



# PHYSICAL EDUCATION POLICY





# ASIAN INTERNATIONAL PRIVATE SCHOOL

## SCHOOL POLICIES

### INTRODUCTION

Staying physically active and literate contributes to enhancing student health, Well-being, and their confidence, competence, skills, attitudes, and behaviors to remain active in life. The role of schools in promoting physical activity and literacy through Physical Education (PE) and school sports is critical as they often provide students with their first exposure to organized sports. This policy lays out the basic requirements for the creation of a culture of engagement in physical activity in our school.

### PURPOSE

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sports and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way that supports their health and fitness. Opportunities to compete in sports and other activities build character and help to embed values such as fairness and respect.

#### Leaders will ensure the following:

- Establish minimum requirements for the provision of PE and school sports for all students.
- Promote the value of staying active for students throughout the day through structured and unstructured physical activity.
- Require schools to develop an internal policy and a physical literacy framework on which to base their PE and school sports program.
- Ensure that PE and school sports cater to the individual needs of all students, including Students of Determination and gifted and/or talented students.
- Identify eligibility requirements for teachers and coaches to deliver PE and school sports. Standardize minimum elements required in all schools' PE curriculum (Including pedagogy and assessment).





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### 10. School Sports Facilities

- 10.1 Schools invite to work with partners in their local communities to offer the safe and appropriate use of school facilities for free use or rent (to maximize their usage and impact in actively promoting physical activity in the larger community).
- 10.2 When opening school facilities and all auxiliary spaces (e.g., changing rooms) to external users, the school ensures that access to the rest of the school is restricted.
- 10.3 School ensures that partners are aware of relevant ADEK policies and that they have all signed the school's Student Protection Policy.

### 11. Monitoring and Evaluation

11.1 School develops and monitors internal indicators to evaluate the effectiveness of their PE and School Sports Policy. Schools shall also report the below indicators to ADEK as well as any other data as required

1. The school has developed a method for monitoring students' average MVPA/day as an indicator and reports the actual indicator calculated, the method used, and its effectiveness in measuring MVPA.
2. The school monitors their provision of PE and reports the average number of minutes taught per week across the school year to all students in each year group.
3. The school tracks student participation in all sports events, extracurricular activities, competitions, etc., by keeping a roster of students for each.
4. The school additionally tracks participation by Students of Determination and compares their participation levels with those of the whole school population.

### 12. Compliance

- 12.1 Failure to comply with this policy shall be subject to legal accountability and the penalties stipulated in accordance with the ADEK's regulations, policies, and requirements, notwithstanding any other penalties imposed by Federal Decree Law No. (31) of 2021 Promulgating the Crimes and Penalties Law or any other relevant law.

The regulatory body reserves the right to intervene if the school is found to be in violation of its obligations.