



المدرسة الآسيوية الدولية الخاصة

ASIAN INTERNATIONAL (P) SCHOOL

Est. 1988

AIS RWS/ PARENTS/2025-2026/55

31st December 2025

CIRCULAR No. 55

NURTURING PHYSICAL FITNESS AND WELL-BEING AT HOME

Dear Parents
Greetings!

In line with the **ADEK Physical Education (PE) Policy** and as part of our continued commitment to promoting **physical literacy, lifelong fitness, and student well-being**, we are pleased to share practical guidelines on how families can support their children's physical development at home.

These recommendations are aligned with the school's **Physical Literacy Framework**, which emphasizes the development of movement skills, healthy habits, and positive attitudes towards physical activity—both within and beyond the school environment.

Fitness Guidelines for students

- Students are encouraged to engage in a **minimum of 60 minutes of moderate to vigorous physical activity daily**, which may include walking, cycling, swimming, dancing, fitness routines, or organized sports.
- **Adequate hydration** is essential; drinking sufficient water throughout the day supports concentration, stamina, and overall health.
- **Warm-up and cool-down activities** should always be included before and after exercise to enhance performance and reduce the risk of injury.
- Maintaining a **balanced and nutritious diet** supports physical growth, energy levels, and effective recovery after physical activity.

How Families can support Physical Activity at Home

- **Be active together:** Encourage family-based physical activities such as evening walks, cycling, backyard games, or simple fitness routines at home.
- **Promote active routines:** Establish regular times for physical activity and reduce prolonged periods of sedentary behaviour.
- **Manage screen time:** Set healthy limits on recreational screen usage and encourage movement-based alternatives.
- **Encourage safe outdoor play:** Supervised outdoor activities contribute positively to both physical fitness and mental well-being.
- **Recognize and celebrate effort:** Acknowledge consistency, participation, and personal improvement rather than focusing solely on performance outcomes.
- We sincerely appreciate your continued support and partnership in reinforcing healthy habits beyond the school environment. Together, we can ensure that our students grow into **physically confident, active, and well-balanced individuals**, in line with **ADEK guidelines and UAE national well-being goals**

Best Regards,

Wishing you a successful, rewarding, and prosperous New Year


ANZAR ABDUL SALAM
PRINCIPAL

AY: 2025 - 2026