

Al Khalil International Private School

Physical Education and School Sports Policy

Effective Date: Academic Year 2024/2025

Review Date: First Term of the Following Academic Year

• Introduction:

At Al Khalil International Private School, we believe that physical education plays a pivotal role in nurturing students physically and promoting a healthy, active community. Our physical education policy is designed to ensure that every student engages in at least 30 minutes of moderate to vigorous physical activity daily. We consider physical education to be a cornerstone of learning, emphasizing its essential role during school hours. Our goal is to maximize students' experiences and wellbeing through active learning and beneficial methods tailored to each child.

• Physical Literacy:

"Physical literacy is the ability to move efficiently and confidently in a variety of physical activities that promote healthy development in multiple environments."

• Our Vision:

We aim to provide an enjoyable, active, and inclusive physical education experience that inspires students and equips them to participate in daily indoor and outdoor physical activities. This approach fosters a lifelong love of movement, is student-centered, developmentally appropriate, and promotes wellbeing.

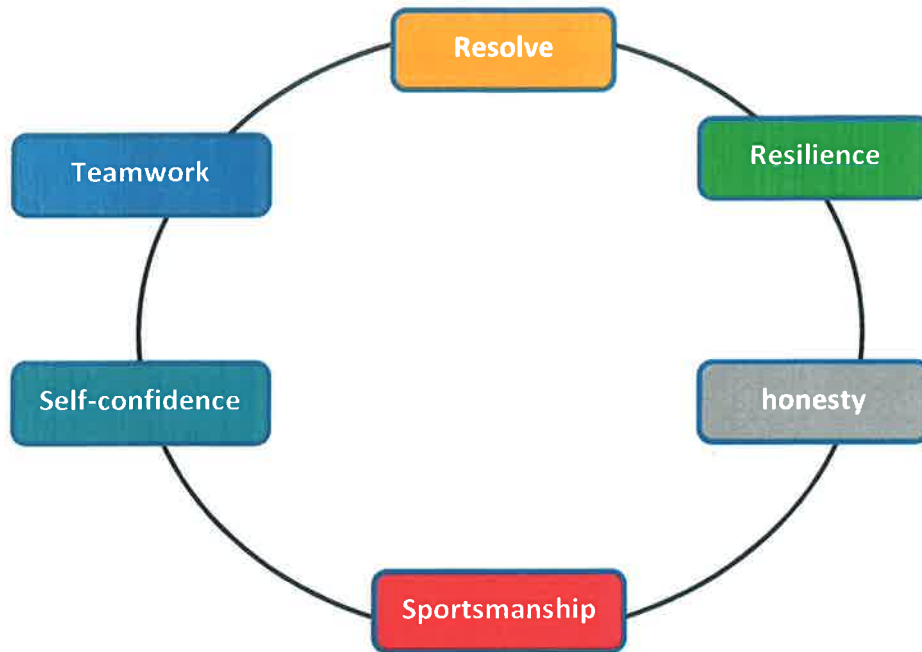
• Strategic Direction:

We seek to develop physically educated students who integrate physical, psychological, social, and cognitive abilities to support health and fitness. Through participation in activities, students build intrinsic motivation and a positive attitude towards wellness and physical activity, including social skills and responsibility.

• Objectives:

- Design and implement active, student-centered learning aligned with individual developmental stages.
- Create an engaging, inclusive learning environment that encourages participation and enjoyment.
- Promote students' understanding of physical, cognitive, social, and psychological integration.
- Encourage students to value physical fitness and overall health.
- Develop a lifelong positive attitude toward physical activity and its benefits.
- Foster internal motivation and consistent participation in varied physical activities.

- Provide opportunities for students to develop social skills and a sense of responsibility.
- Support students with special needs and gifted students through tailored approaches.
- Monitor and assess students' progress and growth in physical activity.
- Collaborate with parents, teachers, and the community to create a supportive environment.
- Offer ongoing professional development for PE teachers to enhance their instructional practices.
- Promote inclusivity, empathy, and respect among students through safe and supportive environments.
- **Implementation of Physical Education:**

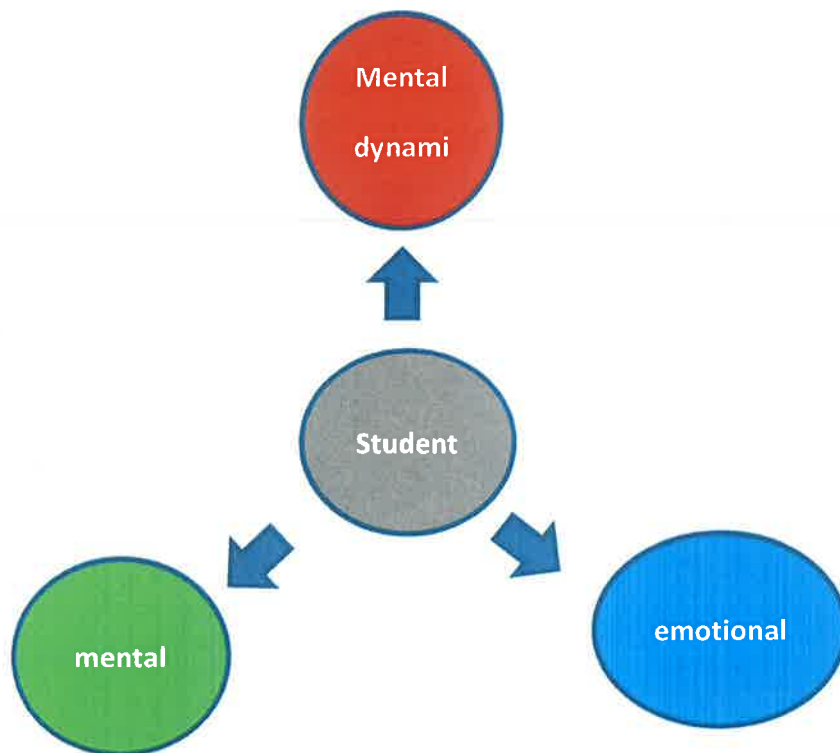


The physical education program at Al Khalil International Private School aligns with the UAE national curriculum. It aims to ensure students acquire the necessary physical education skills and knowledge from KG to Grade 12. The program is thoughtfully designed to help students develop not only physical abilities but also cognitive, emotional, and social skills.

Each grade level's program includes a wide range of learning objectives that focus on developing physical competence, motivation, knowledge, and social-emotional skills—preparing students for success both in physical activities and in personal development.

- **Physical Education Knowledge Standards:**
 1. The student demonstrates physical competence through various motor skills and movement patterns.
 2. The student applies knowledge of movement strategies, tactics, and concepts.
 3. The student shows knowledge and skills necessary for achieving a health-enhancing level of fitness.
 4. The student demonstrates responsible personal and social behavior that respects self and others.
 5. The student recognizes the value of physical activity for health, enjoyment, self-expression, and social interaction.
 - 6.

- **Physical Literacy Framework:**



We aim to develop physically literate individuals through deliberate practice using well-designed learning tasks. Our curriculum is carefully aligned with learning objectives and standards in three areas: motor, emotional, and cognitive development.

- **Teaching Approach:**

Effective teaching of physical education involves deliberate practice that supports students in becoming lifelong active individuals. Lessons are designed to integrate the motor, emotional, and cognitive aspects of development. PE teachers are expected to provide a variety of teaching strategies and challenges that match students' abilities, including modified activities and differentiated instruction.

- **Assessment:**

Assessment plays a vital role in ensuring the quality of PE and tracks student learning and progress. Teachers use various assessment tools, including peer and self-assessment, rubrics, observation checklists, and rating scales. Assessments should align with learning objectives and provide tangible evidence of student achievement.

- **Equal Opportunities:**

- PE activities should serve all students, considering gender, fitness levels, cognitive abilities, and educational needs.
- The curriculum should reflect and support cultural diversity and varied interests.
- Teachers should adapt roles and tasks in activities for students who may find participation difficult.
- Gifted students should be provided with advanced learning opportunities.
- Equal opportunities must be ensured in competitions and sports events for all students, including those classified as talented or gifted.
- The school partners with local clubs and federations to provide specialized training and competitions.
- Support is provided to students with special educational needs to ensure full access to PE programs and events.

- **Physical Activity in School:**

1. Extracurricular Enrichment:

- Students are encouraged to participate in school-wide sports competitions organized by the Department of Education and Knowledge and other bodies.
- Internal school competitions and inter-school events promote inclusion and engagement.
- Annual Sports Day is a highly anticipated event that celebrates physical prowess, teamwork, and school spirit.

2. Break Time:

- Breaks are seen as vital opportunities for physical activity, promoting wellbeing.
- Students are encouraged to engage in informal and creative movement.
- Supervised structured and semi-structured physical activities may be offered during breaks.

3. Active Lessons:

- All teachers are responsible for promoting movement during class time.
- Teachers should create environments that allow standing, walking, or moving to reduce sedentary time.
- Short physical breaks between lessons are encouraged to increase energy and engagement.

- **Professional Development:**

PE teachers receive at least 75 hours of professional development annually to stay updated with teaching strategies and meet requirements set by ADEK.

- **Health and Safety:**

- Ensure PE teachers and volunteers have signed the school's child protection policy.
- Maintain accurate health and safety records of incidents.
- Establish clear procedures for managing incidents with trained first aid staff.
- Regularly assess equipment and ensure facilities are safe and well-maintained.

- PE teachers should be aware of students' medical conditions and adjust activities accordingly.
- Evaluate weather conditions and make necessary adjustments for student safety.
- Encourage hydration and sun protection.

- **Awareness Campaigns:**

The school will run awareness campaigns for the whole community, clarifying roles and responsibilities of parents and students in promoting physical activity and health.

- **Monitoring and Evaluation:**

The school will continually assess the effectiveness of the PE curriculum and track average physical activity minutes across age groups. Participation in extracurricular sports and events will also be documented and compared to assess inclusivity.

Approved by:
School Principal / Mr. Ghazwan Kayyal

