

SHAIKH KHALIFA BIN ZAYED BANGLADESH ISLAMIA SCHOOL

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مدرسة الشيخ خليفة بن زايد البنغلاديشية الإسلامية

مجلس أبوظبي للتعليم
(ترخيص رقم 109/1 بتاريخ 1/10/1980م)
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PE & SPORTS POLICY

2025-26

Shaikh Khalifa Bin Zayed Bangladesh Islamia School Vision, Mission, and Strategy:

- **Vision:** To promote lifelong physical activity and healthy living among students.
- **Mission:** To provide a comprehensive PE curriculum and a variety of sports programs that encourages all students to engage in regular physical activity.
- **Strategy:** The school will integrate physical education into the daily routine, offer diverse sports programs, and create an environment that values and supports physical health.

2. Policy Implementation:

- **PE Curriculum:** The curriculum will include a balanced mix of individual and team sports, fitness activities, and health education.
- **School Sports Programs:** Extracurricular sports activities will be organized to cater to different interests and abilities, ensuring inclusivity and governing broad participation.

3. Physical Activity Targets:

- **Daily MVPA Goal:** The school will ensure that every student engages in an average of at least 30 minutes of moderate- to vigorous-intensity physical activity (MVPA) each day through PE classes and sports activities.

Stakeholder Awareness and Roles:

- **Staff:** Teachers and PE Teachers will be trained to deliver engaging and effective PE lessons and sports activities.
- **Students:** Students will be encouraged to participate actively and understand the benefits of physical activity.
- **Parents:** Parents will be informed about the importance of physical activity and encouraged to support their children's involvement in school sports.
- **Community:** Partnerships with other school sports clubs and organizations will be explored to enhance the school's sports programs.

Staying Active

Holistic Activity Goal:

- **Objective:** Ensure students achieve an average of at least 30 minutes of moderate to vigorous physical activity (MVPA) daily within the school, contributing to a broader goal of 60 minutes per day, including home activities.
- To achieve the target of each student engaging in a daily average of at least 30 minutes of moderate to vigorous intensity physical activity (MVPA) through PE and school sports, the school will implement the following strategy:

Strategy for MVPA Target:

- **Classroom Activity Initiative:** Every class will begin with the first five minutes dedicated to physical activity. This will include stretching and short exercises, ensuring that students engage in physical movement regularly throughout the day.

Key Initiatives:

1. **Active Breaks:** Provide safe spaces and equipment for active play during breaks, recess, and informal activities.
2. **Optimized Environment:** Modify classroom and school layouts to minimize sitting time and encourage movement.
3. **Activity Breaks:** Incorporate short, frequent movement breaks during classes to energize students.
4. **Stakeholder Engagement:** Raise awareness of school sports programs among students, parents, and staff.
5. **Targeted Support:** Offer additional support to less active students to increase their engagement in PE and sports, ensuring inclusivity without stigmatization.

Inclusion Policy for School

Inclusive Participation:

- **Objective:** Ensure all students have access to high-quality PE and sports activities.

Key Guidelines:

1. **Universal Participation:** All students must participate in their grade-level PE classes.
2. **Alternative Roles:** Offer subject-specific alternative roles, such as team leader or scorekeeper, when activities limit participation.
3. **Reasonable Adjustments:** PE teachers must adapt lesson content and resources to support all students, aligning with their documented learning plans (DLP).
4. **Equal Opportunities:** Ensure that girls, students with additional needs, and gifted students have the same opportunities as their peers in PE and sports, including competitive events.

Physical Literacy

Physical Literacy Framework:

- **Objective:** School shall establish a framework covering physical, social, cognitive, and psychological aspects of movement.

Key Components:

1. **Enjoyment:** "I like playing sports or being active."
2. **Confidence:** "I feel confident when exercising or playing sports."
3. **Competence:** "I find sports and exercise easy."
4. **Knowledge:** "I know why exercise is good for me, how to get involved, and improve."
5. **Understanding:** "I know how to apply my skills and stay active for life."

Curriculum Planning: Use the framework to guide PE teachers and coaches in designing age-appropriate, stage-specific programs.

Individual Attention: Ensure personalized support for students based on their development stage.

Stakeholder Communication: Engage teachers, coaches, and parents in fostering physical literacy through PE and sports.

Competition

Sports Integrity & Values:

- **Objective:** Promote sports integrity and healthy competition grounded in values like determination, resilience, honesty, sportsmanship, and teamwork.

Competitive Opportunities:

1. **Intra-School Competitions:** Offer all students a chance to enjoy and benefit from participating in sports.
2. **Inter-School Competitions:** Provide well-matched opportunities for students to compete with peers from other schools.
3. **Inclusive Competitions:** Ensure competitions are accessible to all, adapting formats to suit varying abilities.
4. **ADEK Competitions:** Encourage participation in competitions organized by ADEK or other entities.

Support for Gifted/Talented Students:

1. **Tailored Challenges:** Adapt PE experiences to meet the needs of gifted students.
2. **Competitive Engagement:** Use existing structures to further develop talents through competition.
3. **External Collaboration:** Partner with other schools and national federations for talent identification and advanced training.

Health and Safety

Health and Safety in PE and School Sports:

- **Objective:** Establish guidelines for maintaining high standards of health and safety in PE and sports.

Key Guidelines:

1. **Staff Training:** All PE teachers, coaches, and volunteers must sign the Student Protection Policy and undergo mandatory training.
2. **Incident Records:** Maintain accurate health and safety records for all incidents during PE and sports activities.
3. **Incident Management:** Implement a clear process for handling incidents, including involving specialists like first aiders when needed.
4. **Risk Assessments:** Conduct regular risk assessments for new activities and equipment, ensuring they meet safety standards for student use.
5. **Facility Checks:** Regularly inspect facilities to ensure they are hazard-free, with a process for reporting and fixing unsafe areas.
6. **Medical Awareness:** Ensure staff are aware of students' medical conditions that could be impacted by PE or sports, especially during offsite events.
7. **Activity Adjustments:** Modify activities or equipment to accommodate students with medical conditions, reducing injury risks.
8. **Weather Assessments:** Evaluate weather conditions before activities, making necessary adjustments for safety.
9. **Hydration:** Ensure students have regular access to fluids before, during, and after activities.
10. **Sun Protection:** Implement sun safety measures, including providing shade and encouraging the use of hats and sunscreen.
11. **Uniform Flexibility:** Allow students to wear PE uniforms in hot or humid weather for comfort and safety.

Curriculum, Pedagogy, and Assessment

PE Curriculum:

- **Objective:** School shall develop and implement a curriculum that outlines desired outcomes across all domains of PE, focusing on:
 1. **Skills:** Fundamental movement, activity-specific, and life skills.
 2. **Knowledge & Understanding:** Benefits of a healthy lifestyle, including wellbeing, nutrition, and mental health.
 3. **Values & Behaviors:** Promote values such as determination, resilience, and teamwork.
- **Lesson Planning:** Ensure lessons build physical literacy progressively in alignment with the curriculum.

- **Assessment:** Develop assessments to track student progress and guide further development.
- **Inclusive Language:** Use inclusive terms like "moving" and "traveling" instead of "running" or "jumping."

Minimum PE Time Per Week:

- **Objective:** School shall provide at least 60 minutes of PE per week, aiming for 120 minutes when possible.
 1. **Active Engagement:** Prioritize physical activity during PE, balancing with theoretical learning.
 2. **Flexibility:** Allow for occasional reduction in PE time during exams or due to weather.
 3. **Frequency for Young Students:** Shorter, more frequent PE classes for younger students to enhance progress.

School Sports Facilities

Community Use:

- Schools shall collaborate with local partners to offer safe and appropriate use of sports facilities, either free or for rent, to promote physical activity within the community.

Restricted Access:

- Ensure that when school facilities are open to external users, access to the rest of the school is restricted.

Partner Awareness:

- Partners must be informed of relevant ADEK policies and sign the school's Student Protection Policy.

Monitoring and Evaluation

Internal Indicators:

- Schools shall develop and monitor indicators to evaluate the effectiveness of PE and School Sports Policy and report the following to ADEK:
 1. School shall monitor and report students' average MVPA/day, including the method used.
 2. Track the average number of PE minutes taught weekly across the school year for all students.
 3. Maintain a roster tracking student participation in sports events, extracurricular activities, and competitions.
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Kiran Akhter

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Principal (Acting)

