



# MUTIARA INTERNATIONAL GRAMMAR SCHOOL SDN BHD

(391277-M)

DISCOVERING POTENTIAL • LEARNING TO CARE • RESPECTING DIFFERENCES

23 January 2020

MIGS/ADM/PE/SS/PS/2020-0184

Dear Parents/Guardians,

## UPDATES OF SPORTS LEAGUE - SENIOR PE DEPARTMENT

At Mutiara International Grammar School the physical fitness of your child is of the utmost importance. Every effort to promote your child's physical fitness is made with the implementation of the MIGS Standards. The vision of Mutiara International Grammar School's Physical Education (PE) program focuses on your child's ability and skills to strive to:

1. Practice and master appropriate motor skills and movements.
2. Develop and maintain lifelong, family – oriented, health related fitness.
3. Be able to work cooperatively with others.
4. Encourage the performances of others.
5. Be careful.
6. Be respectful.
7. Exhibit good sportsmanship qualities.

MIGS has a well-planned physical education programme for every child and every level of ability. We also provide various opportunities for our students to participate in sports fixtures with other schools to encourage exposure and further development of our students. For term 2 competitions, please refer to the table below

TERM 2: SPORTS FIXTURE BY MONTH					
Category	League	Date	Venue	Departure Time	Expected return
Basketball U18 Boys	Cup - North	Tuesday 25 <sup>th</sup> February	IGBIS - Sungai Buloh	3:15 pm	6.30 pm
Swimming Secondary	All	Tuesday 11 <sup>th</sup> March	IGBIS - Sungai Buloh	9 am - 1 pm	2.00 pm
Basketball U13 Girls	Bowl	Thursday 12 <sup>th</sup> March	SJIM- Damansara	3:30 pm	6.00 pm
Basketball U13 Boys	Bowl	Thursday 12 <sup>th</sup> March	TISKL - Maluri	3:30 pm	6.00 pm
Basketball U15 Girls	Bowl	Tuesday 24 <sup>th</sup> March	TISKL - Maluri	3:45 pm	5.30 pm
Basketball U15 Boys	Bowl - South	Wednesday 25 <sup>th</sup> March	TISKL - Maluri	3.30 pm	5.30 pm
Swimming Primary	All	Tuesday 21 <sup>st</sup> April	IGBIS - Sungai Buloh	9am - 1pm	2.00 pm

Moving forward, our Year 11 IGCSE Physical Education students will be finishing their coursework video recording before end of term 2. Students have been briefed and will continue their training program on their own free time to achieve higher results in the coursework element of the syllabus, aiming to achieve a high standard demanded by IGCSE PE Moderator. Therefore, to ensure the coursework is completed within term 2, dates of video recording sessions are featured in the schedule below, with some recording sessions already completed.

## YEAR 11 IGCSE PHYSICAL EDUCATION COURSEWORK SCHEDULE

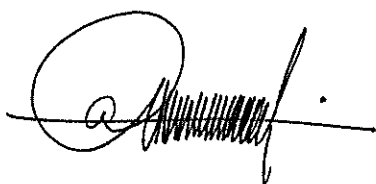
Sport	Venue	Date
Basketball	MIGS Court	4 - 25 Nov 2019
Football	MIGS Field	2 - 16 Dec 2019
Track & Field	MPAJ Stadium	3 Feb 2020
Cross Country	MPAJ Stadium	3 Feb 2020
Netball	MIGS Court	10 Feb 2020
Badminton	Sport Planet	17 Feb 2020
Golf	Royal Selangor Golf Club	15 Feb 2020
Weight Lifting	Anytime Fitness Ampang Point	24 Feb 2020

The video recording will take place in a variety of dedicated locations and utilising more specialist venues and equipment as demand by specific sport. Recording or video capture sessions will be conducted during their PE time and will also involve some travelling off campus and will be supervised by the PE Department.

I am looking forward to an exciting, active school year with you and your child/children. If you have any questions, please contact us at 03 - 4252 1452 ex 115.

*Think Fit, Get Fit, Stay Fit*

Yours sincerely,



**MEGAT AHMAD ASLAM**  
Senior PE Teacher