

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 to achieve the Level 1 certification. **You will need to produce an evidence folder to show your progress in all tasks**, and complete the passport that comes with this guide. Once you have completed all tasks, your folder and passport should be submitted to me for review by the end of the year.

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 Family & Others	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 complete
1	<p>Beach/desert cleanup</p> <p>Complete one beach/desert cleanup each term with a member of your family. How many bags of litter can you collect in 1 hour?</p>	<p>1 hour each term.</p> <p>Total = 3 hours</p>
2	<p>Helping to tidy up after a meal</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>*At least 5 hours to complete</p>	<p>10 minutes each day</p> <p>Total= 5 hours</p>
3	<p>Stay Active!</p> <p>30 minutes of exercise three times a week to wake up your body and stay active. Can you beat the challenge and do more? Keep a log of your progress.</p>	<p>30 minutes x 3</p> <p>Total = 1.5 hours a week</p>
4	<p>Stop Cyberbullying!</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>https://studio.code.org/s/coursec-2020</p>	 <p>Total = 10 hours</p>
5	<p>Help stray cats</p> <p>Decompose/list the problems faced by stray cats and birds in hot weather in Dubai. What is common? Suggest some ideas that can be used to help them?</p>	<p>Total = 10 hour</p>
6	<p>Show you care</p> <p>Ask two people a day for 3 weeks how they are that day. It could be a family member, security guard or someone who says hello to you and holds the door. Show you care for your community.</p>	<p>Total = 3 weeks</p>
7	<p>Time to shine and show your confidence. Record a video showing a skill you are great at. Such as riding your bike or swimming. Can you do it with confidence?</p>	<p>Total = 1 hour</p>


Agile (VAA)

Task	Description	Suggested time to complete
1	<p>What do you want to be when you're older?</p> <p>Write down what you want to be when you're older. Decide on the steps that you need to do to achieve this and write down a plan. Review and add to this plan each term.</p>	<p>1 hour each term.</p> <p>Total = 3 hours</p>
2	<p>Welcome to the working world...</p> <p>Can you help your parents out with their work/ contribute to the working world? Use your spare time to make a difference.</p>	<p>30 minutes per week for 3 weeks</p> <p>Total= 3 hours</p>
3	<p>Be a leader</p> <p>Lead on a hike or walk on a new path you have never been before. Plan and find the route and guide your family on your hike for at least 2km and don't forget to pack your sandwiches!</p>	<p>Total= 3 hours</p>
4	<p>Become a coding Artist</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>https://tinyurl.com/88utz5rt</p>	 <p>Total= 10 hours</p>
5	<p>Write an action plan for yourself...</p> <p>Complete an action plan for your goals and what you want to achieve and how, for example setting an aim and then achieving that aim in steps. You could aim to be able to make your own lunch, what steps are you going to take to achieve this? Create 3 actions you are going to achieve over 8 weeks.</p>	<p>Total = 8 weeks</p>
6	<p>Something New</p> <p>Is there something you have wished to try but you have been afraid? Have you tried roller blading? Skateboarding? Riding a bike? Take a risk and try something new. Keep a video diary of your progress.</p>	<p>15 hours per term</p> <p>Total = 45 hours</p>

Hard Working (VAA)

Task	Description	Suggested time to complete
1	<p>Make your bed!</p> <p>There are 37 weeks in this school year. To successfully complete this task you will need to make your bed every morning for 25 of those weeks!</p>	<p>1 minute every school day for 25 weeks!</p> <p>Total = 125 minutes</p>
2	<p>Learn or improve on a skill</p> <p>Spend 1 hour per week 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>Total = 30 hours</p>
3	<p>Meditation mindfulness</p> <p>5 minutes a day of meditation for 2 weeks straight. See how long you can have a streak of meditation for.</p>	<p>5 minutes everyday for 2 weeks</p> <p>Total = 140 minutes</p>
4	<p>Be a blogger</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>Ongoing</p>
5	<p>The Harvester</p> <p>Using Code Studio, grow your farm and harvest your crops. You will need to show perseverance and resilience to complete this task.</p> <p>https://tinyurl.com/2jc3y427</p>	 <p>Total = 10 hours</p>
6	<p>Life skills</p> <p>Can you make a jam sandwich? Can you tie your shoe lace? Can you pack your own bag ready for the day? Show perseverance and see if you can be independent with these tasks. Do one new thing each week.</p>	<p>1 hour per week</p> <p>Total= 39 hours</p>

Meta-Thinking (ACP)

Task	Description	Suggested time to complete
1	<p>Scratch Tennis</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>https://tinyurl.com/hxj4dyey</p>	 <p>Total = 10 hours</p>
2	<p>Reflection Journal</p> <p>Write a reflection journal and tell us how you would have done something better on that day and how you will do it better tomorrow.</p>	<p>1 hour per week.</p> <p>Total = 39 hours</p>
3	<p>Den Building!</p> <p>Build a den for thinking time.</p> <p>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>1 hour for building</p> <p>1 hour for reading</p> <p>Total = 2 hours</p>
4	<p>Creative Cricket</p> <p>Create a cricket game outside with your family or friends. Find out about the rules of cricket and arrange and organise the game. Good luck!</p>	<p>Total = 2 hours</p>
5	<p>Make a learning plan</p> <p>What new topics do you want to learn about? Choose something you want to find out more about and what questions you will ask. Make a list of the questions.</p>	<p>Total = 2 hours</p>
6	<p>Problem Solver</p> <p>Be a problem solver - 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>1 hour per week.</p> <p>Total = 39 hours</p>

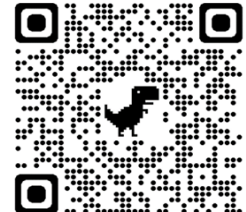
Linking (ACP)

Task	Description	Suggested time to complete
1	<p>Sequencing, Loops, and Events</p> <p>By completing the activities for this task you will show your 'big picture thinking' and 'abstraction' skills.</p> <p>https://studio.code.org/s/pre-express-2020/lessons/1/levels/1</p>	Total = 10 hours
2	<p>Connections in your brain</p> <p>Sudoku for Kids - Play Sudoku Online</p>	1 hour per week. Total = 39 hours
3	<p>Apply your learning from school to the real world</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>	Ongoing
4	<p>Early morning mind mapping</p> <p>Create a mind map 3 times a week for 3 weeks. Show your mind map of your thoughts early morning. This will clear you brain ready for the day ahead!</p>	30 minutes per week Total = 90 minutes
5	<p>A day in the life of...</p> <p>Create a diary entry of another person. This could be a member of your family, or a famous person. Write down what you think they do for each hour of the day.</p>	Total = 1 hour
6	<p>Global Goals Week (September)</p> <p>During 'Global Goals Week' complete an extension activity that has been decided by your teacher.</p>	Total = 2 hours
7	<p>How do we connect?</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>	Total = 1 hour

Analysing (ACP)

Task	Description	Suggested time to complete
1	<p>Problem Solving</p> <p>Complete some paired coding activities to show your critical and logical thinking skills. You will need to complete this task with a friend or family member.</p> <p>https://studio.code.org/s/pre-express-2020/lessons/3/levels/1</p>	Total = 10 hours
2	<p>Escape from Wonderland</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>Click here</p>	Total = 1 hour
3	<p>Spot the difference</p> <p>Spot the Difference - ESL Kids Games</p>	<p>15 minutes per puzzle</p> <p>Total = 2 hours</p>
4	<p>Get cooking!</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>1 hour to buy ingredients</p> <p>2 hours to make recipe</p> <p>Total = 3 hours</p>
5	<p>Treasure Hunt!</p> <p>Create a map and treasure hunt for your family members to complete. Hide the treasure and create a map.</p>	<p>1 hour to write clues</p> <p>1 hour to create map</p> <p>30 minutes for Treasure hunt.</p> <p>Total = 2 hours 30</p>
6	<p>Back to the future!</p> <p>Can you make a list of 10 inventions that now help us in every day life? How do they help us and what would we do without them?</p>	Total = 2 hours

Creating (ACP)

Task	Description	Suggested time to complete
1	<p>Create a story!</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>	 <p>Total = 10 hours</p>
2	<p>Build GFM</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 on how to construct your model.</p>	<p>Total = 10 hours</p>
3	<p>Invent</p> <p>Create a new cake design / cake recipe. Create a poster to advertise your new creation.</p> <p>Then, buy the ingredients and make the cake with an adult.</p>	<p>1 hour to create cake</p> <p>1 hour to buy ingredients</p> <p>2 hours to make cake</p> <p>Total = 4 hours</p>
4	<p>Become a Poet</p> <p>Write a poem about your favourite thing. Perform your poem to your family.</p>	<p>Total = 2 hours</p>
5	<p>Word search creator</p> <p>Create a word search for a member of your family. It should have 10 words in it and include words you have learnt in school that week. a photo of the finished word search.</p>	<p>Total = 1 hour</p>
6	<p>Make a landmark</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>	<p>Total = 5 hours</p>
7	<p>Back to the future!</p> <p>Can you create 10 NEW inventions that would help us now or in the future?</p>	<p>Total = 5 hours (30 minutes per invention)</p>

Realising (ACP)

Task	Description	Suggested time to complete
1	<p>Programming with Rey and BB-8</p> <p>By completing this course on Studio, you will learn how to complete a task using automaticity, speed and accuracy.</p> <p>Click here</p>	Total = 10 hours
2	<p>Timetable Rockstar</p> <p>Timetable challenge can you beat a family member or friend by recalling your timetables the fastest?</p>	<p>10 minutes per day</p> <p>Total = 50 minutes each week.</p>
3	<p>Jigsaw Master</p> <p>Can you complete a jigsaw in under 2 hours? It must have at least 100 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>	Total = 2 hours
4	<p>What did you learn today?</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>	<p>1 minute per day</p> <p>Total = 5 minutes per week</p>
5	<p>Book Review</p> <p>Choose your favourite book and create a review for it. You could record your review on camera or write it down!</p>	Total = 1 hour
6	<p>Puzzle Game</p> <p>Can you make a puzzle game to play with your family? You could use cards or pictures. See what you come up with!</p>	Total = 3 hours
7	<p>Are you more internet smart than your parent?</p> <p>Think of 5 questions to ask your parents about the internet and see how many they answer correctly. Then its their turn to ask you! Who knows the most about internet and its safety?</p>	Total = 1 hour