



AL-MADINAH SCHOOL

Health and PE Department Newsletter Term 3, 2025

WELCOME BACK!

Assalamualikum WRWB Brothers and Sisters

Once again, I would like to express my sincere thanks and appreciation to everybody for supporting the Department of Physical Education & Health in terms one and two.

SENIOR GIRLS NETBALL

The department would like to acknowledge the support of parents towards girls' netball, Senior Boys and Junior Boys winter Soccer league 2025. Your support means a lot to us, and I would like to say a big Jazaakallahu khairan to all our stakeholders.

Our girls for the first time are competing in the netball league and I would like to acknowledge the following ustadahs for their commitment and support for the team.

1. Sister Nilufa Hassan

2. Ustadah Sajida Perveen

3. Ustadah Moveena Rasheed

4. Sister Nazmeen Ali (Team manager)

5. Sister Zeenat (Coach)

Ma Sha Allah so far the girls are doing very well, and the team has brought about some surprises in their games. They have put Al-Madinah school in the limelight.

SENIOR BOYS FOOTBALL

Standings

Senior A - Phase 1

	P	W	L	D	B	P	+/-	PF	PA	GD	Pts
Pukekohe High School: Boys 1st XI	7	5	0	2	0	0	0	40	0	40	17
Papatoetoe High School: 1st XI Boys	7	5	2	0	0	0	0	20	8	12	15
Al-Madinah School: Al-Madinah	7	4	2	1	0	0	0	14	7	7	13
Rosehill College: 1st XI	6	2	3	1	0	0	0	10	17	-7	7
ACG Strathallan: 1XI	6	1	5	0	0	0	0	5	29	-24	3
Sancta Maria College: 1st XI	7	1	6	0	0	0	0	6	34	-28	3

Junior - Pool 2

	P	W	L	D	B	P	+/-	PF	PA	GD	Pts
Papatoetoe High School: Junior Boys	6	6	0	0	1	0	0	40	0	40	18
Al-Madinah School: Al-Madinah	7	4	1	2	0	0	0	25	7	18	14

Papakura High School: Papakura Juniors	5	4	1	0	1	0	0	0	17	12	5	12
Aorere College: Aorere Juniors	5	3	1	1	1	0	0	0	21	7	14	10
Southern Cross Campus: Southern Cross Junior A Boys	5	2	2	1	0	0	0	0	10	8	2	7
Mission Heights Junior College : Mission Heights	6	1	3	2	1	0	0	0	27	22	5	5
Ormiston Junior College: OJC ORANGE	7	1	5	1	0	0	0	0	13	23	-10	4
James Cook High School: JCHS Junior Boys	6	1	4	1	0	0	0	0	5	18	-13	4
Sancta Maria College: Sancta Maria College Boys U15	6	1	5	0	1	0	0	0	6	64	-58	3
Mangere College: Mangere College	1	0	1	0	0	0	0	0	0	3	-3	0

TEACHERS IN THE DEPARTMENT

Intaz Shah - HOD Health & Physical Education
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Zakira Rasheed - Teacher Health & PE (Girls)
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COVERAGE OF CURRICULUM

Strand A: Personal Health and Physical Development

Learning in this strand focuses on the personal

health and physical development of students and includes understanding about personal identity and self-worth.

Strand B: Movement Concepts and Motor Skills

Learning in this strand focuses on the personal movement skills that students develop in a range of situations and environments.

Strand C: Relationships With Other People

Learning in this strand focuses on students and their relationships with other people. Students examine effective relationships in classrooms, schools, whanau, and the wider community during play, recreation, sport, work, and cultural events.

FOCUS FOR THIS TERM:

1. Hockey - weeks 1-5
2. Basketball - Weeks 6- 10

ASSESSMENT OUTLINE

- Formative Assessment – Ball skills, Teamwork and application of skills in game situation.
- Formative Assessment - Ball skills, Teamwork & application

SPORTS / PE Uniform

All students from Year 1-13 must wear their PE uniform during all PE & Sports classes. **New Uniforms have arrived and should be purchased from the main office.**

Non-Participation:

For all absences from PE classes due to any

reason including medical, parents must notify the PE teacher in writing.

Upgrade - UNDER COVER SHADE

During the school holidays work has been carried out on the upgrade of:

1. Lighting
2. Blinds

We are now looking at marking the following courts this term in sha Allah.

1. Badminton
2. Volleyball

Wassalam

Ustadh Intaz Shah
(HOD Health & PE)