

PHYSICAL EDUCATION AND SCHOOL SPORTS POLICY

Vision: Move – Grow - Excel

Mission: Together, we inspire active, resilient learners who embrace diversity, support each other, and strive for personal and physical excellence.

Objective

This policy's objective is to promote physical activity and physical literacy among students, recognizing their importance for their health, well-being, confidence, competence, skill-building, and lifelong attitudes toward active behaviors. Schools, particularly through Physical Education (PE) lessons and organized sports, play a key role in introducing students to structured physical activities.

Purpose

- Define standards for delivering PE and school sports for all students at the International Indian School (IIS).
- Establish expectations for maximizing student engagement in physical activity during the school day.
- Ensure that PE and sports programs accommodate the needs of all students, including Students of Determination and gifted and talented students.
- Outline qualifications required for teachers and coaches involved in PE and school sports.
- Standardize essential components of the PE curriculum, covering pedagogy and assessment.

Policy

1. Encouraging Daily Activity

IIS will offer students opportunities to participate in physical activities, aiming for an average of 60 minutes across school and home settings.



Key initiatives include:

- Creating a classroom environment that encourages movement and active learning.
- Structured and unstructured activity sessions for EYFS students.
- Limited elevator access for students with medical needs to encourage stair use.
- A wide range of sports and activities within the PE curriculum for KG 1-Grade 12.
- After-school programs for Grade 1 – Grade 12 students, enabling them to explore their interests.
- Competitions and activities by ADEK guidelines, ensuring inclusivity.
- Engaging parents to support physical activity for students identified as less active or with high BMI in school health screenings.

2. Inclusiveness

Physical Education and school sports are designed to meet the individual needs of all students, including those identified as students of determination and gifted and/or talented students. Students are exposed to a wide variety of sports and physical activities, both competitive and non-competitive, to cater to diverse needs and interests. All students are encouraged to participate in at least one sport or physical activity.

3. Gender Considerations

The school will observe gender-specific guidelines as outlined in the ADEK Coeducation Policy.

4. 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.

5. Competition

School competitions will promote integrity and sportsmanship, providing all students the chance to participate in intra- and inter-school events, regardless of vability. Competitions will be adapted to accommodate a range of skill levels, ensuring inclusivity.



6. Teacher and Coach Qualifications

The school will employ qualified PE teachers per ADEK's Staff Eligibility Policy. Teachers and coaches will receive continuous professional development (CPD) and adhere to ADEK's Employment and Student Protection policies.

7. Health and Safety Measures

The school's Health & Safety policy will meet or exceed ADEK standards. Teachers and coaches will document incidents, conduct equipment checks, and make adjustments for students with medical needs. Weather and hydration will be monitored to ensure safe participation.

8. Curriculum, Pedagogy, and Assessment

The PE curriculum will be continually updated to reflect best practices, focusing on progressive outcomes like fundamental movement skills, knowledge, and values. Regular assessments will track student progress and inform teaching methods.

9. Community Use of Sports Facilities

School facilities will be available for community use under guidelines that safeguard the school environment. External users must adhere to ADEK policies and the IIS Student Protection Policy.

10. Monitoring and Evaluation

Key Performance Indicators (KPIs) will be established to assess the effectiveness of the PE and sports engagement policy, including tracking daily physical activity, event participation, and engagement across all student groups.

Sports and Games played in IIS, Abu Dhabi

1. Athletics
2. Football
3. Basketball
4. Badminton
5. Table tennis
6. Kabaddi
7. Chess
8. Yoga



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

Intra School:

- Inter House Games Competitions
- Inter House Sports Competitions
- Inter House March Past on Sports Day

Annual Review:

This policy will be reviewed annually to ensure compliance with the latest regulations.

Implemented: April 2024

Reviewed: April 2025

Next Review: April 2026

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