



# PHYSICAL EDUCATION POLICY

## (2024 – 2025)

### POLICY INFORMATION

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### Approved by:

Ahmad Yahya  
Principal

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# Introduction

Al Yahar Private School recognizes the importance of physical education in enhancing students' physical health and is committed to providing an inclusive learning environment that encourages the development of students' physical, psychological, and social aspects. Physical education is an integral part of the learning journey, contributing to health and fitness while developing life skills among students. The school believes in the importance of allowing each student to realize their athletic potential within an approach that includes all abilities and student groups.

We are committed to providing diverse and inspiring opportunities for students to engage in sports and physical activities, and we strive to educate and motivate students to adopt a healthy lifestyle that contributes to academic success. The school aims to achieve a stimulating and healthy educational environment that promotes students' physical health and well-being, fostering an active and balanced lifestyle.

Mixed physical education classes are conducted for kindergarten and foundational stage students, while physical education classes for girls and boys are held separately in the second and third cycles.

## Purpose of the Policy

The main objective of this policy is to promote both physical activity and physical literacy among students. Physical activity and physical literacy are both vital to foster students' health, well-being, confidence, competence, skills, and lifelong attitudes to active behaviors. The school play a crucial role in providing opportunities for students to explore, develop and practice both physical activity and physical literacy, particularly through Physical Education (PE) lessons and organized sports, which often serve as students' initial introduction to structured physical activities. This policy outlines the practices and procedures that establish a culture of active engagement in physical activity at Al Yahar Private School.

Therefore, we design this policy to:

- Establish expectations for delivering Physical Education (PE) and school sports to all students.
- Establish expectations for maximizing the engagement of all students in physical activity during the school day.
- Guarantee that PE and school sports programs accommodate the specific needs of all students, including those classified as Students of Determination and those identified as gifted and/or talented.
- Specify the qualifications required for teachers and coaches involved in delivering PE and school sports.
- Standardize essential elements in the PE curriculum, encompassing pedagogy and assessment.

## Our Commitment

At Al Yahar Private School, we provide opportunities for students to be active throughout the school day to reach the target of averaging at least 30 minutes per day within the school setting contributing to a daily goal of 60 minutes within the school and home settings. Our PE department offers a diverse range of teams, providing students with ample opportunities to excel in various sports. Whether the student aspires to be a top footballer or a champion, YPS nurtures our students' ambitions and helps turn their dreams into reality. For students who enjoy sports and fitness but prefer a non-competitive environment, we are committed to offer a variety of clubs and activities designed to enhance their physical well-being. Our passionate and dedicated PE staff work diligently to build each child's stamina and resilience, ensuring they perform at their highest level. YPS provides an environment where every student can thrive. Through our school PE provision we are committed to:

- Increase the participation rate in sports activities inside and outside the school throughout the academic year, leading to improved physical fitness.
- Promote ethical values such as integrity, discipline, commitment to rules, and cooperation.
- Improve mental health, reduce stress and anxiety among students, and increase feelings of self-confidence and collective responsibility.
- Collaborate with local organizations and sport centers to provide additional opportunities for students to engage in athletic activities.
- Discover athletic talents and provide support for students who demonstrate exceptional skills in sports.

## Our Strategy

Our school's Physical Education (PE) strategy is to promote the health, well-being, and physical development of all students. By encouraging active participation in diverse physical activities, the strategy aims to instill lifelong fitness habits, foster teamwork, and enhance students' overall physical and mental resilience. This policy reflects the school's commitment to creating an inclusive and engaging environment where every student can thrive through physical education. We are keen to provide:

- Opportunities for students to take part in unstructured physical activity during break times with safe spaces for activity, provision of equipment, and opportunities for students to engage in informal play as well as semi-formal and formal physical activity.
- Initiatives to optimize the physical environment of classrooms and the whole school to reduce sitting time and encourage standing, walking, and moving during curriculum time through active learning.
- Changing classrooms where possible between lessons to allow students to stretch, raise their heart rates and engage their core muscles.
- Where changing classrooms between lessons is not possible, short, frequent activity breaks will be built in between lessons to allow students to stretch and, where possible, raise their heart rates and engage their core muscles.
- Opportunities for students in kindergarten to have structured physical activity sessions or outdoor learning lessons with a mix of structured and unstructured physical activity daily.
- Using stairs only for first floor classes, lift access for students with medical passes only.
- Registration in the ADEK Cup competitions to the greatest extent possible dependent on structure, fixtures and staffing o Engagement with key stakeholders such as Abu Dhabi Sports Council to increase access to and awareness of broader sports programs and events within schools and the wider community.
- Additional support to increase the physical activity levels and engagement in PE and sports of individual students or particular groups of students identified as the least active as identified as part of the in school health screening, without risking the possibility of their stigmatization.

## Inclusion

Our school offers inclusive opportunities for high-quality Physical Education (PE) and school sports to all students.

- We are working to maximize the students' sport time from Gr1 to 12 to be engaged in the timetabled 80 minute weekly PE lesson corresponding to their grade level.
- In instances where a medical condition, injury or physical condition prevents a student's active participation in a particular activity or task PE teachers ensure that alternative roles related to the subject are provided e.g. team leader, referee, timer, coach, peer assessor or score/record keeper.
- PE teachers make reasonable adjustments to PE lesson content and resources, facilitating progress for all students towards the objectives outlined in their documented learning plans (DLP).
- DLPs include specific recommendations supporting learning in PE where full access to active participation in all activities or tasks is limited due to an additional need.

- All students regardless of gender, additional needs, gifts and/or talents are given equal opportunities to their peers to participate in PE lessons, school sports. This includes involvement and competing in both intra- and inter-school sports, as appropriate.

## Gifted and talented Students

Our school is dedicated to nurturing gifted and talented students in Physical Education by offering tailored opportunities that challenge and inspire them. Through specialized training programs, advanced skill development sessions, and participation in competitive sports, we ensure their abilities are cultivated to their fullest potential. The school provides support from experienced coaches and mentors to guide their growth, while fostering an environment that celebrates excellence and encourages personal achievement in sports and physical activities.

- The school provide PE and basketball clubs for our PE gifted and talented students through all cycles including SOD.
- PE Teachers make reasonable adaptations to the PE experience for gifted and/or talented students to provide them with adequate challenges.
- The school engages in available competition structures to give all students, including gifted and/or talented students, the opportunity to compete and further develop their talents.

The school will collaborate with local sports to provide talent identification, coaching master classes, officials, and venues for competitions

## Gender Considerations

At Al Yahar Private School, we adhere to the gender specifications outlined in the ADEK Coeducation Policy.

**Kindergarten Cycle:** Students receive two weekly classes (30 minutes each) in addition to their active learning times along with break time. In this early learning stage, the focus is on developing students' motor skills, such as running, jumping, and balancing, as well as building their confidence, which they can build upon in later years.

**Cycle One:** Students receive two weekly classes (40-45 minutes each) from a specialized teacher. In this learning stage, the focus is on movement skills, working with confidence and independence, physical games, and ball skills, allowing students to perform more complex and organized movements than in the previous stage.

**Cycles Two and Three:** Students receive two weekly classes (40-45 minutes each) separately from a specialized male teacher for boys and a specialized female teacher for girls. In this cycle, students explore more complex skills, techniques, and tactics while gaining a solid understanding of the rules governing activities. Students manage the necessary tools to actively participate in activities, with a greater focus on performing sports tasks in more competitive and supportive environments. The physical education curriculum at this stage covers sports suitable for both girls and boys.

## Competitions

When YPS engaged in competitive sport all members of the school community display the spirit of sports integrity and healthy competition based on values such as determination, resilience, diligence, honesty, passion, sportsmanship, respect, self-belief, independence, and teamwork.

Competitive sports will include but will not be limited to:

- Opportunities for all students, regardless of talent, to participate in competitions through PE or school sports, including intra-school and inter-school events.
- Inclusive competitions, accommodating all students by adapting formats to varying difficulty levels and providing additional formats and roles to increase access to sports participation.
- Opportunities to participate in all competitions organized by ADEK or other government entities.

Our commitment to sporting excellence is evident in our recent achievements as shown below:

- Abu Dhabi Girls' Sports Championship: 20-1-2024
- Abu Dhabi Boys' Sports Championship: 2024
- Abu Dhabi Boys' Sports Championship: 11-1-2025
- Environmental Friends Society Challenge Marathon: 8-2-2025
- Abu Dhabi Girls' Sports Championship: 19-2-2025
- Abu Dhabi Boys' Sports Championship: 19-4-2025
- Excellence Championship at Al Ain University (Boys): 24-2-2025
- Abu Dhabi Boys' Sports Championship: 27-4-2025 .

## Teachers and Coaches

Al Yahar Private School appoint qualified PE teachers in line with the requirements of the ADEK Staff Eligibility Policy and the Safer Recruitment Alliance Guidelines. For Cycles 2 and 3 girls, we have female PE teachers and Male PE teachers for cycle 2 and 3 boys following ADEK co-education policy.

PE teachers will receive 75 hours of CPD per year in subject-specific training, improving pedagogy and skills, and addressing other applicable requirements per the ADEK Employment Policy.

- All PE teachers and coaches employed by the school will be appointed in line with the requirements of the ADEK Employment Policy, the ADEK Student Protection Policy and the Safer Recruitment Alliance

## Health and Safety

We ensure that the school H&S Policy and Procedures align with or exceed the relevant guidelines in effect at any given time pertaining to the minimum standards in student health and safety, including specific practices in PE and school sports.

- All PE teachers, coaches, and volunteers sign the school's Student Protection Policy and undergo relevant training as per the ADEK Student Protection Policy.
- PE teachers maintain accurate health and safety records of all incidents during PE and school sports activities both on and off site and report to the school H&S Officer.
- PE teachers follow the requisite school procedures when dealing with an incident, involving specialist personnel such as first aiders when necessary.
- The Head of PE completes a risk assessment for new activities with the support of the H&S Officer where necessary.
- All equipment is checked by the PE teachers for wear and tear or damage before use and is used in line with the equipment manufacturer's restrictions. Where necessary equipment is taken out of use pending maintenance or is discarded if beyond repair.
- Lesson plan checks and physical observations ensure all equipment in use in lessons or coaching sessions is appropriate for students' age, size and ability.
- Regular checks of facilities are conducted by the H&S Officer to ensure safety, with a clear process for reporting and rectifying unsafe areas as per the school H&S Policy and Procedures which is aligned with the ADEK School Occupational, Health, Safety, and Environment Policy.
- PE teachers are aware of students' medical conditions where they could be impacted by engaging in PE lessons and school sports. Measures are taken during offsite or after-school events to ensure medication is available should it be needed.
- Weather conditions are assessed before each PE lesson or sports activity to determine whether adjustments are needed for safety.
- PE teachers ensure that students hydrate regularly and have access to fluids and shade during PE lessons and sports activities on site.
- Sun protection measures, such as providing shade and informing parents about the need for hats, sunscreen and water bottles are implemented for off-site activities in case access to shade is limited.

- In extreme weather conditions students have the choice of wearing PE uniforms instead of regular uniforms.

## School Sport Facilities

Al Yahar Private School building includes several sports halls (for boys and girls). There are indoors sport halls and outdoor opened and covered playing areas that are well-ventilated. All sports facilities are equipped to conduct various sports activities and comply with safety and security standards for students. The school carries out regular maintenance and inspections of the facilities and equipment, such as hoops, cones, balls, and more. Additionally, the school provides separate changing rooms for boys and girls in accordance with the mixed learning policy issued by the Department of Education and Knowledge.

## School Roles and Responsibilities

- Provide sports guidance for all students to ensure adaptation that suits all levels, skills, and physical abilities.
- Keep up with developments in teaching physical education and attend professional training.
- The school applies performance evaluation standards for students in physical education according to the school assessment policy, based on the student evaluation policy of the Emirates Foundation for Education and the Department of Education and Knowledge.
- Organize planning for the implementation of the physical education program and conduct periodic reviews to assess the effectiveness of the policy and ensure it meets the school's needs.
- Support and guide parents to encourage their children's participation in internal and external sports competitions.
- Highlight prominent community events and sports days or initiatives that involve parents.
- Set behavioral expectations during physical education classes and specify consequences for inappropriate behavior, as well as available disciplinary actions in accordance with the behavior policy.

## References:

- ADEK Policy on Physical Education
- [ADEK\\_S\\_PE-and-School-Sports-Policy\\_EN.pdf](#)
- ADEK Policy on Co-Education
- [ADEK\\_S\\_Coeducation-Policy\\_EN.pdf](#)
- ADEK Policy on Health and Safety
- [ADEK\\_S\\_Health-and-Safety-Policy\\_EN.pdf](#)
- ADEK Policy On Building and Facility
- [ADEK\\_S\\_Buildings-and-Facilities-Policy\\_EN.pdf](#)