PHYSICAL EDUCATION AND SCHOOL SPORTS POLICY

Academic Year: 2026–2027	**Applicable to:** KG to Grade 12	**Review:** Annually

1. Policy Statement and Purpose

• This policy establishes the framework through which Indian School – Al Ain provides high-quality Physical Education (PE), school sports and opportunities for regular physical activity for all students from KG to Grade 12.

• The school recognises that physical education and regular movement support students' physical health, wellbeing, confidence, social development, learning and lifelong healthy habits. The policy is intended to be implemented in line with the ADEK Physical Education and School Sports Policy (Version 1.2, September 2024), applicable UAE requirements and the school's approved procedures.

2. Vision and Objectives

• To develop physically literate, active, confident and responsible learners.

• To provide a planned, progressive and inclusive PE curriculum appropriate to students' age, ability and stage of development.

• To develop fundamental movement skills, fitness, coordination, knowledge of games and sports, and healthy lifestyle habits.

• To promote teamwork, respect, discipline, resilience, fair play, leadership and sportsmanship.

• To provide equitable opportunities for participation in PE lessons, recreational activities and school competitions.

• To encourage students to remain active throughout the school day and beyond.

3. Scope and Definitions

• Physical Education (PE) is planned and progressive learning, including practical and relevant theoretical elements, delivered through timetabled lessons by qualified PE teachers in accordance with the documented curriculum.

• School sports refers to structured sporting activities conducted under the school's supervision beyond timetabled PE, including intra-school and inter-school competitions, sports events and organised extracurricular activities.

• Moderate-to-vigorous physical activity (MVPA) refers to activity of an intensity that raises the heart rate and breathing above resting levels. PE lesson time, break-time activity and other movement opportunities are distinct contributions and shall be monitored appropriately.

4. PE Curriculum and Teaching

• The school shall maintain a written PE curriculum with progressive learning outcomes for each grade or year group.

• Curriculum planning shall cover physical, social, cognitive and psychological development, including movement skills, sport-specific skills, fitness, health knowledge, cooperation and positive values.

• Lessons shall be planned with clear learning objectives, age-appropriate activities, suitable resources, progression and opportunities for practice.

• The majority of lesson time shall provide meaningful physical activity, balanced with instruction, reflection, rules, safety guidance and relevant theory.

• Teaching strategies and language shall be inclusive, encouraging participation, effort, personal progress and confidence rather than focusing only on competition or performance.

• Teachers shall provide feedback and appropriate opportunities for students to understand and improve their performance.

5. Minimum Timetabled PE Provision

• The school shall provide an average of at least 60 minutes of taught, timetabled PE per week across the school year to all students, in accordance with ADEK requirements.

• The school shall aim to provide 120 minutes of PE per week wherever possible, subject to the approved timetable, facilities and operational arrangements.

• PE provision shall be planned and monitored for every grade/year group. KG and Cycle 1 lessons shall be shorter and more frequent where appropriate to students' developmental needs.

• Any occasional reduction in PE time shall be limited to circumstances permitted by ADEK, such as examination periods or prevailing weather conditions, and shall be documented.

• PE minutes shall reflect actual taught lesson time. Sports events, break-time play and informal activity shall not be incorrectly recorded as timetabled PE lessons.

6. Daily Physical Activity and MVPA

• The school shall provide opportunities for students to achieve an average of at least 30 minutes per day of moderate-to-vigorous physical activity within the school setting, contributing to the wider daily activity goal of 60 minutes across school and home settings.

• Opportunities may include active PE lessons, supervised break-time play, sports activities, movement breaks and suitable active learning opportunities.

• Teachers may incorporate short movement or stretching breaks during classroom learning, where appropriate.

• The school shall encourage active participation without placing undue pressure on students or excluding those who require adaptations.

• The school shall establish and use a reasonable method to estimate and monitor students' average MVPA per day and review the effectiveness of that method.

7. Inclusion and Equal Participation

• All students shall be provided opportunities to participate in PE and school sports, including students of determination, students with additional learning needs, less-active students and gifted or talented students.

• Reasonable adjustments shall be made to activities, equipment, instructions, grouping, space and assessment in line with students' documented learning plans and individual needs.

• Where a particular activity cannot be safely undertaken by a student, an appropriate alternative role or adapted activity shall be provided, such as team leader, referee, scorer or activity observer, as suitable.

• Medical conditions or temporary injuries shall be considered individually. Modified participation shall be encouraged where safe and appropriate, based on relevant medical guidance.

• Gender-related arrangements shall follow the applicable ADEK School Coeducation Policy and other UAE requirements.

8. School Sports, Competitions and Events

• The school shall provide a range of sporting and recreational opportunities suited to students' interests, abilities and age groups.

• Intra-school competitions and house activities shall encourage broad participation and healthy competition, not only participation by the most skilled students.

• Students shall be encouraged to participate in appropriate inter-school competitions and events organised by ADEK or other authorised entities.

• Competition formats may be adapted to improve access and provide appropriate levels of challenge.

• Sports activities shall promote integrity, fair play, determination, resilience, respect, teamwork and acceptance of outcomes.

• Participation records shall be maintained for sports events, extracurricular activities and competitions, including participation by students with additional learning needs.

9. Roles and Responsibilities

• **Principal:** Provide overall leadership, approve implementation arrangements, allocate appropriate resources and review policy effectiveness.

• **PE Coordinator / Head of PE:** Coordinate the PE curriculum, schemes of work, lesson planning, timetable monitoring, assessment, sports programmes, participation records and reporting.

• **PE Teachers:** Deliver planned lessons, assess student progress, adapt activities, maintain attendance and safety records, supervise students and report incidents or hazards.

• **Coaches and Activity Staff:** Work within their qualifications and authorised roles, follow school safeguarding and safety procedures, and support the approved sports programme.

• **Class Teachers and Other Staff:** Support school-wide movement initiatives, supervise assigned activities and communicate relevant student needs to the PE team.

• **Students:** Participate to the best of their ability, follow instructions, use equipment responsibly, wear appropriate PE attire and demonstrate respect and sportsmanship.

• **Parents:** Share relevant medical or safety information, support appropriate participation and encourage healthy physical activity at home.

10. Staff Qualifications and Professional Development

• PE lessons shall be delivered by teachers who meet the applicable ADEK staff eligibility requirements for the subject.

• Coaches and instructors shall hold the qualifications, licences or training required for their assigned roles and shall not independently teach PE unless authorised under applicable ADEK requirements.

• The school shall support relevant professional development for PE teachers and coaches in line with ADEK requirements, including subject-specific pedagogy, safety and coaching practice.

• PE teachers, coaches and volunteers shall comply with the school's Student Protection Policy and applicable safeguarding requirements.

11. Health, Safety and Risk Management

• PE teachers and coaches shall check that activity areas and equipment are suitable, clean, maintained and safe before use. Defective or unsafe equipment shall be removed from use and reported.

• Risk assessments shall be completed for new or higher-risk activities, sports events, competitions and off-site activities, as applicable.

• Staff shall be aware of relevant student medical information and any required adjustments, in accordance with school confidentiality and student-record procedures.

• PE teachers and coaches shall hold the required first-aid training, and the school shall maintain a clear process for responding to injuries, emergencies and incidents.

• Weather conditions, including heat, humidity, wind and air quality, shall be considered before outdoor activities. Activities shall be modified, moved indoors, postponed or cancelled when conditions are unsuitable.

• Students shall have access to drinking water before, during and after physical activity. Shade and appropriate sun-protection measures shall be provided for outdoor activities.

• Students shall be encouraged to wear suitable PE uniform, footwear and protective equipment appropriate to the activity. Flexibility shall be applied in hot or humid conditions in accordance with school procedures.

• All accidents, injuries, near misses and safety concerns shall be recorded and reported through the school's established procedures.

12. Assessment and Reporting

• Assessment shall be age-appropriate, inclusive and aligned with the PE curriculum and learning outcomes.

• Assessment may include observation, skill demonstrations, fitness-related activities, knowledge and understanding, teamwork, participation, effort and personal progress.

• Assessment shall identify strengths and next steps for improvement; it shall not rely solely on athletic ability or competitive results.

• Teachers shall maintain appropriate records of attendance, learning progress and assessment, and communicate relevant information through the school's student reporting arrangements.

13. Facilities and Equipment

• The school shall provide access to suitable and safe PE spaces, sports facilities and equipment according to the needs of the curriculum and student numbers.

• Facilities and equipment shall be inspected and maintained at appropriate intervals. Records of checks, maintenance and corrective actions shall be retained.

• Use of facilities by external partners, where permitted, shall be controlled so that access to other school areas is restricted and all relevant safeguarding and safety requirements are met.

14. Monitoring, Evaluation and ADEK Reporting

• The school shall monitor the implementation and effectiveness of this policy through the PE Coordinator and relevant school leadership.

• Monitoring shall include the average taught PE minutes per week across the school year for each grade/year group.

• The school shall monitor and report its method for calculating students' average MVPA per day, the actual indicator calculated and the effectiveness of the method, as required by ADEK.

• Participation in PE, sports events, extracurricular activities and competitions shall be tracked, including participation by students with additional learning needs.

• Findings shall be used to identify gaps, plan improvements and support the school's self-evaluation and ADEK compliance processes.

15. Communication and Policy Review

• This policy shall be communicated to relevant staff, students and parents through appropriate school channels.

• The policy shall be reviewed at least annually, and earlier where required by changes to ADEK or UAE regulations, school procedures, or identified improvement needs.

• Any amendments shall be approved by the Principal and communicated to relevant stakeholders.

POLICY CONTROL AND APPROVAL

Policy Name	Physical Education and School Sports Policy
School	Indian School – Al Ain
Applicable To	KG to Grade 12
Responsible Authority	Principal
Implementation	PE Department, Section Heads and relevant staff
Effective Academic Year	2026–2027
Review Frequency	Annually or as required

Mini Nair