

High Performance Learner Level 2 Certification



An Introduction to HPL at GFM

Dear students and parents,

At GFM we are all High Performance Learners!

Throughout your time at GFM you will have the opportunity to become a Level 1, Level 2, and Level 3 certified High Performance Learner. To do this you will be challenged to demonstrate the key values that we expect of all of our students; the ACPs and VAAs.



This guide explains the ACPs and VAAs, and outlines the tasks that you will need to complete over the next year to achieve the Level 2 certification. You will need to produce evidence and upload it to your class padlet to show your progress and complete the passport that comes with this guide. Once you have completed all tasks, your evidence and passport should be submitted to me so that I can review and award the certification. The deadline for this is June 2023.

Myself and all of your teachers cannot wait to see all of the fantastic work you produce, along with all of your achievements and success throughout your time at GFM, and beyond.

Make today your best day ever.

Mr. Akram Tarik
Principal/CEO



The Values, Attitudes, and Attributes (VAAs)

Empathetic



Empathetic learners are able to work with friends, share their own ideas, and are aware of theirs, and others' beliefs and values. They show leadership qualities and do very well in their school work.

Empathetic learners are **collaborative, concerned for society, and confident.**

Agile



Agile learners are curious and keen to learn. They are able to come up with their own ideas, but also change them if they need to. To be an agile learner, students will also need to show that they are confident and able to experiment with new ideas.

Agile learners are **enquiring, creative and enterprising, open-minded, and risk-taking.**

Hard Working



Hardworking learners make sure that they keep going with the same effort, even if they find something really easy! They never give up and are always optimistic.

Hardworking learners show that they are able to **practice** along with **perseverance and resilience.**

The Advanced Cognitive Performance Characteristics (ACPs)

Meta-Thinking



Meta-thinking learners think about thinking! They create new thoughts and understand new ideas. It is also important to present your ideas and correct yourself if you want to be a Meta-thinking learner.

Meta-thinking learners show **meta-cognition, self-regulation, strategy-planning, and intellectual confidence.**

Linking



Linking learners make sense of information, create new thoughts, and unscramble new ideas. As a Linking learner you should listen to the views of others and connect things you have done in the past to new learning.

Linking learners are good at **generalization, connection finding, big picture thinking, abstraction, imagination, and seeing alternative perspectives.**

Analysing



Analysing learners master their learning! They can break down tasks and decide on the best way to complete them.

Analysing learners are really good at demonstrating **precision, critical thinking, and complex and multi-step problem solving.**

Creating



Creating learners can come up with completely new ideas by themselves!

To be a Creating learner you need to build on things you have already learnt and abandon an idea if it is not working for a better one.

Creating learners demonstrate **intellectual playfulness, flexible thinking, fluent thinking, originality, evolutionary and revolutionary thinking.**

Realising




Realising learners can make sense of new information, create new thoughts, and unscramble really hard ideas. They can work really fast, but are very accurate at the same time.

Realising learners demonstrate **automaticity, speed and accuracy.**


Linking Islamic Values to the ACPs and VAAs

Islamic Value	VAA Link	ACP Link
Respecting & Loving	Empathetic (Concerned for society)	Linking (Seeing alternative perspectives)
	Agile (Open-minded)	
Honesty & Fidelity	Empathetic (Confident)	Meta-thinking (Self-regulation)
Family Values	Empathetic (Concerned for society)	Linking (Seeing alternative perspectives)
Collaboration	Empathetic (Collaborative)	Creating (Flexible thinking)
		Linking (Seeing alternative perspectives)
Forgiveness	Empathetic (Concerned for society)	Creating (Flexible thinking)
	Agile (Open-minded)	
	Hard Working (Resilience)	
Truthfulness	Empathetic (Confident)	Meta-thinking (Self-regulation)
Generosity	Empathetic (Concerned for society)	Meta-thinking (Self-regulation)
Courage	Empathetic (Confident)	Meta-thinking (Intellectual confidence)
	Agile (Risk-taking)	Creating (Intellectual playfulness)
Kindness	Empathetic (Concerned for society)	Linking (Seeing alternative perspectives)
Being Mindful & Calm	Agile (Open-minded)	Meta-thinking (Self-regulation)
Volunteer Work	Empathetic (Concerned for society)	Linking (Seeing alternative perspectives)
Being Proactive & Active	Agile (Open-minded)	Realising (Automaticity)
The Value of Seeking Education	Agile (Enquiring)	Analysing (Critical/logical thinking & Complex/multi-step problem solving)
	Hardworking (Practice)	Creating (Evolutionary/ revolutionary thinking)
Manners	Empathetic (Concerned for society)	Linking (Big picture thinking & Seeing alternative perspectives)
		Realising (Automaticity/Speed & Accuracy)
Giving & Seeking Advice	Empathetic (Collaborative & Concerned for society)	Creating (Flexible thinking)
Fairness	Empathetic (Concerned for society)	Linking (Seeing alternative
Intellectual Tolerance	Agile (Open-minded)	Meta-thinking (Intellectual confidence)
	Hardworking (Perseverance)	Creating (Intellectual playfulness)
Community Collaboration	Empathetic (Collaborative)	Linking (Seeing alternative perspectives)
	Agile (Open-minded)	Creating (Flexible thinking)

Hard Working (VAA)

Task	Description	Suggested time to
1	<p>Dubai Fitness Challenge</p> <p>Take part in every day of the Dubai Fitness Challenge . Record your progress for each of the challenges that are set. Once complete can you set your own challenge for your peers to participate with?</p>	<p>Exercise - 30 minutes/day for 30 days</p> <p>Total = 15 hours over 30 days</p>
2	<p>Practice your handwriting and spellings</p> <p>Either acquire a pen permit or complete your handwriting booklet assigned by your teacher.</p> <p>Remember, to get a pen permit you must practice</p>	<p>Total = 2 hours a week</p>
3	<p>Learn or improve on a language</p> <p>Spend 1 hour per week learning a new language, or practicing one that you enjoy. Your parents, languages teacher or class teacher should sign to show you have practiced each week. Take a number of short videos to show your progress.</p>	<p>1 hour per week for 30 weeks.</p> <p>Total = 30 hours</p>
4	<p>Become a coding master</p> <p>Tynker is an educational programming platform to help children learn and enhance their coding skills, including game design, web design, animation and robotics. It includes courses in Minecraft Game Design, Creative Coding, and Python. Students can join in for free and choose a course of their choice.</p>	<p>Total = 15 hours</p> 
5	<p>Comic strip</p> <p>Create a comic strip about someone who persevered and overcame a problem Plan your story journey and think carefully about how you will show perseverance of your character.</p> <p>This could be a celebrity, yourself, a family member or someone you admire.</p>	<p>Total = 2 hours</p>
6	<p>Mistakes that helped me learn</p> <p>Look over mistakes that you have made and decide which was the most valuable in helping you learn from this. What did this mistake teach you? Present your findings in an interesting way (power point, poster etc)</p>	<p>Y3 +4 = 1 mistake per half term</p> <p>Y5 + 6 = 1 mistake per week</p>

Agile (VAA)

Task	Description	Suggested time to
1	<p>Find out about different cultures</p> <p>Interview a member of your community. Ask them questions about their childhood. How was their life the same or different to yours? Use contrasting conjunctions and present your findings in a creative way.</p>	Total = 3 hours
2	<p>Design a company logo</p> <p>Use a coding or creative platform, such as scratch, to code a logo for your own future company. By completing this task you will learn the skills that are required to attract customers and sustain interest in your business.</p>	Total = 15 hours
3	<p>Tolerance Artwork</p> <p>Create a piece of artwork to demonstrate what tolerance means to you and how this links with British Values. This artwork can be created using any materials and there is no limit on size.</p>	Total = 5 hours
4	<p>Create an item of clothing out of recyclable materials only</p> <p>Use your year group's dress up day and create your outfit or an accessory entirely out of recyclable materials to link with your learning.</p>	Total= 6 hours
5	<p>Learn a new song</p> <p>Learn a song that can relate to mindfulness. You can sing or play along with an instrument. Spend 15 minutes per day to practice for the next 7 days. Record your performance and share it to your music class. Total = 2 hours</p>	Total = 4 hours
6	<p>On the way to school</p> <p>Take a step back, look at your journey to school. How do you get there? What do you wear? What do you have with you? How long does it take? What risks are involved?</p> <p>Compare this with another place around the world by using the video from the QR code and present the differences in your own innovative way.</p>	<p>Total = 3 hours</p> 

Empathetic (VAA)

Task	Description	Suggested time to complete
1	<p>Cook a traditional Emirati meal!</p> <p>Find a recipe for an Emirati dish that you have never made before. Go to the store to get all of the ingredients for the meal and cook it. Share this meal with a friend or relative.</p>	<p>Shopping - 1 hour</p> <p>Cooking - 3 hours</p> <p>Total = 4 hours</p>
2	<p>Community clean-up</p> <p>Complete one cleanup each term with a member of your family. How many bags of litter can you collect in 1 hour? Weigh the total amount of kg's/g of rubbish you collect and upload it to padlet.</p>	<p>1 hour each term.</p> <p>Total = 3 hours</p>
3	<p>Instructional writing</p> <p>Research a famous leader from history. Write instructions on how to become a successful leader, then give an example of a time you were a successful leader.</p>	<p>1 hour researching/ planning</p> <p>2 hours writing</p> <p>Total = 3 hours</p>
4	<p>Help stray cats</p> <p>Decompose the problems faced by stray cats in hot weather. Create a fact file or description on the struggles they face. Design and build a product that you think would solve these problems.</p>	<p>Total = 10 hours</p>
5	<p>Solve a problem for a family member</p> <p>Create a diary entry of how you have helped a friend resolve a problem they have faced. Write an account of their version of events.</p>	<p>1 hour a week helping a different friend for 5 weeks</p> <p>Total = 5 hours</p>
6	<p>Look after the planet Each week by recycling, reducing or reusing as much as you can in your house. Keep a weekly photo diary of all of the items that you have managed to clean and save for recycling.</p>	<p>September– December = Recycling—10 hours</p> <p>January—April = Reducing—10 hours</p> <p>May– July– Reusing– 10 hours</p>
7	<p>Collaboration with others</p> <p>Team up with someone from a different school or year group to complete a HPL activity of your choice from this passport. Describe how the collaboration assisted you or helped you to reach your goal.</p>	<p>Total = 4 hours</p>



Meta-Thinking (ACP)

Task	Description	Suggested time to complete
1	<p>Design your own!</p> <p>Plan and design your own HPL activity for next year's booklet. Create and record a pitch to introduce your idea to the HPL team. Will your idea be featured in next year's booklet?</p>	<p>Total = 3 hours</p> <p>2 hours to design your activity</p> <p>1 hour to pitch.</p>
2	<p>Scope2021</p> <p>Come up with a solution to climate change. Create a piece of artwork to demonstrate what your solution is.</p>	<p>Total = 10 hours</p>
3	<p>Desert Island Survival</p> <p>Imagine you have been taken to an uninhabited planet to live alone for one week. In addition to your clothing, name 5 items and 5 tools you would take. For each item explain why you would take them and how you plan to use it. Present your thoughts in interesting ways.</p>	<p>Total=3 hours</p> <p>2 hours to plan</p> <p>1 hour to write your diary entry.</p>
4	<p>Book reviews</p> <p>Read several different books with a range of genres and write a review summarising the plot, but also giving your opinion.</p>	<p>Total=</p> <p>Y3 + 4 = 3 books per term</p> <p>Y5 + 6 = 6 books per term</p>
5	<p>Make your own song</p> <p>Write and sing/rap your own song. The topic of the song could be linked to your Topic in school, or about 'saving our planet', 'Beautiful UAE' or 'My School'. You could post the lyrics and make of video of you performing your song.</p>	<p>Total = 6 hours</p>
6	<p>Digital Online Safety Pledge</p> <p>Create a pledge that GFM could incorporate in their online safety protocol. Record a pitch explaining why it is important and what dangers could be faced if these steps are not followed.</p>	<p>Total = 6 hours</p>

Linking (ACP)

Task	Description	Suggested time to complete
1	<p>Dragon's Den</p> <p>Prepare a 'pitch' to sell a mindfulness app. Research examples, logos, prices etc. and prepare a '2 minute pitch'. Watch 'Dragon's Den' for ideas on how to 'pitch' effectively.</p>	<p>Research & preparation - 4 hours</p> <p>Pitch - 2 minutes</p> <p>Total = 4 hours and 2 minutes</p>
2	<p>Explore another language</p> <p>Write a script, in French, using the vocabulary you have researched or learned in class. Record yourself and a friend/family member acting out your script.</p>	<p>Total = 2 hours</p>
3	<p>Accept differences</p> <p>Plan a 10 minute play about accepting differences to share with a younger year group. Record your play and upload it to the padlet and seesaw to share with other year groups.</p>	<p>Total = 2.5 hours</p>
4	<p>Global Goals Week (September)</p> <p>Global Goals Week focuses on 17 different goals for the world. Create a poster based on your year group objective:</p> <p><i>Y3—Zero Hunger, Y4—Climate Action, Y5—Clean Water and Sanitation, Y6—Affordable and Clean</i></p>	<p>Total = 3 hours</p>
5	<p>3 different perspectives</p> <p>Solve a problem from three different people's perspectives.</p> <p>Example: Teacher, Student and Parent</p> <p>Someone who lives in Dubai, someone who lives in the UK and someone who lives in Hawaii.</p>	<p>Total= 3 hours</p> <p>1 hour per perspective.</p>
6	<p>Exploring cycles—soil, water or rock cycle</p> <p>Research one of the three cycles and present your findings in an innovative way.</p> <p>Challenge: Compare all three in one paragraph.</p>	<p>Total= 3 hours</p> <p>2 hours writing</p> <p>1 hour challenge (including the research)</p>


Analysing (ACP)

Task	Description	Suggested time to complete
1	<p>Canvas Art</p> <p>Create an A3 piece of artwork around one of these Islamic Values: Forgiveness, Collaboration, Courage, Kindness or Family Values - 2hrs</p>	<p>Research - 30 minutes</p> <p>Creating—2hours</p> <p>Total = 2.5 hours</p>
2	<p>Information fact-file—Music Listening</p> <p>Listen to 21 different kinds of music from classical (17th century) to contemporary. Prepare a listening log, in which you mention the Music Title, Artist's/ composer's name, Music Genre, instruments you can hear, and how the music made you feel.</p>	<p>21 music types x 10 mins = 3.5 hours</p> <p>Creating the log = 10hrs</p> <p>Total = 13.5 hours</p>
3	<p>Brainteaser</p> <p>Can you create your own brain teaser for your peers related to the topic you are learning about?</p> <p>Here is an example brain teaser:</p> <p>Click here</p>	<p>Total = 1 hour</p>
4	<p>Paint by numbers</p> <p>Practice precision by completing either the given paint by numbers link, or your own.</p> <p>Challenge— can you create a mathematical paint by numbers?</p>	<p>Total = 1 hour</p>  <p>Challenge= 3 hours</p>
5	<p>Testing Hypothesis</p> <p>Are all boys faster than girls? Collaborate with friends or family to test whether this is ALWAYS correct? Present your findings.</p>	<p>Total= 2 Hours</p>
6	<p>Myth busters- Look at these common myths, research to disprove them.</p>	<p>Total = 3 hours</p> 

Creating (ACP)

Task	Description	Suggested time to complete
1	<p>Life skills</p> <p>Make a meal plan and take pictures of your meals for 3 days. Can you include foods from each of the food groups? Show perseverance and see if you can be independent with these tasks.</p> <p>Repeat each term.</p>	<p>3.5hrs to make meal plan, 7hrs to cook food.</p> <p>Total = 10.5hrs</p>
2	<p>Find multiple solutions to a problem</p> <p>Increasing sustainability at GFM. Think of 5 different ways of achieving more sustainability across the whole school. Use fluent thinking to find multiple solutions and have originality in presenting your ideas.</p>	<p>Total = 15 hours</p>
3	<p>Create your own warm-up game!</p> <p>You need to explain your own rules, how students will move, how they will win or get a point. You can try to do your own game with your class with your classmates in your PE lesson or break time. Suggest your warm-up to your PE teacher so they can include it in one of your lessons!</p>	<p>Total = 3 hours</p>
4	<p>Be a Global Environmentalist!</p> <p>You can choose one global environmental issue and do a research work to suggest how to solve it. Choose any platform of your choice to show your research work and its outcome. You should involve your parents, neighbors, relatives, friends at school and outside along with teachers to complete the research work. This will help you to apply computational thinking beyond school.</p>	<p>Research—1.5 hour</p> <p>Project—3 hours</p> <p>Total = 4.5 hours</p>
5	<p>Make your own class rules</p> <p>Identify classroom expectations you think should be implemented in your classroom. Use fluent-thinking to evaluate your new rules are there any that are not clear enough? Any which you have missed out?</p> <p>Upload your class rules on to the padlet and try to enforce them into your class.</p>	<p>Total = 4 hours</p> <p>2 hours planning and presenting your rules.</p> <p>2 hours display and implementing into the classroom.</p>

Realising (ACP)

Task	Description	Suggested time to complete
1	<p>Meditation</p> <p>Practise guided meditation to strengthen your focus. – Write or record how you felt before and after the meditation.</p>	Total = 2 hours
2	<p>Learn AI and Machine Learning</p> <p>Make your own virtual assistant!</p> <p>Take 3 screenshots of your learning journey, along with a written or recorded explanation of your decisions along the way.</p>	<p>Total = 5/6 hours</p> 
3	<p>Times Tables Rockstars</p> <p>Use times tables Rockstars to practice your multiplication facts and strategies.</p> <p>Can you challenge a friend or a family member to a times table race?</p>	Total= 15 minutes per day
4	<p>Extra piece of writing per week</p> <p>As well as your big write every week, write an additional piece of information for example, after the weekend to describe using your VCOP what you did.</p> <p>Practice your speed and accuracy by only writing for 40 minutes to improve your pace in writing. You will evidence this by keeping a log of how much you write in the time for 3 weeks.</p>	Total= 40 minutes per week
5	<p>Recreation</p> <p>Recreate a book cover from your English lessons.</p> <p>Recreate a book cover of any book that you have read during this year, you can use any materials.</p>	<p>1.5 hour for planning the book cover and create some sketches</p> <p>4-5 hours to apply drawings and colouring (or Materials-recycling, 3d objects, ...)</p> <p>Total= 5/6 hours</p>