

SJIIM Weekly Update

15th January 2021



Teaching Physical Education (PE) During A Pandemic

The move to online Physical Education (PE) has been a huge adjustment for many teachers, students and parents across the world. Some have even argued that virtual PE should not even be called “Physical Education” as over 80% of the curriculum can not be taught or learnt online.

At school students learn fundamental movement skills, they learn how to live healthy and active lifestyles. They participate in a broad and balanced curriculum, where they learn to play games like Football, Basketball, Netball, Volleyball, Badminton, Tee-Ball etc- the list goes on. They work in groups and teams to overcome problems and develop tactics to outwit opponents. In addition, they learn how to swim and improve stroke technique. They compete in athletic events and perform gymnastics routines. They are guided through lessons by their teacher and can ask for help anytime. Very little, if any, of this can be achieved in a virtual setting at home.

The real challenge for educators is that physical activity has never been more important for students' physical and mental health than during the pandemic. In a recent education forum, newly appointed Education director-general Dr Habibah Abdul Rahim expressed how important balancing academics and sport, including co-curricular activities was. She added, “Parents should introduce sport to their child at an early stage, not only for the physical benefits but also for the values of grit that their child can learn and appreciate from sport”.

So as teachers how do we adapt? Despite our limitations in virtual school, how do we continue to develop these traits in our students? How do we show our own character and rise to the challenge? And just as importantly, what can our students and parents do to help their own online learning experience?

To try and answer these important questions, we chatted to the Heads of PE for both the Elementary and High School at SJIIM, Grace Chadwick and Joseph O'Connor, about their experience conducting PE classes virtually.

Grace, have you found that the move to virtual PE has affected your teaching style and methods as a teacher?

Absolutely! Physical Education for our elementary students is becoming more and more challenging. When you think of a typical PE lesson, we think of practising and repetition of skills, playing with peers with teacher help to improve. The challenge for staff and students online is the loss of one-to-one feedback and guidance. With only a small box to see students performing and often a bad camera angle, it is difficult to give students the attention and feedback they need to progress fully.

What impact has this had for students?

Understandably, we have found motivation has fallen when children aren't getting the attention they need and desire. With lots of students on screen at once, it is inevitable that some students won't be seen or heard. This often leads to demotivated students

What is the PE department trying to do to overcome these challenges?

We have tried to invent a new curriculum to keep students at SJIIM active.

Activities that can be taught online consist of Fitness, Dance, Gymnastics, Yoga and Skill development activities. Teachers are working hard to create and adapt the provision in which to teach virtual PE using these topics. Last term staff produced a virtual sports week house competition to boost participation and encourage community and team spirit.

In order to overcome this challenge, the PE team has decided to change the provision of PE for elementary students to provide a more interactive and personal classroom. Year groups will be divided into two halves, with two classes online from 10-10.30 and the other two from 10.30-11. Afternoon classes have also changed to brain break activities so as to not exhaust PE as a subject and create boredom. Brain breaks will be 10-15 minute videos to challenge children to learn a new skill like drawing or skipping and there will also be dance options and storytime.



SJIIM Weekly Update

15th January 2021



What advice would you give to children and parents?

Creating a workout space for children to join PE lessons is important, maybe with a yoga mat and a bit of space to move around. Try to move away from the bedroom, as this is where children associate with sleep, chilling out and playing with toys. Children may find it difficult to focus here and need to stand away from the distraction of toys or games. It would also be advisable for children to have some equipment at home so they can be fully engaged and equipped for lessons. Things like a yoga mat, a ball and a water bottle can all help children feel a sense of normality towards PE. We have also noticed that when students dress up for PE, in school PE kit and trainers they tend to be more engaged in lessons. It would also be great for children to know the importance of exercise and see this demonstrated at home. Children respond well to having a role model for home exercise, when children see their parents exercising at home this creates a positive mindset towards it.

Joe, can you talk about what the challenges are for High School lessons?

During PE lessons in “real-school” our students do not just learn how to play a specific sport better. This may be one of the lesson objectives, to develop skills or to improve consistency, however, a lot of our learning objectives fall under improving communication skills, or team work and decision making. These skills can only be developed whilst playing games, and some can be achieved individually, but the majority need the support of a team and their peers. Virtually, this is really difficult, as not only are we unable to develop individual skills, but the students are unable to work in groups very easily, developing those communication and social skills we would like to see.

So what have you been able to do virtually and how is this going?

The activities we have completed whilst in virtual school and going into this version 3.0 has been Yoga, Combat Dance, Aerobic Dance, Kickboxing and a whole lot of Fitness. To put this into perspective, we have been working on these topics, for the majority of time, since March 2020. As we continue into January 2021, we take another look at our fitness units, adapting them to encourage our students to develop their understanding of different styles of workouts and for the older students, the chance to have autonomy about what style of workout they want to do to suit their needs. Alongside the practical element of these lessons, students also reflect and develop their knowledge and some research skills by answering questions post lesson. Despite the limited topics, we have been blown away by the positive effort and true perseverance shown by the students.

How have the students responded and what advice would you give?

To credit our students, their effort and enthusiasm is unmatched. However, no one could have predicted that we would still be on similar units as we started back in March 2020. But we are, and each time we do revisit, we ask the students to set personalised goals. We encourage them to think about the bigger picture. PE is not just about physical health, but massively linked to mental and social health. We want them to move away from their desks, we want to encourage them to go outdoors, we want to provide them with opportunities to socialise (virtually) with their peers. We ask as a department to continue to support us by encouraging them, motivating them and at times joining in with them on these workouts.

Thanks again for your support. As you can imagine, we are counting down the days until we are, again, back out on the field and playing some forms of “real” sports.



SJIIM Weekly Update

15th January 2021



Music Dept Update

Resuming Extra-Curricular Music groups

Although we have moved back into virtual schooling, the Music department is happy to announce that we will be running some of our extra-curricular groups virtually. If your child would like to join one of the groups, they can access materials and further details using the following Google Classroom codes:

ES

'Viva Voce' - Choir for Years 4-6 - Starting Tues 26th January 12.10-12.30 - u2pl27y

String Ensemble - Year 4-6 - Starting Weds 27th January 12.10-12.30 - 3zdomdp

HS

'Cantamus' - Choir for Years 7 - 13 - Starting Mon 25th January 1.10-1.30 - vfymlaw

WS

Orchestra - Instrument Grades 3 and above (or equivalent) - Starting Tues 26th January 1.10-1.30 - snq32kj

These groups will be working towards our Spring Music Concert to be aired at the end of Term 2, focusing on the Music of Film. Days and times for rehearsals will be released next week.

Please contact Mr Stacey for more details at dstacey@sj-international.edu.my

International Piano Competition

We are pleased to announce the opening of a Piano competition and workshop for individuals to enter. The Malaysian regionals take place on 14th-16th May 2021. Please go to <https://vipc-malaysia.com/> for more details.

VIVACE
INTERNATIONAL
PIANO COMPETITION

PARIS
FRANCE
(2021.7.22 - 24)
Venue of French Finals
(Salle Cortot)

Malaysian
Preliminary Round
(2021.5.12 - 16)
Sunway University Hall, JCI

Organiser / Association de la Pratique Artistique Sino - Francaise
(Sino - French Art Practice Association)
Regional Organiser / Regina Caelli Sdn Bhd

Alfred Brno
SUNWAY UNIVERSITY
Gracely Piano
A&D

Competitive but yet congenial atmosphere between excellent musicians • Build rapport with internationally known pianist
Experience the french higher music education style & ethos • Platform opportunities for pianist of all levels & ages

Email: vipc-malaysia@gmail.com Contact: 6012-302-3515

Elementary Weekly Update



Changes to Virtual School Timetables

Please be aware that there will be updates to next week's virtual school timetable. The changes will include an adjusted morning break time in an effort to introduce a more focused approach to teaching PE lessons. A short coding session once a week in Y2-Y6 and a sentence build session once a week in Y1 will also be scheduled into this timeframe. Curriculum support and social support session will be scheduled around lunch time and there will be additional EAL offerings.

It is important to be sure you are using the updated virtual school timetable for the start of next week. Please also note that PE codes will change each week. These amendments will improve our virtual school provision and support the learning and well being of our students.

Mid-Year reports

For students who have been here from the start of Term 1; their mid-year report will be available through the Parent Portal in ISAMS on Friday 22nd January 2021. A letter explaining the report in more detail will be sent on Thursday 21st January 2021.

The address for the SJIM Parent Portal is: <https://sji-international-my.parents.isams.cloud/api/login/>

Should you have forgotten your username or password please reset it via the '**forgotten your details**' link on the page linked above.

If you have any difficulty accessing the portal please contact the SJIM Helpdesk at helpdesk@sji-international.edu.my

The helpdesk is open from Monday to Friday, 8.00 am to 4.00 pm.

Phonics Information Session for Parents

Our English Leader, Mrs. Hannah Woodhams, will be hosting a Phonics Information session for parents of children in Early Years to Y2 on Wednesday 20th January at 9:15am. If you are a new parent, a parent that missed the September session or a parent looking for a refresher join the session. Please find the meeting code below:

<https://us02web.zoom.us/j/87321543084?pwd=eUI5aU1pZXNHOTNiQnBIUkVtMkthdz09>

Meeting ID: 873 2154 3084

Passcode: Phonics

High School Weekly Update



Congratulations to our new Student Representative Council

Before the Christmas holidays, students voted for their new SRC members and SRC President. In the past week or so, you may have seen on social media our new SRC President, Clement Khoo, address our Elementary School students. In his address, which was shown to the ES children in assembly, Clement talked about his own experiences as a student, the development of his character and the things that motivate him.

We're delighted to announce that the following students have also been elected to be part of the Student Representative Council. From Year 7, **Aurelia Lee, Olivia Koh, Isaac Liew** were selected to represent their peers. The SRC members from year 8 are **Evelyn Teng, Matthew Goh, Isaac Hwang, Kaylyn Goh, Bo Wen Cheong, Inara Nassryn Mohamad Ezam** were selected as the Year 9 representatives whilst **Nicklas San, Fiona Ong, Chia Jia Lin** are the reps from Year 10. Finally, from Year 12, **Neha Goswami, Aadar Shrestha, Challyse Greiss, Shao Qin Tan, Scarlet Kim, Evan Ung and Darrell Tan**.

We look forward to the contribution these students will make to the school and thank all of those that put their name forward to act as Student Representative Council. When we return to school, students will be presented with their new SRC badges.

Y11 and Y13 Mock Exams

The IGCSE and IB mock exams will run in school from the 11th to the 22nd of January for Year 11 and from the 12th to the 22nd of January for Year 13 students. During this time, students' normal lessons will be cancelled. Details of the arrangements and timings of the exams have been shared with students and parents. Good luck to all of the students taking exams, and we are sure that their hard work and preparation in these exceptional circumstances will be reflected in their grades.

Puzzle of the week

Our ongoing international maths competition resumed this week. So far students from year 5 to year 12 have taken part as well as some teachers. Puzzle of the week is a weekly competition between school communities around the world which can be found at www.puzzleoftheweek.com and is open for students in years 5-13 as well as parents and teachers.

On the final puzzle of 2020, SJIIM ranked 3rd against all schools and we are hoping to go higher this year, so please do get involved and encourage your children to do so as well.

Our Student Participant of the Month award for November went to Kevin Park in year 8 and our Student Participant of the Month award for December went to Kaylyn Goh in year 9. Both students have certificates waiting for them for when we return to school.

Any questions about the competition or for help signing up, please contact Mr Lawrence, jlawrence@sj-international.edu.my

Useful Links



[ES Student Absence Form](#)
[HS Student Absence Form](#)



[HS Parent Calendar 2020/21](#)
[ES Parent calendar 2020/21](#)



[Whole School Teaching Staff Email 2020/21](#)



[Term 2 AY 20/21 meal charges](#)
[ES Menu Jan 2021](#)
[HS Menu Jan 2021](#)



[Catholic Corner](#)



[PSG Update](#)



[Music Website](#)



[Sports Website](#)



[Epurse \(Top up credit\)](#)
[Tapestry \(For ES\)](#)
[Parent portal \(For ES\)](#)



University & Careers
Counsellor (TBA)



[CCA \(Schoolsbuddy\)](#)



If you need support, please
email sjiim@tekgroup.my
or call 0125537202

[School Bookshop](#)