

# High Performance Learner Level 1 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 1 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 your teachers cannot wait to see the fantastic work you produce, along with all of your achievements and successes 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 Elephants 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 Elephants are **collaborative, concerned for society, and confident.**

## Agile



Agile Alligators 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 alligator students will also need to show that they are confident and able to experiment with new ideas.

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

## Hard Working



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

# The Advanced Cognitive Performance Characteristics (ACPs)

## Meta-Thinking



Meta-thinking Meerkats 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 Meerkat.

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

## Linking



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

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

## Analysing



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

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

## Creating



Creating Camels can come up with completely new ideas all by themselves!

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

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

## Realising




Realising Rhinos 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 Rhinos 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 perspectives)
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)

# Empathetic (VAA)

Task	Description	Suggested time to
1	<p><b>Beach/desert cleanup</b></p> <p>Complete <b>one</b> beach/desert cleanup each term with a member of your family. How many bags of litter can you collect in <b>1 hour</b>?</p>	<p>1 hour each term.</p> <p><b>Total = 3 hours</b></p>
2	<p><b>Helping to tidy up after a meal, every day</b></p> <p>Support in helping to tidy up after a meal. Showing empathy towards your family and people in your household. How long can you keep this up everyday?</p>	<p>10 minutes each day</p> <p><b>Total= 5 hours</b></p>
3	<p><b>Family Fitness</b></p> <p>Spend time doing any fitness routine/activities of your choice with your family at home. Can you record your fitness video for others to follow?</p>	<p><b>Suggested time to complete:</b> 30mins-1hour/ week (can accomplish during the weekends for 5 weeks)</p>
4	<p><b>Stop Cyberbullying!</b></p> <p>Put a STOP to Cyberbullying and make robotic friends. You will learn and show skills to be “concerned for Society” and to have a confident approach to deal with</p>	 <p><b>Total = 10 hours</b></p>
5	<p><b>Help a stray cat</b></p> <p>Construct a list of problems faced by stray cats and birds in hot weather in Dubai and write a sentence using a conjunction ‘because’ to explain why you think this might happen?</p>	<p><b>Total= 1 hour</b></p>
6	<p><b>Show you care</b></p> <p>Help someone in your life to feel special. It could be a family member, security guard or someone who is in your local community.</p>	<p><b>Total = 3 Weeks</b></p>
7	<p><b>Plant a flower and take care of it</b></p> <p>Write a fact file on the needs of a plant/flower and plant seeds and take care of your plant by recalling the needs of a plant to survive.</p>	<p><b>Total = 4 Weeks</b></p>

# Agile (VAA)


Task	Description	Suggested time to complete
1	<p><b>The year ahead..</b></p> <p>Write down what you want to achieve this year—will you learn a new skill? Improve your handwriting? Decide on the steps that you need to do to achieve this goal and write down a plan. Review and add to this plan each term.</p>	<p>1 hour each term.</p> <p><b>Total = 3 hours</b></p>
2	<p><b>Karaoke champion!</b></p> <p>Enjoy the gift of singing by using Karaoke application or sound systems. Make videos of yourself performing different songs</p>	<p>(3 songs) = 3 hours</p>
3	<p><b>Be a leader</b></p> <p>Suggest a day of fun for you and your family. Plan the activities and journey in any way (as a diary, report, poster!) Don't forget to add photos of your adventures!</p>	<p><b>Total= 3 hours</b></p>
4	<p><b>Become a coding master</b></p> <p>Learn and show skills to be open minded and creative. These skills will lead you to be enterprising in any project.</p>	<p><b>Total= 10 hours</b></p> 
5	<p><b>Something New</b></p> <p>Is there something you have wished to try but you have been afraid? Have you tried swimming underwater? Cooking a new food? Learning a trick on a trampoline? Take a risk and try 2 new things. Keep a video diary of your progress.</p>	<p><b>15 hours per term</b></p> <p><b>Total = 30 hours</b></p>
6	<p><b>Write a target you want achieve in English, Math and Science</b></p> <p>Have a look at areas that you want to improve on in each subject and write the steps on how you will achieve this target. At the end of the year relook at your target to recognize your achievement.</p>	<p><b>Total = Ongoing</b></p>

# Hard Working (VAA)

Task	Description	Suggested time to complete
1	<p><b>Keep it tidy!</b></p> <p>Every morning, before you come to school, you must make sure that you have tidied your room! You must do this 25 times.</p>	<p>1 minute every school day for 25 weeks!</p> <p><b>Total = 125 minutes</b></p>
2	<p><b>Learn or improve on a skill</b></p> <p>Spend <b>1 hour per week</b> learning a new skill, or practicing one that you enjoy. This can be a sport, musical instrument, or hobby. Your parents, sports coach, music 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><b>Total = 30 hours</b></p>
3	<p><b>Meditation mindfulness</b></p> <p>Complete Mandala Art colouring sheets to take a break from your daily routines and to relax your mind.</p>	<p>5 minutes everyday for 2 weeks</p> <p><b>Total = 140 minutes</b></p>
4	<p><b>Be a blogger</b></p> <p>Blog about your HPL skills and experiences through video, handwritten diary or computer documents. Tell us about your journey in achieving the certification.</p>	<p><b>Ongoing</b></p>
5	<p><b>Create a comic strip about a character from your favourite story</b></p> <p>Plan your story journey and think carefully about how you will show perseverance of your character.</p>	<p><b>Total = 3 hours</b></p>
6	<p><b>Life skills</b></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>3.5hrs to make meal plan, 7hrs to cook food.</p> <p><b>Total = 10.5hrs</b></p>
7	<p><b>Practice handwriting and writing sentences</b></p> <p>Practice your handwriting every evening to form your letters better. Choose a word and write a sentence using adjectives to describe it.</p>	<p><b>1 hour per week</b></p> <p><b>Total = 39 hours</b></p>





# Meta-Thinking (ACP)

Task	Description	Suggested time to complete
1	<p><b>Scratch Tennis</b></p> <p>Learn and apply strategies while playing tennis on Scratch. You will need to exhibit self-regulation and meta-cognition to be successful in this game.</p> <p><a href="https://tinyurl.com/hxj4dyey">https://tinyurl.com/hxj4dyey</a></p>	
2	<p><b>Diary entry</b></p> <p>Write a Diary entry and tell us how you would have done something better on that day and how you will do it better tomorrow.</p>	<p><b>1 hour per week</b></p> <p><b>Total = 39 hours</b></p>
3	<p><b>Den Building!</b></p> <p>Build a den for thinking time. Ask your parents if you can use their sofa to build a den. Once this den has been build use it for 'thinking time' or reading.</p>	<p><b>1 hour building</b></p> <p><b>1 hour for reading</b></p> <p><b>Total = 2 hours</b></p>
4	<p><b>Creative Football</b></p> <p>Create a Football game outside with your family or friends. Find out about the rules of cricket and arrange and organise the game. Good luck!</p>	<p><b>Total = 2 hours</b></p>
5	<p><b>Problem Solver Be a problem solver</b></p> <p>Spend the time solving your own small problems that you may face. If it is a big problem, remember to ask an adult for help.</p>	<p><b>1 hour per week</b></p> <p><b>Total = 39 hours</b></p>
6	<p><b>Read a storybook and create a role play</b></p> <p>Read a story book with a family member and write plan a role play to enact your favourite scene from the book in front of your friends and family</p>	<p><b>Total = 2 hours</b></p>

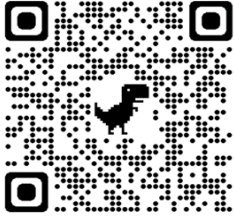
# Linking (ACP)

Task	Description	Suggested time to
1	<p><b>Sequencing, Loops, and Events</b></p> <p>By completing the activities for this task you will show your 'big picture thinking' and 'abstraction' skills.</p> <p><a href="https://studio.code.org/s/pre-express-2020/lessons/1/levels/1">https://studio.code.org/s/pre-express-2020/lessons/1/levels/1</a></p>	<b>Total = 10 hours</b>
2	<p><b>Sequencing your day</b></p> <p>Create picture cards with drawings to represent activities that you complete during the day. For example getting dressed for school, eating lunch, sleeping. Use this to plan your day every day to remember what needs to be done. Challenge: Add a new activity daily to your day.</p>	<b>Ongoing</b>
3	<p><b>Apply your learning from school to the real world</b></p> <p>Choose a topic or lesson from school and decide how you are going to use the skill you have learnt in your real world. For example, if you are learning about money, find some time to go to the shop and pay for something. Can you work out the change?</p>	<b>Ongoing</b>
4	<p><b>Early morning mind mapping</b></p> <p>Create a story map of your what you had a dream about. 3 times a week for 3 weeks.</p>	<p><b>1 hour a week</b></p> <p><b>Total time= 9 hours</b></p>
5	<p><b>Global Goals Week (September)</b></p> <p>Global Goals Week focuses on 17 different goals for the world. <b>Good Health and Well-being</b> is very important—create a poster that will help people to be healthy and happy.</p>	<b>Total = 3 hours</b>
6	<p><b>How do we connect?</b></p> <p>Think about how our devices help us connect to others. What ways can you think of? What ways have you never tried?</p>	<b>Total = 1 hour</b>

# Analysing (ACP)

Task	Description	Suggested time to complete
1	<p><b>Escape from Wonderland</b></p> <p>Fall down the rabbit hole with an Alice in Wonderland themed escape room. Work with your parents to solve the clues and escape!</p> <p><a href="#">Click here</a></p>	<b>Total = 1 hour</b>
2	<p><b>Algorithm and coding</b></p> <p>Can you help the robot reach his desk? He has lots of friends in his way and you cannot bump into them. Ask your teacher to use the seesaw link below and set it as a task on seesaw for you.</p>	<p><b>Total = 1 Hour</b></p> 
3	<p><b>Spot the difference</b></p> <p>Complete the spot the difference games.</p> 	<p><b>15 minutes per puzzle</b></p> <p><b>Total = 2 hours</b></p>
4	<p><b>Get cooking!</b></p> <p>Follow a recipe to cook something new with an adult . Go to the store to buy the ingredients and then make the recipe. Share the recipe with your family.</p>	<p><b>1 hour buying the ingredient</b></p> <p><b>2 hours to make the recipe</b></p>
5	<p><b>Treasure Hunt!</b></p> <p>Create a map and treasure hunt for your family members to complete. Hide the treasure and create a map.</p>	<p><b>1 hour to write clues</b></p> <p><b>1 hour to create map</b></p> <p><b>30 minutes for Treasure hunt.</b></p> <p><b>Total = 2 hours 30</b></p>
6	<p><b>Back to the future!</b></p> <p>Can you make a list or draw 5 inventions ( things that have been built a long time ago) that now help us in every day life? Tell a friend how do they help us and what would we do without them?</p>	<b>Total = 2 hours</b>

# Creating (ACP)

Task	Description	Suggested time to
1	<p><b>Create a story!</b></p> <p>Use Studio to create a story. Your story will have actors that can interact with each other. Show your intellectual playfulness to complete this task.</p>	
2	<p><b>Build GFM</b></p> <p>Create your own version of GFM using Lego blocks. Record a video of yourself talking about how you selected blocks, created similar patterns, and decided</p>	<b>Total = 10 hours</b>
3	<p><b>Invent create a new fruit salad recipe.</b></p> <p>Create a poster to advertise your new creation. Then, buy the ingredients and make the salad with an adult.</p>	<p><b>1 hour to create cake</b></p> <p><b>1 hour to buy ingredients</b></p> <p><b>2 hours to make cake</b></p>
4	<p><b>Become a News Anchor</b></p> <p>Draw a story map about your Weekend news and retell the events to your family using adjectives and a conjunction ' because'.</p>	<b>Total = 2 hours</b>
5	<p><b>Make a landmark</b></p> <p>Choose one of Dubai's famous landmarks and make a detailed model of it. Use recyclable materials as much as you can.</p>	<b>Total = 5 Hours</b>
6	<p><b>Create a poster</b></p> <p>Create a poster on the classroom behavior expectations and share it with your peers in class. Include a new idea for a behavioral expectation, for example finish your snack in your lunch break or walk in a straight line in the corridor.</p>	<b>Total = 1 Hour</b>

# Realising (ACP)

Task	Description	Suggested time to complete
1	<p><b>Jigsaw Master</b></p> <p>Can you complete a jigsaw in under 2 hours? It must have at least 50 pieces– practice until you can beat your time! Take a photo of your finished jigsaw and write down how long it took to complete</p>	<b>Total = 2 Hours</b>
2	<p><b>What did you learn today?</b></p> <p>You have 1 minute to tell your parents what you learnt at school today! You will have to be fast and accurate to tell them everything you have learnt in such a small amount of time</p>	1 minute per day Total = 5 minutes per wee
3	<p><b>Favourite Part of a story</b></p> <p>Choose your book and read it with an adult. Write a sentence about your favourite part and use a conjunction 'because' to explain why you like that</p>	Total = 1 Hour
4	<p><b>Kindness Poster</b></p> <p>Think of how you can show kindness to friends and family and create a poster to share with your class explaining things we can do to be kind.</p>	Total = 1Hour
5	<p><b>Phonics play</b></p> <p>Challenge yourself to practice the phonic sounds on phonic play. See how soon you reach phase 5 words. <a href="https://www.phonicsplay.co.uk/resources/phase/2/">https://www.phonicsplay.co.uk/resources/phase/2/</a></p>	10 minutes per day Total 50 minutes per week
6	<p><b>Weekend News</b></p> <p>As an additional practice piece of writing, use your VCOP and write your weekend news with interesting details.</p>	