



PHYSICAL EDUCATION AND SPORTS POLICY

Introduction:

Sports has a major role to play in school and society. Our School encourages all students to engage in a sport activity as part of their overall development in particular their physical, social and emotional development. It is hoped that all students will grow and develop into mature responsible adults who are healthy, physically active and literate.

Mainstreaming Health and Physical Education

Health and Physical Education is concerned with the total health of the learner and the community. Besides physical health, it includes mental and emotional health of the learners. Health is often a state of physical, mental, emotional, social and spiritual well-being and not merely the absence of disease or infirmity. The aim of Mainstreaming Health and Physical Education is to enable the student to attain an optimum state of health, by incorporating each of the aforementioned aspects. A comprehensive view of Health and Physical Education includes and encompasses the three areas of Health Education, Physical Education and Yoga as integral to achieving holistic health (physical, mental, intellectual, emotional, social and spiritual).

Purpose of the Policy:

Sports Integrity, Healthy Competition, and Values: The main purpose of the policy is to foster the development of the spirit of sports integrity and healthy competition, based on the values of determination, resilience, diligence, honesty, passion, sportsmanship, respect, self-belief, independence, and teamwork, amongst others

- To create opportunities for all students to participate in and enjoy a wide variety of sports (competitive and non-competitive).
- To ensure the safety of all participants while playing in school or representing school in various competitions outside school.

School retention: Through being involved in a sporting activity students will develop more positive attitude towards school and enjoy being enrolled in school.

Improved achievement: Through sporting events students will develop “a healthy body” which will in turn develop “a healthy mind”. This will be further reflected in their overall performance and success in all fields.

Enjoyment: Everyone involved in any sporting event will enjoy the experience. A harmonious interaction will develop between teachers, coaches and students, among fellow students and between opposition teams.

Personal Growth: Participants in sports will learn new skills and gain more self-confidence.

Sportsmanship: Participants will develop a “team spirit” attitude which will benefit them in other areas of their life. A balanced attitude towards competition will be developed where winning and losing will be handled in a spirit of true sportsmanship.

Holistic Activity Goal: School will provide opportunities for students to be active throughout the school day to reach the target of averaging at least 30 minutes per day of MVPA within the school setting. Students move out of classroom during recess, while going to Library, Art room, Music Room, Sports field, Laboratories and auditorium. Students are also encouraged to move around in the class or corridor after each class or simply stand up and stretch. For most of the subject activities – individual or group, students are involved in physically activity and move around the class. School provides an average of 60 minutes of taught, timetabled PE lessons per week for all classes across the school.

The underlying principles (of the policy) provide for:

1. **Inclusiveness:** Physical Education and school sports caters for the individual needs of all students including students of determination and gifted and /or talented students. The exposure of students to a wide variety of sports and other physical activities (competitive & non-competitive) meets the needs and interests of all students. All students are encouraged to participate in some sport.
2. **Team Selection:** All teachers implement fair and transparent criteria for team selection that focus on skill, effort, and commitment rather than favoritism.
3. **Participation:** The teachers encourage students to try different sports and rotate team participation to allow as many students as possible to be involved in Inter House competitions. They also encourage students to get excellence in any one sport at CBSE level competitions.
4. **Safety Measures:** School prioritizes the safety of students by adhering to proper equipment standards, providing proper training, and having medical personnel available during practices and games.
5. **Physical and Mental Health:** The School promotes a balanced approach to sports that caters the physical and mental well-being of students. Provide resources for managing stress and pressure.
6. **Communication:** School has clear channels of communication between coaches, students, parents, and school administration to address concerns and provide updates. Representatives from the school sports Teachers (Under 12-Outside Abu Dhabi) accompany teams who are representing school in outside competitions.
7. **Parental Involvement:** School encourage parents to be supportive and engaged in their children's sports activities while maintaining respectful boundaries.
8. **Conflict Resolution:** Procedure is outlined for addressing conflicts within teams, between coaches and students, or involving parents.
9. **Transportation:** School arranges the transport for the teams participating in all competitions within UAE.
10. **Continuous Improvement:** School is committed to ongoing evaluation and improvement of sports policy. The school adapt and refine its approach based on feedback, changing circumstances, and best practices.

11. **Anti-Bullying:** School establish a zero-tolerance policy for bullying, discrimination, or disrespectful behaviour, both on and off the field.

1. **Parent Consent:** Consent forms/Google form are signed by Parents/Guardians of team players (to take part in a sporting activity/to leave the school premises).
1. **Attendance:** Name list of the students taking part in various Sports Competition is shared with class teachers. These students are to be marked present on school roll.
1. **Moral Values:** Students are taught the importance of fair play and to respect the rights, dignity, and worth of all participants regardless of their ability, cultural background or religion.
1. Depending on the game, sports uniform is designed and approved by the students.
1. Students are discouraged to wear any jewellery when participating in any physical activity.
1. Players are required to behave in a responsible manner at all times, on the way to and from the game (by bus) on the playing field and in the changing rooms. Students must remember that they are representing OOL at all the time.
1. All sporting accidents/incidents are to be reported to the Principal, OSH Officer and recorded in medical report book by the school Nurse.
1. All discipline problems on the sports field (or among supporters) are dealt with by the teachers/coaches.
1. All Sports teachers are aware about the Child protection Policy and its guidelines are adhered to at all times.
1. Staff safety is given equal importance as the safety of the students.
1. The students are motivated to train hard and being proud to represent school in different sport competitions.
1. If a student is selected in school sports team, they have to represent the school in all the competitions.
1. Yearly assessment of the students is done by the P.E Teachers according to their performance, participation in inter house & inter school competition, skill, knowledge and Applications, Integration with scholastic subjects, efforts and endurance. The physical fitness is evaluated twice in a year, once in each term.
1. Promoting the value of staying active for students throughout the day through structured Physical Education classes, utilising the homeroom times for trainings students in different games and sports, staying back facilities after school for training. Interested students are engaged in unstructured physical activities.

Continuous Professional Development (CPD): School shall ensure that PE teachers receive 75 hours of CPD per year in subject-specific training, improving pedagogy and skills, and to cover any other requirements as applicable to teachers as per the *ADEK Employment Policy*.

Physical Literacy Framework: Schools shall develop a physical literacy framework which describes physical, social, cognitive, and psychological outcomes as relates to movement for students (of all ages and stages of development)

SPORTS AND GAMES PLAYED IN OOL, AL AIN

1. ATHLETICS
2. FOOTBALL
3. BASKETBALL
4. BADMINTON
5. TABLE TENNIS
6. HAND BALL
7. CHESS
8. VOLLEYBALL
9. YOGA
10. CRICKET

STUDENTS PARTICIPATION IN DIFFERENT COMPETITIONS

. **Inter School:**

- . ADEK Cup
- . Abu Dhabi Sports Championship
- . CBSE Cluster Competitions
- . CBSE National Competitions
- . Open Inter School Competitions
- . Community Sports Competitions
- . Junior NBA School League- Season 3
- . GEMS Legacy Competitions [Football & basket ball – Boys & Girls]
- . The Millennium School, Dubai Swimming Competition
- . Cambridge School Abu Dhabi Sports Festival
- . Modern High school – Football and Basketball Tournament
- . Blue Star Sports Festival

. **Intra School:**

- . Inter House Games Competitions
- . Inter House Sports Competitions
- . Inter Class Chess Competition
- . Inter House March Past on Sports day
- . Tug of War

Code of behaviour for Players:

- Play by the rules and play for your team.
- Never argue with an official. If you disagree with an official's decision, have your captain or House Master or Mistresses, discuss the matter with the official during a break or after the competition.
- Work for yourself and for your team. Both will benefit.
- Be a good sport applauding all good plays made by a team member or by a member of the opposition.
- Do not bully or take unfair advantage of another competitor.
- Co-operate with your coach, team mates and opponents. Without them there would be no competition.

CBSE ASSESSMENT STRUCTURE FOR HEALTH AND PHYSICAL EDUCATION

Assessment of Health and Physical Education is continuously done by collecting information, reflecting on and using that information to review children's progress and to plan future learning experiences. The documented data, after interpretation, is reflected in the Report Card of the children in the form of grades.

In the existing scheme of assessment these activities are graded on a
9- point grading scale for grades 11 and 12 (A1,A2,B1,B2,C1,C2,D1,D2,E))
5- Point grading scale for grades 9 and 10 (A, B, C, D, E)
3 - Point grading scale for grades 1 to 8 (A, B, C)

The concerned teacher would make an objective assessment of the level of performance/ participation demonstrated by a student throughout a year and finally assign grades.

The basis of Assessment

Performance, Participation, Skill and knowledge, team- spirit, commitment and honest effort.
Overall fitness

DISTRIBUTION OF MARKS FOR INTERNAL ASSESSMENT

1. GAMES: 50 marks

- A) Athletics
- B) Team Games
- C) Individual Games
- D) Adventure Sports
- E) Indigenous Games

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Compiled by: PE Department & SLT Approved by: Principal