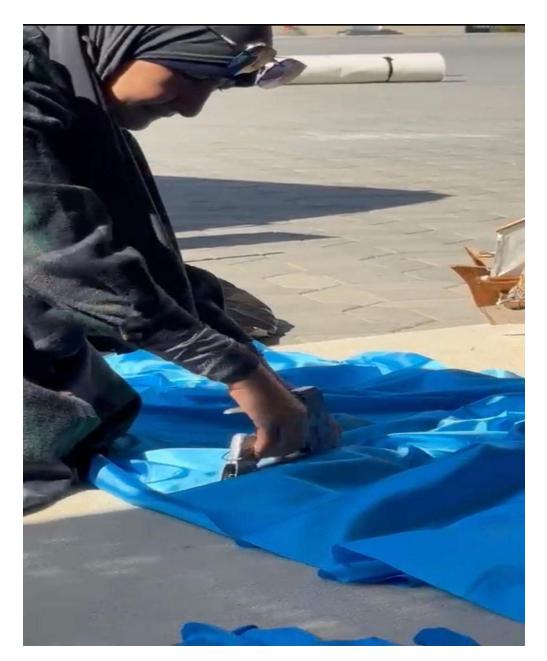


وقمنا بالتعاون مع الاستاذة سلامة منسقة الانشطه والمساعدات بتنظيم وترتيب قبل الفاعليه بيوم (والحياه البحريه الطب الشعبي )الكونارات الخاصه بنا وهي واحد

وفي اليوم التالي قام طلابنا بمقابلة الشيخ سالم بن حم و شرحوا له أهمية الاقسام الخاصه بنا وقد أعجب الحضور جميعا وعلي رأسهم

الشيخ سالم بن حم بهذة الكورنارات وتمنوا لهم التوفيق والتميز والنجاح













# قام قسم التربيه الفنية بعمل اذاعة صباحية بعنوان ( (الغذاء الصحي ) و العذاء الصحي ) و العربياء الموافق ( 2025 / 2 / 5 وذلك في يوم الاربعاء الموافق

اليوم، سنتحدث عن الغذاء الصحى وأهميته في حياتنا. والذي يمكن تعريفه على أنه الطعام المتوازن العناصر ومتكامل في قيمته الغذانية التي تعطى الجسم ما يحتاجه يوميا من عناصر تساعد على تغذيته بالشكل الصحيح بعيدا عن تناول الأغذية التي تحتوي على أشياء تضر بالصحة العامة للإنسان

قَالْغَدَّاء هو أساس صحتنا ورقاهيتنا، ولا بد لنا من اختيار ما هو مقيد لجسمنا

والان دعونا نستمع معًا إلى بعض الفقرات التي توضح لنا أهمية الغذاء الصحى فقرات الإذاعة/

والان / مع خير بداية لكل بداية وآيات عطرة من القرآن الكريم يتلسوها على

الطالبه / سارة اسماعيل

سورة النحل / بسم الله الرحمن الرحيم

﴿ فَكُلُوا مِمَّا رَزَّقُكُمُ ٱللَّهُ خَلَلًا طُيِّيًا وَٱشْكُرُوا بَعْمَتَ ٱللَّهِ إِن كُنتُمْ إِيَّاهُ تُعْبُدُونَ (114) إنَّمَا خَرَّمَ عَلَيْكُمُ ٱلْمَيْتَةَ وَٱلدَّمْ وَلَحُمْ ٱلْجَنزيرِ وَمَا أَهِلَ لِغَيْرِ أَللَّهُ بِهِ ۖ فَمَن ٱصْطُرُّ غَيْرَ يَاغَ وَلَا عَادٍ فَإِنْ ٱلله غَفُورٌ رَّحِيمٌ (115) وَلَا تَقُولُوا لِمَا تَصِفُ أَلْسِنْتُكُمْ ٱلْكَذِبَ هَٰذَا حَلَلٌ وَهَٰذَا حَرَامٌ لَتَفْتُرُوا عَلَى أَللْهِ ٱلْكَذِبَ إِنَّ ٱلَّذِينَ يَفْتَرُونَ عَلَى ٱللهِ ٱلْكَذِبَ لَا يُقْلِحُونَ)



### اذاعة الغذاء الصحى







ates)















### والان مع فقرة هل تعلم

. هل تعلم أن تنويع الأطعمة الصحيه: تجعلك تحصل على جميع العناصر الغذانية

هل تعلم أنه يجب تجنب الأطعمة السريعة: الغنية بالدهون والسكريات

. هل تعلم أن شرب الماء: بكمية كافية يوميًا تحفاظ على ترطيب الجسم

هل تعلم أنه يجب تجنب الإسراف: في كميات الطعام وتجنب الإقراط في الأكل . عموما

هل تعلم أن الحفاظ على تناول غذاء صحي والابتعاد عن الأغذية الغير مفيدة ... يساعد جسمك على نمو مثالي و يعزز مناعة الجسم

### فقرة الهوية الوطنية بالتفصيل:

والطالبه / ليان سامح

أنواع الغذاء الصحي المنتج في الامارات

الفواكه والخضروات: تحتوي على الفيتامينات والمعادن والألياف، وهي ضرورية لصحة الجسم - اللحوم - والاسماك - بجميع انواعها

الحبوب الكاملة : مثل الخبر الأسمر والأرز البني، حيث تمد الجسم بالطاقة

البروتينات: مثل اللحوم الخالية من الدهون، والسمك، والبيض، فهي مهمة لبناء العضلات

الألبان: مثل الحليب والجبن، فهي تحتوي على الكالسيوم الضروري لصحة العظام

### الحديث الشريف:

والآن هيا بنا نقتطف وردة من السنة النبوية على صاحبها افضل الصللة وأتم التسليم والطالبة / فاطمه سلطان

قال رسول الله -صلى الله عليه وسلم-: ( ما ملا ابن آدم وعاءً شرا من بطن ، بحسب ابن آدم لقيماتٍ يقمن صلبه ، قبن كان لا بد قاعلا ، قتلت لطعامه وثلث لشرابه وثلث لنفسه ))

صدق رسول الله صل الله عليه وسلم

والأن مع فقرة أهمية الغذاء الصحي

تعزيز المناعة: يساعد الغذاء الصحي على تقوية جهاز المناعة، مما يحمي الجسم . من الأمراض

زيادة الطاقة: يوفر الغذاء الصحي العناصر الغذانية اللازمة للطاقة، مما يساعدنا على القيام بأنشطننا اليومية

تصين المزاج: الغذاء المتوازن يؤثر على حالتنا النفسية ويزيد من شعورنا بالسعادة

نمو صحى: يعتبر الغذاء الصحي ضروريًا لنمو الأطفال وتطورهم

، الذي يأتي في إطار تعزيز "وطني إبداعي"قمنا بالاشتراك في برنامج تدريب معلمي الوعي العميق بأهمية التراث والحضارة الإماراتية، إضافة إلى تطوير المهارات الفنية والإبداعية

بناءً عليه، ألتزمنا بحضور الورشه التدريبية المقامه في ((مركز القطارة الثقافي بالعين ))

حيث أن هذة الورش ستؤثر بشكل إيجابي في نقل المعرفة والإبداع إلى الطلاب، كما سيساهم في رفع الوعي بأهمية الفنون والحضارة الإماراتية، وتطوير مستوى الفنون في المدارس، مما يعزز من الأثر الإيجابي لهذه الورش





## ACTIVITES DEPARTMENT MUSIC 2024-2025

OUR VISION - Inspiring our students to love learning and helping them achieve their potentials and build their social, emotional and physical wellbeing.

### Music Activities Term1

### Firstly, inside the classroom

During the first term, a primary focus in the classroom was on teaching the fundamentals of music theory. This included introducing students to the principles of melody and rhythm, as well as explaining the different families of musical instruments and the distinctions between them.

Students were trained to play a variety of musical instruments such as the guitar, keyboard, and xylophone. Lessons also featured discussions of renowned international musicians, including Mozart, with an emphasis on connecting these lessons to Emiratinational identity.

Furthermore, each class incorporated engaging musical activities, some of which were designed to be recreational, ensuring a balance between education and enjoyment.

### First inside the classroom







## National Anthem Performance Training

At the beginning of the first term, I trained four students—Aboud, Salem, Rammah, and Mansour—on performing the national anthem using the keyboard and percussion instruments. The students demonstrated remarkable skill through teamwork, successfully mastering the performance. They went on to play the national anthem daily during the morning assembly



### Anti-Bullying Day

As part of the Anti-Bullying Day activities at United Private School, a special song was composed to encourage students to respect others and embrace kindness. The performances were conducted separately: the girls' choir performed during the girls' assembly, and the boys' choir delivered their rendition during the boys' assembly. These efforts highlighted the school's commitment to fostering a respectful and inclusive environment among students.









Our students also participated in the Ben Ham School Competition, where the first and secondgrade students performed the song "Allah Ykhalli

Al-Walad" as part of the theme "Sheikh

Mohammed bin Zayed in the Eyes of Youth." The

performance was executed perfectly, and the students were honored with a third-place award for their outstanding contribution.





## Teaching Students Individual Instrumental Performance through Club Time

Students were also taught to play musical instruments individually during Club Time. This initiative allowed them to develop their skills in a more personalized setting, where they could focus on their own progress and explore different instruments at their own pace. This approach not only enhanced their musical abilities but also encouraged a sense of independence and creativity in their musical learning.



# Music Activities Term 2

### Firstly, inside the classroom

During the second term, the foundation laid in the first term was further developed, expanding students' knowledge of music theory and principles. This progression enabled students to grasp the fundamentals of reading musical notation.

On the practical side, piano instruction was deepened, introducing students to simple pieces by renowned composers such as Beethoven, including his "Ode to Joy."

Additionally, there was a greater emphasis on both Eastern and Western musical instruments, allowing students to explore traditional Middle Eastern instruments like the oud and qanun, alongside Western instruments.

Furthermore, students engaged in a deeper exploration of Emirati songs, traditional Emirati musical instruments, and folk music, strengthening their connection to the national identity.

### First inside the classroom









## National Anthem Performance Training

During the second term, the number of students performing the national anthem expanded with the addition of new members. Mohsen, a third-grade student, joined as a keyboard player, while Mohamed Hamdi, also from third grade, contributed on the xylophone. Additionally, Salem took on the role of guitarist, enriching the overall performance.

Looking ahead to the third term, more musicians will be added, and regular rehearsals will continue to enhance the performance. The team is also preparing to participate in the Ministry of Education's "Watani Ebdae'i" competition.



### **School Podcast**

Music played a significant role in the school podcast. During my assigned day, I focused on highlighting the importance and history of the national anthem, emphasizing the significance of singing it every morning. This initiative aimed to address the noticeable reluctance of some students, particularly those in the twelfth grade, to participate.





# Teaching Students Individual Instrumental Performance through Club Time

During the second term, greater emphasis was placed on individual instrument practice, allowing for deeper exploration of musical talents and skill development. More students were guided in learning various musical instruments, including the piano, while also advancing to more challenging musical pieces. This progression moved students beyond the beginner level.





