

**gulf★star**

**CURRICULUM**

**GERMAN  
INTERNATIONAL  
SCHOOL DUBAI  
TERM 2  
(KINDERGARTEN)**

GERMAN  
INTERNATIONAL  
SCHOOL DUBAI



DEUTSCHE  
INTERNATIONALE  
SCHULE DUBAI

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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.

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# GULF STAR KARATE

During term 2, Kindergarten students will focus on the basics of karate, such as movement, posture, discipline, and mobility.

The coach will begin by guiding the students through the basic commands introducing the traditional language of karate – Japanese.

The students will learn to follow commands including punching and kicking, blocking and evasion, whilst also enjoying the fundamentals of karate movements and postures. At the end of the term the students will experience their first 'Grading' and be able to achieve their Yellow belt if they are able to follow all of the necessary commands without assistance.

## Outcomes for Term 2

- Learn the basic Japanese phrases in karate - Kihon, Kata, Sensei, Tatame etc
- Be able to move backwards and forwards in posture.
- Basic pad work, punch, kick, block and jump.

## GULF STAR GYMNASTICS

Gymnasts are taught fundamental skills and receive an early introduction to the sport while having fun and learning new moves such as jumps, rolls, balances and the initial steps to the vault run-up.

Strength, flexibility, and coordination are the main goals at this level, as it prepares the body for their next step.

The students will begin to be introduced to basic apparatus like balance beam, vaults and floor.

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### Outcomes for Term 2

- Be able to demonstrate to the coach how to do 3 different types of stretch.
- Be able to roll backwards and forwards.
- Be able to demonstrate jumps, balance and floor skills.

## EMPIRE FOOTBALL ACADEMY

Empire Academy's football program is built around the developmental needs of children aged 3-5. It is a high-energy program that introduces children to the fundamentals of soccer and focuses on skills such as dribbling, passing, and shooting.

The Mini Kickers program also encourages character traits such as respect, teamwork, and sportsmanship. We provide the opportunity for young children to be fit and challenged through fun games and interaction.

### Outcomes for Term 2

- Be able to demonstrate two different types of turns whilst controlling the ball.
- Be able to make 5 accurate passes to a partner in a row.
- Be able to dribble with the ball for 5m.

## GULF STAR MULTI-SPORTS

Multi-Sports is the perfect way for younger students to be introduced to a host of different sports which test their basic physical and motor skills, from throwing, running, catching, kicking and jumping.

Each session is designed to welcome the students to the aspects of the sport, rather than the sport itself. This term we will focus on the following sports;

- Basketball - hand eye co-ordination, jumps and change in directions.
- Rounders -hand eye motor skills, throwing and catching.
- Athletics - running, stamina, and jumping.
- Kickball - foot eye coordination, balance, running and speed.
- Tennis/ Racket sport - Hand eye motor skills, reactions and stamina.

### Outcomes for Term 2

- Explain the basic rules of at least 3 sports.
- Be able to throw and catch accurately 5 times in a row.
- to be able to continue running for at least 60 seconds without stopping.

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# **GULF STAR DANCE**

Gulf Star Dance will focus on skill building for the coming term. The classes will begin with the coach testing out the students and their knowledge of music and dance.

The classes will start very simple and use the likes of tik-tok and youtube dance routines to introduce the concept of choreography to the younger students.

The students will learn to understand the 4 count, along with basic dance moves, such as leaps, turns, arm and leg extensions etc.

As the term progresses the coach will wrk on a small group routine.

## **Outcomes for Term 2**

- be part of a short 30 seconds group dance routine.
- be able to demonstrate a 1,2,3,4 count.
- be able to show creativity in movement when dancing individually.