



1. INTRODUCTION

We affirm that every EFIA student has the right and opportunity to develop physically, mentally, and socially. Our PE and school sports program seeks to cultivate physical literacy the motivation, confidence, and competence to remain active for life alongside promoting elite performance. This dual-track philosophy (Sport for All excellence) underpins our approach.

Emirate Future international Academy, Abu Dhabi encourages the Participants of all learners in a variety of sports activities. EFIA believes in the value of competitive sport and healthy competition.

2. PURPOSE

The objectives of this policy are to:

- Provide a clear and comprehensive framework for PE and school sports implementation at EFIA, aligned with ADEK's guidelines.
- Foster values such as teamwork, fair play, self-discipline, perseverance, respect, and healthy competition.
- Support the physical, cognitive, emotional, and social growth of students through structured and unstructured activity.
- Ensure inclusive participation for all students, including those with special needs, girls, and gifted athletes.
- Encourage lifelong engagement in physical activity by embedding movement across the school day.
- Monitor, evaluate, and continuously improve our physical education provision.

3. SCOPE

This policy is a working document for all educators in school. In this document the term educators is used to describe teachers, classroom assistants and learning support assistants. It describes the school's fundamental understanding of the purpose of Physical Education and the way Physical Education contributes to children's learning.

The aim of this policy is to ensure competitors, parents and spectators are aware of the opportunities available to learners and how a positive attitude to sport should be encouraged by parents and spectators alike.

4. POLICY STATEMENT:

➤ *Provision & Supervision*

- EFIA shall design, implement, and supervise diverse physical activities (in class time, extracurricular, recess).



- A documented PE curriculum and school sports plan shall guide delivery.
- Attendance in scheduled activities shall be recorded and monitored.
- *Stakeholder Input*
- When planning sports programs, the school will seek input from students, parents, and educators to capture interests and suggestions.
- *Cultural, Religious & Safety Considerations*
- All activities will respect UAE cultural and religious norms (e.g. gender separation when needed, modest attire).
- Activities must be safe, well-organized, and supervised.
- If external fees are charged, they should remain affordable and equitable.
- *Daily Physical Activity Target*
- EFIA commits to enabling students to reach **≥ 30 minutes of moderate-to-vigorous physical activity (MVPA)** during school hours (contributing toward a 60-minute daily goal).
- This will be achieved through PE classes, movement breaks, active recess, and classroom activity interludes.

5. HOUSE & COMPETITIVE STRUCTURE

- EFIA runs a number of house competitions throughout the year in many categories Pre juniors, Juniors, Inters Seniors and Super Seniors categories in different Sports like Chess and Carom, Throw ball, Volleyball, Kho-Kho, Football, Cricket (EFL) where all the children are involved.
- On the basis of these performances we select school teams for outside the school competitions like inter schools and clusters competitions.
- EFIA School holds Annual Sports Day events for kg, Primary and Secondary level. The sports days are fully inclusive; each child takes part in all of the sports day events (TRACK AND FIELD EVENT). All children participate in their house for these events; the focus being on mass participation as well as a house competition.
- EFIA Organize every year UAE INTER SCHOOL EFIA PREMIER CRICKET LEAGUE TOURNAMENT.

6. CODE OF CONDUCT:

A. *Students / Athletes*

- Demonstrate integrity, respect, and sportsmanship in all interactions.
- Give their best effort regardless of outcome.
- Adhere to rules, instructions, and decisions by coaches and referees.



- Respect opponents, officials, teammates, and staff.
- At match end, show courtesy to opponents and officials (e.g. handshake).
- Report any discomfort or safety concerns to staff immediately.

B. Teachers & Coaches

- Model ethical behavior and fair play.
- Uphold rules and support match officials without public criticism.
- Use student-centered, developmentally appropriate instruction.
- Provide constructive feedback.
- Plan inclusive and differentiated activities to meet diverse needs.

C. Parents & Spectators

- Encourage players positively, focusing on effort and learning, not only winning.
- Refrain from coaching during games; allow coaches to lead.
- Use respectful language toward all participants, including referees.
- Respect decisions even if they disagree; use proper channels to communicate concerns.

7. INCLUSIVE PARTICIPATION:

The school is committed to ensuring that all students have equitable access to quality Physical Education (PE) and school sports opportunities, regardless of their individual needs or abilities.

- **Mandatory PE Participation:** All students are required to take part in scheduled PE classes.
- **Alternative Roles:** Students unable to physically participate (for medical, cultural, or other reasons) will be assigned meaningful roles (e.g., team leader, scorekeeper, assistant, referee, observer with data recording).
- **Adaptations:** PE teachers must adapt lessons and equipment per students' Documented Learning Plans (DLPs) or accommodations.
- **Equity:** Girls, students of determination, less active learners, and gifted athletes will receive equal opportunities in all sports and competitions.

8. HEALTH SAFETY & WELLBEING:

The school is committed to upholding the highest standards of health and safety in all PE and school sports activities. All staff involved must adhere to approved guidelines, undertake mandatory training, and contribute to a safe and supportive environment for all students.

1. Student Protection Compliance:

All PE teachers, coaches, and volunteers must sign the school's Student Protection Policy and complete training in accordance with the ADEK School Student Protection Policy.



2. **Incident Documentation:**

Accurate records must be maintained by PE staff for all incidents and corresponding actions occurring during PE and school sports activities.

3. **First Aid Training and Emergency Response:**

All PE teachers and coaches must obtain valid, UAE-recognized first aid certifications. The school shall maintain a clear and documented process for managing incidents, including protocols for escalating to specialized personnel when necessary.

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6. **Medical awareness:**

PE teachers and coaches must have access to up-to-date student medical records and be informed of any conditions that may impact participation. Special attention should be given to offsite or after-hours activities where access to the school nurse may be limited, in line with the ADEK School Records Policy.

7. **Inclusion and adaptation for medical conditions:**

Medical conditions should not permanently exclude a student from PE or sports. Where feasible, activities and equipment should be adapted to enable safe participation and minimize risk.

8. **Environmental safety:**

Weather conditions—including temperature, humidity, air quality, and wind—must be assessed before each session. Adjustments or cancellations must be made when conditions pose health risks.

9. **Hydration**

Students must be provided with regular opportunities to hydrate before, during, and after physical activity. Access to water must be readily available at all times.



10. Sun protection:

Schools must adopt sun safety measures, including provision of shaded areas and implementation of guidelines related to sun protection, such as use of hats and sunscreen during outdoor activities.

11. Heat Policy and Uniform Flexibility:

In cases of high heat or humidity, students must be permitted to wear lighter PE uniforms in place of regular school uniforms, especially if standard attire is unsuitable for physical activity in extreme weather.

9. CURRICULUM, PEDAGOGY & ASSESSMENT

9.1 Curriculum & Lesson Planning

- Our lessons Plan must follows a progressive PE curriculum, with scaffolding across age groups.
- Activities include team sports, individual fitness, and dance, athletics, and movement games.
- Our curriculum is integrated **psychomotor**, **cognitive**, and **affective** domains (skill, knowledge, and attitude).
- Health education (nutrition, wellbeing, sleep, injury prevention) should be integrated.

9.2 Pedagogical Approach

- Uses inclusive instructional strategies (differentiated tasks, peer support, scaffolding).
- Uses active-learning techniques and ensure maximum student movement time.
- Embedding movement breaks and reduce static sitting time in lessons.
- Encourage student agency via goal-setting, self-assessment, and reflection.

9.3 Assessment & Feedback

- Develop robust assessment rubrics aligned to the curriculum and learning objectives.
- Use formative (ongoing) and summative assessments to monitor progress.
- Students should receive feedback outlining next steps for improvement.
- Moderate and standardize assessments across classes to ensure consistency.
- Include self- and peer-assessment where appropriate.



10. STAFF & PROFESSIONAL DEVELOPMENT

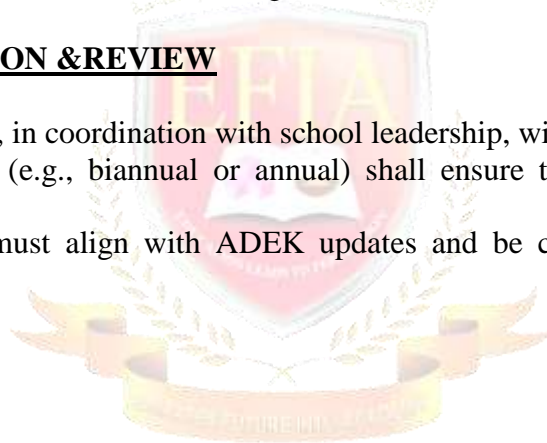
- **PE Teachers:** Must meet ADEK eligibility for subject teachers. Must complete **75 hours of CPD annually** in subject-specific pedagogy, skills, and safety.
- **Coaches / Instructors:** Those hired (including part-time or external) must complete **25 hours CPD annually** and align with ADEK requirements.
- All staff must sign and comply with Student Protection and Health & Safety policies.

11. MONITORING, EVALUATION & REPORTING

- Our school maintain internal indicators (e.g., average minutes of PE per week, percentage of students meeting MVPA target, participation rates, especially for students of determination).
- Annual review of the PE & sports program will include stakeholder feedback (students, parents, staff).
- Corrective actions will be taken when targets are not met, and improvements documented.

12. IMPLEMENTATION & REVIEW

- Our PE Department, in coordination with school leadership, will oversee implementation.
- A review schedule (e.g., biannual or annual) shall ensure the policy stays current and responsive to needs.
- Any amendments must align with ADEK updates and be communicated to the school community.



Saji Oommen
Principal

Date of Next Review :10/03/2027