



**GEMS**

United Indian School  
ABU DHABI

# PHYSICAL EDUCATION AND SPORTS POLICY



High  
Performance  
Learning

World Class School



## GEMS UIS PHYSICAL EDUCATION AND SCHOOL SPORTS POLICY

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### Definition:

For the purposes of this policy, "sport" is defined as any activity that involves physical effort and skill, where individuals or teams compete to improve their abilities. Sports hold an important place in both school and society. At GEMS UIS, we encourage all students to participate in sports as a key part of their holistic development. These activities greatly contribute to their physical, social, and emotional well-being. Our goal is to help students become healthy, active, and well-rounded individuals who grow into responsible adults.

### PURPOSE(S):

**1- Sports Integrity, Healthy Competition, and Values:** The main goal of this policy is to foster a culture of sportsmanship and encourage healthy competition, grounded in essential values such as determination, resilience, hard work, honesty, passion, sportsmanship, respect, self-confidence, independence, and teamwork, among others.

Our goals are:

- To offer inclusive opportunities for all students to participate in and value a variety of sports activities, both competitive and non-competitive.
- To ensure the safety and well-being of all participants, whether involved in school-based sports or representing the school in external competitions.

**2- High Performance Learning (HPL):** High Performance Learning focus on developing a growth mindset and high-level cognitive skills in students. Skills in every sport provides the perfect platform for students to apply these skills in a real-world setting. Through teamwork, decision-making under pressure, and continuous self-reflection, students were able to practice the key pillars of HPL.

**3- Improved achievement:** Participating in sporting events supports the development of a healthy body, which in turn fosters a healthier mind. This holistic growth positively impacts students' overall performance and success in multiple areas of life.

**4- Enjoyment:** Every student who will participate in sporting events will find enjoyment in the experience, as it promotes positive and harmonious interactions between teachers, coaches, among peers, and opposing teams.

**5- Personal Growth:** Participation in sports offers a comprehensive platform for students to grow physically, mentally, socially, and emotionally, greatly enhancing their personal development and overall growth.

**6- Sportsmanship:** Students will develop a 'team spirit' mindset that positively influences their approach to other areas of life. They will gain a balanced perspective on competition, learning to embrace both victory and defeat with genuine sportsmanship.

**7- Holistic Activity Goal:** GEMS UIS will ensure that students have sufficient opportunities to remain active throughout the school day, aiming the ADEK sports policy of an average of at least 30 minutes of moderate to vigorous physical activity (MVPA) within the school environment. This includes physical movement and sports practices during recess, transitions between various facilities such as the Library, Art Room, Music Room, Dance Room, Sports Field, Laboratories, and Auditorium. Furthermore, students are encouraged to stay active within classrooms between classes, and to incorporate physical activity, like standing and stretching, during both individual and group class activities. In addition, selected classes will also do stretching exercises or Zumba dances during flag hoisting and morning assemblies.

### **Policy:**

**1- School-Based PE and School Sports Policy:** GEMS UIS is committed to promoting student physical health through a comprehensive PE curriculum and inclusive sports programs. Our vision is to create a community where physical activity is essential to student well-being and academic success. We aim to ensure that every student participates in at least 30 minutes of moderate- to vigorous-intensity physical activity daily through structured PE lessons and a wide range of sports activities. To achieve this, we will implement a progressive **PE curriculum** aligned with ADEK standards, expand sports programs to ensure equitable participation, and build strong partnerships with parents, staff, and local organizations to foster a culture of active living promoting UAE National identity. Regular monitoring and stakeholder collaboration will guide our efforts, creating a supportive environment where all students can thrive through active lifestyles.

### **2- Al-Baqa' Nashitan (Staying Active) –**

- The school provides structured and unstructured opportunities for students to remain physically active throughout the school day, supporting the achievement of at least **30 minutes of Moderate to Vigorous Physical Activity (MVPA)** within the school setting.
- This school-based activity contributes to the recommended **60 minutes of daily physical activity**, combining movement at school and at home to promote lifelong healthy habits.
- GEMS UIS ensures safe, engaging environments for physical activity by offering active break spaces, reducing prolonged sitting in classrooms, and incorporating regular movement breaks into daily lessons.
- The school actively engages key stakeholders to raise awareness about the importance of physical activity and implements targeted support initiatives for less active students, ensuring an inclusive and supportive environment for all learners.
- Through the implementation of the “**Al-Baqa' Nashitan**” policy—meaning “*staying active*”—the school fosters a positive culture that integrates physical activity into daily routines, enhancing students’ **health, well-being, and academic success.**

**3- Inclusion-** GEMS UIS caters to the individual needs of all students, including PODs and gifted or talented students. By exposing students to a diverse range of sports and physical activities, both competitive and non-competitive, we address the interests and requirements of every student. We actively encourage all students to participate in several sports.

**4- Gender considerations-** GEMS UIS is committed in promoting gender equity in sports participation and opportunities, ensuring that both male and female students have equal access and support. We adhere to the gender requirements established in the ADEK coeducation policy.

**5- Physical literacy-** GEMS UIS is dedicated in creating a comprehensive physical literacy framework that enhances the physical, social, cognitive, and psychological outcomes of movement for students of all ages and stages of development. This framework includes the following components:

- a. **Enjoyment:** Ensuring that students find pleasure in playing sports and being active, fostering a lifelong love for physical activity.
- b. **Confidence:** Helping students feel self-assured when exercising or participating in sports, enhancing their willingness to engage.
- c. **Competence:** Enabling students to develop the skills necessary to find sports and exercise manageable and enjoyable.
- d. **Knowledge:** Educating students on the benefits of exercise and sports, how to get involved, and ways to improve their skills.
- e. **Understanding:** Teaching students how to apply their skills and knowledge to learn new types of exercise and sports, ensuring they remain active throughout their lives.

PE teachers will utilize the physical literacy framework to assist PE teachers and coaches in planning their PE curriculum and sports programs. This approach ensures that physical literacy outcomes are effectively addressed, enabling students to develop a well-rounded understanding and capability in physical activity. PE teachers and coaches will focus on the unique needs of individual students or groups, tailoring their plans within the framework to be age- and grade- appropriate. PE teachers for each cycle will actively communicate with other teachers, coaches, and parents to raise awareness of their roles in supporting the development of student physical literacy.

By implementing this physical literacy policy, our school aims to foster a supportive environment where students can acquire the skills, knowledge, and attitudes necessary to enjoy, engage in, and maintain physical activity throughout their lives.

**6- Competition-** GEMS UIS internal policy is focused on promoting sports integrity and healthy competition among students. This commitment is grounded in values such as determination, resilience, diligence, honesty, passion, sportsmanship, respect, self-belief, independence, and teamwork. We strive to cultivate these values in all competitive activities, ensuring that students understand and appreciate the spirit of fair play and the benefits of healthy competition.

PE teachers will acknowledge that talent pathways exist for students with additional learning needs and will provide the necessary support to help them access these opportunities. This includes facilitating their participation in competitions and offering any required accommodations.

#### **Competitive Opportunities:**

- a. **Inter-House Competitions:** The school will organize inter house competitions to introduce all students to the benefits and enjoyment of participating and competing in sports. These events will emphasize fun, inclusion, and skill development.
- b. **Inter-School Competitions:** The school will provide opportunities for all students to compete against other schools such as CBSE Clusters. These events will foster school pride, teamwork, and a sense of community.
- c. **Government-Organized Competitions:** The school will offer students the opportunity to participate in all competitions organized by ADEK or other government entities, ensuring broad exposure and experience in competitive sports.

#### **7- Teachers and coaches-**

## PE Teachers:

- **Eligibility:** Schools shall hire qualified PE teachers who meet ADEK's Subject Teacher eligibility requirements.
- **Continuous Professional Development (CPD):** PE teachers must receive 75 hours of CPD per year in subject-specific training, pedagogy, skills improvement, and other relevant areas as per ADEK Employment Policy.

## Coaches:

- Schools may hire coaches at their discretion, including current staff interested in specific sports.
- Coaches must complete ADEK-endorsed training or hold an internationally recognized coaching award.

This policy ensures that both PE teachers and coaches are qualified and receive ongoing professional development to maintain high standards in physical education and sports coaching, aligning with ADEK policies.

**8- Health and Safety-** School prioritizes the safety of students by adhering to proper equipment standards, providing proper training, and having medical personnel available during practices and games.

### 8.1 General Safety Guidelines

- a. **Compliance with Regulations:** Ensure all sports activities comply with ADEK health and safety regulations and standards.
- b. **Risk Assessments:** Conduct regular risk assessments for all sports facilities and activities to identify and mitigate potential hazards.
- c. **Emergency Procedures:** Establish and communicate clear emergency procedures for sports activities, including first aid response, evacuation plans, and emergency contact information.

### 8.2 Facility and Equipment Safety

- a. **Facility Maintenance:** Ensure all sports facilities are regularly inspected and maintained to meet safety standards. Address any hazards promptly to prevent accidents.
- b. **Equipment Safety:** Regularly inspect and maintain all sports equipment to ensure it is safe and in good condition. Remove or repair any damaged equipment immediately.
- c. **Safe Environment:** Provide a safe environment for all sports activities, including appropriate lighting, flooring, and weather protection as needed.

### 8.3 Supervision and Training

- a. **Qualified Supervision:** Ensure all sports activities are supervised by qualified staff who have received training in safety and emergency procedures.
- b. **Student Training:** Provide students with training on safe practices and proper use of sports equipment. Emphasize the importance of safety in all activities.
- c. **Coach and Teacher Training:** Ensure coaches and PE teachers receive regular training in sports safety, injury prevention, and emergency response.

### 8.4 Health Promotion

- a. **Healthy Lifestyle Education:** Promote a healthy lifestyle through education on nutrition, hydration, rest, and overall wellness as part of the PE curriculum.

- b. **Mental Health Support:** Provide resources and support for mental health, recognizing the connection between physical activity and mental well-being.
- c. **Inclusive Practices:** Ensure sports programs are inclusive and accessible to all students, including those with disabilities or special health needs.

### 8.5 Communication and Reporting

- a. **Incident Reporting:** Establish a system for reporting and recording incidents and injuries related to sports activities. Use this information to improve safety practices.
- b. **Parental Communication:** Keep parents informed about safety protocols, emergency procedures, and any incidents involving their children.
- c. **Continuous Improvement:** Regularly review and update safety policies and practices based on feedback, incident reports, and new guidelines from ADEK.

This health and safety policy ensures a safe and supportive environment for all sports activities, aligning with ADEK regulations and promoting the well-being of students and staff.

### 9- PE: Curriculum, Pedagogy and Assessment-

- a. Schools shall develop, implement, and regularly review a written PE curriculum that outlines progressive outcomes across physical, social, cognitive, and psychological domains at key stages of student development.
- b. The curriculum shall explicitly teach, develop, and assess progress in:
  - Skills:** Fundamental movement skills, activity-specific skills, and transferable/life skills.
  - Knowledge and Understanding:** Activity-specific knowledge, benefits of a healthy lifestyle (e.g., wellbeing, nutrition, sleep, mental health).
  - Values and Behaviors:** Determination, resilience, honesty, sportsmanship, teamwork, etc.
- c. Ensure systematic development of physical literacy through progressive lesson planning aligned with the school's PE curriculum.
- d. Develop appropriate assessments to measure student performance in PE, providing feedback to students on their progress and guiding teachers in planning next steps.
- e. Utilize inclusive pedagogical approaches and language in PE instruction to ensure accessibility for all students.
- f. Provide a minimum of 80 minutes of taught, timetabled PE per week for all students across the school year.
- g. Structure PE classes for KG and Cycle 1 students to be shorter and more frequent, maximizing their developmental progress and achievement.
- h. Documented progress report sheets to monitor students progression on different physical skills needed in a particular sport taught.

### 10- School sports facilities-

- a. This policy aims to leverage school sports facilities to benefit the community while maintaining security and compliance with ADEK guidelines on student protection and facility use.
- b. Schools are authorized to collaborate with local partners to facilitate the safe and appropriate use of school facilities, either free of charge or for rent, to maximize community engagement and promote physical activity.

- c. When opening school facilities, including auxiliary spaces like changing rooms, to external users, schools shall ensure that access to the rest of the school premises is restricted to maintain security and safety.
- d. Schools must ensure that community partners are informed about relevant ADEK policies and have signed the school's Student Protection Policy to uphold safety and safeguarding standards.

### 11- Monitoring and evaluation-

- a. Schools shall develop and monitor internal indicators to assess the effectiveness of their PE and School Sports Policy.
- b. Indicators shall include:
  - Average MVPA/day:** Develop a method to monitor and report students' average minutes of moderate-to-vigorous physical activity (MVPA) per day. Include details on the calculation method used and its effectiveness in measuring MVPA.
  - PE Provision:** Monitor and report the average number of minutes of PE taught per week across the school year for all students in each year group.
  - Student Participation:** Track student participation in sports events, extracurricular activities, competitions, etc., maintaining rosters for each activity.
  - Inclusion Monitoring:** Track participation levels of students with additional learning needs and compare them with the overall school population's participation rates.
- c. Schools shall submit the above indicators and any additional required data to ADEK as part of their reporting obligations.

**12- Compliance-** This policy shall be effective from 15 April 2024. Schools are expected to achieve full compliance with this policy by the Academic Year 2024/25 (Full term). Failure to comply with this policy shall result in legal accountability and penalties as stipulated in accordance with ADEK's regulations, policies, and requirements. ADEK reserves the right to intervene if a school is found to be in violation of its obligations under this policy.

This policy ensures that schools adhere to specified timelines for compliance, with clear consequences for non-compliance as per ADEK regulations and federal laws, thereby promoting accountability and effective implementation of the PE and School Sports Policy.

**13- Team Selection-** All teachers implement fair and transparent criteria for team selection that focus on skill, effort, and commitment rather than favoritisms.

**14- Communication-** School has clear channels of communication between coaches, students, parents, and school administration to address concerns and provide updates.

**15- Parental Involvement-** School encourage parents to be supportive and engaged in their children's sports activities while maintaining respectful boundaries.

**16- 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.

**17- Zero-Tolerance Policy-** School establish a zero-tolerance policy for bullying, discrimination, or disrespectful behavior, both on and off the field.

**18- 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).

**19- 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.

**20- Student Player Behavior-** Student 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 school at all the time.

**21- Assessment-** Term 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.

**22-** The school provide opportunities for the students to be active throughout the day through:

- a. Fitness session during flag hoisting and morning assembly.
- b. Regular PE/Mass PE period.
- c. Club classes.
- d. Extra coaching for various inter school events.
- e. ASPIRE (GEMS UIS extra-coaching for specific sports for interested students)
- f. Mass Drill or Field Demonstrations during Sports Day

**23-** Staff should provide a variety of experiences and activities during the course of study and during a PE lesson if possible and appropriate, for example:

- a. Football
- b. Basketball
- c. Cricket
- d. Badminton
- e. Volleyball
- f. Athletics
- g. Chess
- h. Yoga
- i. Kho-Kho
- j. Kabaddi
- k. Skating
- l. Indoor games

## **STUDENTS PARTICIPATION IN DIFFERENT COMPETITION**

❖ Inter School:

1. ADEK Cup
2. Abu Dhabi Sports Championship
3. CBSE Cluster Competitions
4. CBSE National Competitions
5. Open Inter School Competitions
6. Community Sports Competitions

❖ Intra School:

1. Inter House Competitions (Jupiter, Saturn, Mars, Neptune)
2. Sports Day