

**gulf★star**

**CURRICULUM**

**GERMAN  
INTERNATIONAL  
SCHOOL DUBAI  
TERM 2  
(GRADE 5-10)**

GERMAN  
INTERNATIONAL  
SCHOOL DUBAI



DEUTSCHE  
INTERNATIONALE  
SCHULE DUBAI

**VERSION 2022**

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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

Grade 5-10 students will continue to focus on working towards progressing through the WKF (World Karate Federation) accredited belt system. Classes can be catered for beginners, however students will be expected to learn a greater amount of moves, and be able to work quickly towards achieving Red belt and above.

Students will now be exposed to more competition elements, including those involved in both Kumite and Kata, with students starting to perform individual and team kata, along side regular Kumite sparring. The Sensei will also push the students to achieve a higher level of fitness and conditioning and work on creating better muscular and cardiovascular stamina and resilience.

### Outcomes for Term 2

- Prepare for the end of term grading for next belt level.
- Be able to participate in regular sparring, understanding how to score points, and avoid strikes.

## GULF STAR GYMNASTICS

For grade 5-10 gymnastics classes are focused on intermediate to advanced gymnasts with a previous background in Gymnastics.

Classes are held in 90 minute sessions once or twice a week to allow gymnasts to move forward while also increasing their body strength, flexibility and conditioning necessary for more technical skills.

The Squad group will work on their walkovers, kick overs, handsprings, and more complex exercises on bars and beam, floor routines and perfecting their dance and technique.

### Outcomes for Term 2

- Be able to demonstrate a floor routine involving dance, jumps and tumbles.
- Be able to demonstrate complex exercises on the beam, vault and bars.

## GULF STAR SWIMMING

The swimming program for Grade 5-10 will be available for those students who are confident swimmers and are swimming at an intermediate or advanced level. Each class will be 45 minutes in duration and be designed to support the needs of the swimmer.

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

The students will begin to work on their stroke development and techniques.

### Outcomes for Term 2

- Be able to retrieve a submerged item from the bottom of the pool.
- Be able to demonstrate the ability to tread water using the scissor and whip kick.
- Be able to demonstrate all strokes.

# EMPIRE FOOTBALL ACADEMY

For Grade 5–10 the Empire Football program focuses on developing the strengths of the individual, whilst teaching the players to adapt to different match situations, formations and tactical requests.

Players will begin training towards competitive matches, and will be understanding their own position within the team. Sessions will be catered towards developing the skills of each player relative to their position in the team, i.e. Defenders will work on headers, tackling etc, whilst strikers will be more focused on dribbling, quick movement and shooting.

## Outcomes for Term 2

- Be able to understanding different match formations and tactics.
- Be able to create and demonstrate their own warm up routine for training and pre-match.
- Be able to demonstrate skills relative to their position in the team.

## GULF STAR ATHLETICS

Gulf Star Athletics for Grade 5-10 the students will begin competing in 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. The athletes will begin recording their personal best times and distances, and working on techniques and skills to better their own personal achievements. The athletes will also learn the rules and etiquette of competition, and actively participate in measuring times and distances, and organisation of the events.

### Outcomes for Term 2

- Be able to better a time or distance in both track and field events.
- Be part of an event including measuring timings and distances.
- Be able to display a high level of performance in at least one discipline.



## ELITE PRO BASKETBALL

Elite pro Basketball classes for Grade 5-10 focus on court skills, growing confidence through core match time and match simulation drills. The coaches will also introduce the students to the concept of self learning and creativity, teaching them the skills required to develop their shooting, dribbling and passing skills. Students will also learn to develop their strength and fitness in a way that will allow them to perform more effectively on the court. Drills will include dynamic and strengthening exercises to improve mobility, speed and stamina during a game situation.

### Outcomes for Term 2

- Be able to demonstrate a scoring 3 point throw.
- Be able to demonstrate a creative dribbling sequences in a one to one.
- Be able to demonstrate positional awareness during an attack and a counter.

## GULF STAR DANCE

The classes for Grade 5-10 will allow students the opportunity to try out Afro Dance, Street Dance, Dancehall and Hip hop. The coaches will teach the students about the different contemporary styles and introduce them to new music and choreographies.

Students will think about how to structure the dance. Keep in mind ideas like: the shape of the movement; traveling pathways for the movement; and the directional facings of the movement. For grade 5-10 students will also start learning to dance partner dances, working on synchronisations and following the lead.

### Outcomes for Term 2

- Be able to create 3 contributing moves to a routine.
- Be able to demonstrate 8 counts of movement.
- Be able to demonstrate how to follow the lead in a partner dance.