# AJIS Physical Education and School Sports Policy

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## Introduction

At Ajyal International School (AJIS), we believe that fostering physical literacy and activity is essential to enhancing students' health, well-being, and self-confidence. A comprehensive Physical Education (PE) and school sports programme is instrumental in developing students' competence, skills, attitudes, and behaviours, encouraging them to stay active for life. Schools play a crucial role in providing structured exposure to organised sport, aligning with Abu Dhabi's "Sports for All" policy (DCD, 2024). This policy outlines AJIS's commitment to creating a culture that actively promotes engagement in physical activity for all students.

## Purpose

- **Establish Minimum Requirements**
  Define the essential components of PE and school sports for all AJIS students, ensuring a consistent and supportive approach to physical activity.
- **Promote Active Lifestyles**
  Encourage physical activity throughout the school day by incorporating both structured and unstructured opportunities for students to stay active.
- **Develop a Physical Literacy Framework**
  Require AJIS to establish an internal policy and framework to support a well-rounded PE and sports programme grounded in physical literacy principles.
- **Ensure Inclusivity**
  Design a PE and school sports programme that meets the diverse needs of all students, including those with additional learning needs and those identified as gifted and/or talented.
- **Define Eligibility Requirements**
  Specify the qualifications required for teachers and coaches involved in delivering PE and school sports, ensuring high-quality instruction.
- **Standardise Core Curriculum Elements**
  Establish a consistent PE curriculum framework at AJIS, including teaching methodologies and assessment practices, that reflects best practice in British education.

## School-Based PE and School Sports Policy

### Policy Requirements

Ajyal International School (AJIS) shall develop, implement, monitor, evaluate, and review a PE and School Sports Policy that includes the following elements:

- **Vision, Mission, and Strategy**: Clearly outline the school's commitment to promoting physical health and well-being among students.
- **Implementation**: Detail how PE curriculum and school sports programmes will be executed to meet AJIS standards.

- **Activity Target**: Establish strategies to ensure each student participates in an average of at least 30 minutes of moderate- to vigorous-intensity physical activity (MVPA) per day through PE and school sports.
- **Stakeholder Awareness**: Promote the importance of physical activity and health to staff, students, parents, and other stakeholders, defining their roles in meeting the policy's goals.

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**Staying Active**

- **Holistic Activity Goal**: AJIS shall provide opportunities for students to be active throughout the school day, aiming for an average of 30 minutes of MVPA during school hours, contributing to a daily total of 60 minutes including home activities.
    - **Active Breaks and Recesses**: Provide safe spaces and equipment to encourage activity during breaks, allowing for informal, semi-formal, and formal physical activity.
    - **Physical Environment Enhancements**: Create classroom and school-wide environments that reduce sitting time, encourage movement, and promote active learning.
    - **Classroom Activity Breaks**: Implement brief activity breaks to help students stay engaged and physically active during lessons.
    - **Engagement Initiatives**: Raise awareness of available sports programmes among students, staff, and parents to increase participation and support physical activity.
    - **Targeted Support**: Identify and support less active students with additional resources, ensuring they are encouraged to participate without stigma.

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**Inclusion**

- **Inclusive Participation**: Ensure all AJIS students have access to high-quality PE and school sports.
    - **Mandatory Participation**: All students shall attend designated PE classes for their year level.
    - **Alternative Roles**: Where a specific task limits a student's physical engagement, assign alternative roles (e.g., team leader, referee, scorekeeper).
    - **Lesson Adaptations**: PE teachers shall make reasonable adjustments to activities and resources in line with each student's documented learning plan (DLP) to help them progress toward set objectives.
    - **Equal Opportunities**: Ensure that all students, including girls, students with additional needs, the least active, and gifted and/or talented students, have equal access to PE, intra- and inter-school sports, and other athletic activities.

**Gender Considerations**

AJIS shall comply with the ADEK School Coeducation Policy to ensure that gender considerations are observed in all PE and sports activities.

## Physical Literacy

- **Framework Development**: Establish a physical literacy framework covering physical, social, cognitive, and psychological outcomes, supporting students of all ages in understanding and embracing movement.
    - **Outcomes**: AJIS students shall learn to:
        - **Enjoyment**: "I enjoy playing sports and being active."
        - **Confidence**: "I feel confident in exercising and playing sports."
        - **Competence**: "I find sports and exercise manageable."
        - **Knowledge**: "I understand the benefits of sports and know how to participate and improve."
        - **Understanding**: "I can apply my skills and knowledge to new activities and sports for lifelong activity."
    - **Curriculum Planning**: Use the physical literacy framework to guide PE curriculum development and school sports programming, ensuring age- and stage-appropriate activities.
    - **Stakeholder Communication**: Regularly engage teachers, coaches, and parents to promote understanding of their roles in developing physical literacy.

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## Competition

- **Sports Integrity and Healthy Competition**: AJIS's approach shall nurture sportsmanship and healthy competition, promoting values such as resilience, respect, teamwork, and independence.
- **Competitive Opportunities**:
    - **Intra-School Competitions**: Provide all students with opportunities to experience the benefits of participating in school-based competitions.
    - **Inter-School Competitions**: Offer chances for well-matched competitions with other schools, ensuring inclusivity by adapting formats to accommodate students of all skill levels.
    - **Government-Sponsored Competitions**: Facilitate student participation in competitions organised by ADEK or other government bodies.

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## Identification, Development, and Support of Gifted and/or Talented Students

- **Adapted Experiences**: Modify the PE experience for gifted and/or talented students, offering greater challenges to support their development.
- **Competition Pathways**: Provide access to local sports clubs and national sports federations for talent identification, coaching sessions, and competition venues.
- **Support for Additional Needs**: Recognise talent pathways for students with additional needs, ensuring support is available for their participation.

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**Teachers and Coaches**

- **PE Teacher Eligibility**: AJIS shall employ qualified PE teachers who meet ADEK's eligibility criteria for subject teachers.
- **Continuous Professional Development (CPD)**: Provide PE teachers with 75 hours of subject-specific CPD annually, focusing on pedagogy and skill enhancement, as required under ADEK's School Employment Policy.

## 1. Vision and Mission

Ajyal International School (AJIS) promotes student health, well-being, and physical literacy through an inclusive, structured Physical Education (PE) and school sports programme. Our mission is to foster lifelong habits of physical activity, enhance student confidence in movement and sports, and equip students with the knowledge to lead active and healthy lives.

## 2. Implementation through Curriculum and Sports Programmes

Our PE and sports programmes are carefully integrated within the school curriculum to achieve the following goals:

- To ensure students engage in a daily average of at least 30 minutes of moderate to vigorous physical activity (MVPA).
- To create awareness about the importance of physical health across the school community, including students, staff, and parents.

## 3. Promoting Daily Physical Activity

AJIS aims to provide diverse opportunities for students to be active throughout the day, contributing to an overall goal of 60 minutes of MVPA within and outside school. Key initiatives include:

- **Activity During Breaks:** Safe, supervised spaces and access to equipment for informal play and structured physical activities.
- **Classroom Activity Breaks:** Regular breaks that promote movement, stretching, and core exercises.
- **Environment Optimisation:** Classroom and school modifications to reduce prolonged sitting and encourage movement.

We prioritise support for students identified as less active to foster an inclusive environment, ensuring all can benefit from physical activities without stigma.

## 4. Inclusive Participation

AJIS is committed to providing high-quality PE and sports opportunities for all students:

- **Designated PE Classes:** All students participate in PE aligned with their grade level.
- **Alternative Roles and Adjustments:** For activities that may limit participation, students are offered roles such as team leader or referee. Adjustments to lesson content and resources ensure inclusivity, particularly for students with learning needs.

- **Equal Access:** Gender, ability, and additional learning needs do not restrict any student's access to school sports, intra- and inter-school competitions, or extra-curricular activities.

## 5. Physical Literacy Framework

Our Physical Literacy Framework outlines essential components for student movement and engagement:

- **Enjoyment, Confidence, Competence, Knowledge, and Understanding:** Students build appreciation, confidence, and competence in physical activities, understand health benefits, and develop skills for a lifetime of activity.
- **Curriculum Integration:** Our PE teachers use this framework to create progressive, age-appropriate lesson plans, engaging students socially, cognitively, and psychologically.

## 6. Sports Integrity and Competition

AJIS promotes a spirit of sports integrity, upholding values such as determination, honesty, sportsmanship, and teamwork. Competitive opportunities at AJIS include:

- **Intra- and Inter-School Competitions:** These competitions are designed to encourage participation across all skill levels, adapting formats to include as many students as possible.
- **Talent Development:** AJIS supports talented students by offering opportunities for skill development, collaboration with local clubs, and participation in broader talent pathways for students of all abilities.

## 7. Eligibility and Training for Coaches

- **Qualifications:** AJIS hires coaches based on their expertise, with priority given to those who hold internationally recognised awards or licenses. Coaches provided by external vendors must also meet these standards.
- **CPD for Coaches:** School-employed coaches complete a minimum of 25 hours of professional development in their specialty areas, in line with AJIS and ADEK policies.
- **Staff Integration:** Coaches collaborate with PE teachers in lesson delivery and contribute to school sports programmes within their specialties.

## 8. Health, Safety, and Well-being in PE

AJIS is committed to maintaining rigorous health and safety standards in all physical activities:

- **Mandatory Training:** All PE staff complete certified first aid and health and safety training as per UAE requirements.
- **Medical Awareness:** Staff have access to student medical records and adjust activities to accommodate health needs, ensuring no medical condition permanently restricts student participation.

- **Equipment and Facilities Checks:** Regular checks and maintenance ensure safe, age-appropriate equipment and facilities.
- **Weather Assessments and Hydration:** We assess conditions such as heat and humidity, encourage hydration, and adopt sun protection measures.

## 9. PE Curriculum and Assessment

Our PE curriculum is designed to achieve physical, cognitive, social, and psychological growth, providing a progressive development framework for skills, knowledge, and values:

- **Minimum PE Time:** AJIS aims for an average of 60 minutes of PE per week per student, striving for 120 minutes where feasible.
- **Flexible Scheduling:** PE class duration may be adjusted during high-stakes exam periods, or in response to weather conditions, particularly for younger students.
- **Optional PE for Examination Preparation:** For upper-grade students preparing for exams, PE may be optional at specific times to balance academic requirements.

## 10. Community Sports Facility Usage

AJIS collaborates with community partners to maximise use of our sports facilities. External users must adhere to our Student Protection Policy, and AJIS ensures restricted access to the rest of the school campus during external events.

## 11. Monitoring and Evaluation Framework

Ajyal International School (AJIS) is committed to continuously improving the effectiveness of its Physical Education (PE) and School Sports Policy. To achieve this, we will develop and monitor a range of internal indicators, ensuring compliance with the relevant standards set by the Abu Dhabi Department of Education and Knowledge (ADEK).

## . Indicators for Evaluation

AJIS will implement the following indicators to evaluate the effectiveness of our PE and School Sports Policy:

- **Average Moderate to Vigorous Physical Activity (MVPA):**
  - Schools will establish a method for monitoring students' average MVPA per day. This method will include details on how the average is calculated, alongside an evaluation of its effectiveness in measuring MVPA levels.
- **Provision of Physical Education:**
  - We will monitor and report the average number of minutes taught per week in PE across the school year for all students in each year group. This data will be gathered and assessed to ensure compliance with our PE curriculum requirements.
- **Student Participation Tracking:**
  - AJIS will maintain records of student participation in all sports events, extracurricular activities, and competitions. This information will be included in the student performance reports as outlined in the ADEK School Student Performance Reports Policy.
- **Participation of Students with Additional Learning Needs:**

- We will also track participation levels of students with additional learning needs, comparing these figures with those of the entire school population to ensure inclusivity and equitable opportunities for all students.

## . Reporting to ADEK

All the aforementioned indicators will be reported to ADEK as required. AJIS will ensure that our reporting is accurate, comprehensive, and submitted in a timely manner to maintain transparency and accountability.

## 12. Compliance and Accountability

This policy shall take effect from 26 April 2023, with full compliance expected by the start of the academic year 2024/25 (Autumn term).

Failure to comply with this policy may result in legal accountability and penalties as stipulated by ADEK's regulations, policies, and requirements. This is in addition to any other penalties imposed under Federal Decree Law No. (31) of 2021, promulgating the Crimes and Penalties, along with its amendments or any other relevant legislation. ADEK reserves the right to intervene should AJIS be found in violation of its obligations.