



CURRICULUM

GERMAN INTERNATIONAL SCHOOL DUBAI TERM 2 (GRADE 1-4)

GERMAN
INTERNATIONAL
SCHOOL DUBAI



DEUTSCHE
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WELCOME TO GULF STAR SPORTS

At Gulf Star Sports we understand the value of sports and extracurricular activities, as such it is our aim to encourage engagement in sports and activities across the UAE through partnerships with schools and the wider community.

We aim to support children and adults in accessing a wide variety of different opportunities through providing extra curricular activities which are aimed at developing talent and allowing for beginners to enter and access sports in a welcoming environment.

GULF STAR KARATE

Grade 1-4 students will begin to focus on the working towards progressing through the WKF (World Karate Federation) accredited belt system. Students will start to master a number of different moves as part of the Kata, in order to be ready for their end of term grading, in which they must display the skills learnt in order to successfully achieve their next belt, whether this be Yellow, Orange or Red etc.

Students will also be introduced to the combat elements of Kumite and have some exposure to sparring and the rules of Kumite, i.e scoring points and limitations. All students will have the opportunity to do a grading exam at the end of the term.

Outcomes for Term 2

- Prepare for the end of term grading for next belt level.
- Be able to participate in light sparring safely using the correct techniques.

GULF STAR GYMNASTICS

For grade 1-4 the Recreational Gymnastics classes are a non-competitive program designed to improve flexibility, strength, coordination while building body awareness and confidence in a fun and challenging atmosphere.

Gymnasts will work on perfecting their rolls, handstands, bridges, cartwheels, and splits; casting and pullovers on bars; walking, mounting, and dismounting on beam; and basic vaulting. Skills are developed progressively, allowing children to reach their potential in a safe and friendly environment.

Outcomes for Term 2

- Be able to demonstrate a controlled handstand, bridge and cartwheel.
- Be able to confidently use the beam, vault and bars.
- Be able to demonstrate a short floor routine.

GULF STAR SWIMMING

The swimming program for Grade 1-4 is split into beginners and intermediate. Each class will be 45 minutes in duration and be designed to support the needs of the swimmer.

The beginner swimming classes will focus on water acclimation and water movement. Students will learn to become more confident in the water, and also begin learning how to move around inside the water in different ways.

For the intermediate swimmers the coaches will introduce them to swim strokes and water stamina. Students will begin working on their fitness, whilst learning the techniques required for each stroke.

Outcomes for Term 2

- Be able to enter and exit the water safely.
- Be able to demonstrate the ability to tread water unassisted for intermediate.
- Be able to swim one full length of the pool unassisted for beginners.

EMPIRE FOOTBALL ACADEMY

This program is for the players that are just starting out or that want to play social football, we offer this program exclusively for grades 1-4 in DISD.

Our Academy Program is a progressive soccer development program that not only makes better soccer players but better people too.

Our holistic and educational approach fosters mental and emotional growth as we focus heavily on core values.

Players will be introduced to the dynamics of a team, basic conditioning, and development of individual skills.

Outcomes for Term 2

- Be able to demonstrate accurate passing, shooting and dribbles.
- Be able to explain the different positions there are in the team.
- Be able to demonstrate at least 3 types of stretching and warm up techniques.

GULF STAR ATHLETICS

Gulf Star Athletics teaches agility, fitness and strengths whilst inspiring players to take responsibility for their own development, whilst focusing on the basics of athletics. Throughout the session athletes will take part in exciting drills, and learn new techniques. They will also understand the rules of Team work.

For Grade 1-4 the students will focus on 100 & 200m sprints, 400, 800 & 1000m middle to long distance running, and will also be introduced to a number of field events such as long jump, javelin and shot putt.

Outcomes for Term 2

- Be able to complete a 100 & 200m sprint showing correct starting technique.
- Be able to complete a minimum of 400m without stopping.
- Be able to demonstrate 1 dynamic and 1 static stretch routine.

ELITE PRO BASKETBALL

Elite pro Basketball classes for Grade 1-4 focus on introducing students to basketball in a fun and engaging manner. Elite Pro share their passion, knowledge and expertise with Elite to enable every child to reach their full potential throughout the programs. The coaches will focus on Basic Stance footwork, dribbling, passing, shooting, rebounding, fast break, screening and offensive plays. Students will also learn to develop their strength and fitness in a way that will allow them to perform more effectively on the court.

Outcomes for Term 2

- Be able to demonstrate two types of pass accurately to a partner.
- Be able to demonstrate a 2 point scoring shot.
- Be able to dribble without losing control for 2 widths of the court.

GULF STAR DANCE

The classes for Grade 1-4 will focus on introducing the students to choreography and different styles of dance. For example students will learn moves from Afro Dance, Street Dance, Jazz and Hip Hop. The coaches will focus on developing the students footwork and movement.

Students will start understanding transitions between different movements. The coach will also begin introducing a greater vocabulary such as falling, floor-work, and standing (leaping/freezing).

Outcomes for Term 2

- Be able to demonstrate a transition between fast and slow movements.
- Be able to demonstrate synchronized footwork when dancing with a partner
- Be able to demonstrate a fall from a standing position.