

United Private School (UPS) Policy on Physical Education (PE) and School Sports

Introduction

United Private School (UPS) recognizes that staying physically active and literate enhances student health, wellbeing, confidence, competence, skills, attitudes, and behaviors, contributing to a lifelong commitment to physical activity. UPS prioritizes promoting physical activity and literacy through Physical Education (PE) and school sports, acknowledging its critical role in students' early exposure to organized sports. UPS aligns its efforts with Abu Dhabi's Sports for All Policy to develop active learners equipped with skills to make healthy lifestyle choices.

Purpose

This policy aims to:

- Establish minimum requirements for PE and school sports for all students.
 - Promote structured and unstructured physical activity throughout the school day.
 - Develop an internal policy and physical literacy framework to guide UPS's PE and sports programs.
 - Ensure PE and school sports cater to all students, including those with additional learning needs and gifted/talented students.
 - Standardize minimum requirements for PE teachers, coaches, curriculum, pedagogy, and assessment at UPS.
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Policy Provisions

1. UPS PE and School Sports Policy

1.1 Policy Requirements

UPS develops, implements, monitors, evaluates, and reviews a PE and School Sports Policy that includes:

1. The school's vision, mission, strategy, and targets for promoting student physical health.
2. Implementation strategies through the PE curriculum and sports programs.

3. Goals to ensure each student engages in a daily average of at least 30 minutes of moderate-to-vigorous-intensity physical activity (MVPA) within the school setting.
 4. Awareness initiatives for all stakeholders (staff, students, parents) to promote physical activity and health.
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2. Staying Active

2.1 Holistic Activity Goals

UPS provides opportunities for students to achieve an average of at least 30 minutes of MVPA daily within the school setting, contributing to a total of 60 minutes in both school and home environments. These opportunities include:

1. Active breaks during recesses with safe spaces, equipment, and supervised play.
 2. Reducing sedentary time in classrooms through standing, walking, and movement activities.
 3. Short, frequent activity breaks during lessons to encourage physical engagement.
 4. Collaborating with stakeholders to promote broader sports programs.
 5. Additional support for the least active students, ensuring inclusivity without stigmatization.
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3. Inclusion

3.1 Inclusive Participation

UPS ensures high-quality PE and sports participation for all students:

1. All students participate in designated PE classes.
 2. Alternatives such as team leader, referee, or scorekeeper roles are offered when full participation isn't feasible.
 3. PE lesson content is adjusted to support documented learning plans (DLPs) for students with additional learning needs.
 4. Equal opportunities are provided for all students, including those with additional needs, gifted/talented students, and the least active, to compete in intra- and inter-school sports.
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4. Gender Considerations

UPS complies with gender requirements outlined in the ADEK School Coeducation Policy, ensuring appropriate provisions for all students.

5. Physical Literacy

5.1 Physical Literacy Framework

UPS develops a framework addressing physical, social, cognitive, and psychological outcomes of movement:

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 and sports are good for me and how to improve my skills."
5. **Understanding:** "I understand how to apply my skills and knowledge to stay active for life."

5.2 Framework Integration

UPS incorporates the framework into PE curriculum planning and sports programs, ensuring stage- and age-appropriate activities.

5.3 Communication

UPS raises awareness among teachers, coaches, and parents about their roles in supporting student physical literacy.

6. Competition

6.1 Sports Integrity and Values

UPS fosters a spirit of sports integrity and healthy competition, emphasizing values like determination, resilience, sportsmanship, and teamwork.

6.2 Competitive Opportunities

UPS provides:

1. **Intra-school competitions:** Introducing students to participation and enjoyment.
2. **Inter-school competitions:** Offering inclusive opportunities for all students, not just the most talented.
3. Participation in ADEK-organized or government-endorsed competitions.

6.3 Talent Development

UPS supports gifted/talented students and those with additional needs through tailored challenges, access to local sports clubs, and pathways for further development.

7. Teachers and Coaches

7.1 PE Teachers

1. **Eligibility:** UPS hires qualified PE teachers as per ADEK policies.
2. **Continuous Professional Development (CPD):** Teachers receive 75 hours of CPD annually, focusing on pedagogy and skill enhancement.

7.2 Coaches

1. **Eligibility:** Coaches must meet ADEK-endorsed training or international standards.
 2. **CPD:** Coaches receive 25 hours of CPD annually.
 3. **Employment:** UPS ensures all PE staff comply with ADEK's Employment and Student Protection policies.
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8. Health and Safety

8.1 Guidelines

UPS ensures all PE and sports activities comply with health and safety standards:

1. Mandatory first aid training for PE staff.
2. Risk assessments for new activities and equipment.
3. Regular facility inspections and equipment maintenance.
4. Access to student medical records for safe participation.

8.2 Weather Conditions

UPS monitors environmental factors (heat, humidity, air quality) and ensures adequate hydration, sun protection, and flexibility in uniform policies during adverse conditions.

9. PE Curriculum, Pedagogy, and Assessment

9.1 Curriculum

UPS implements a curriculum focusing on:

1. Skills: Movement, activity-specific, and life skills.
2. Knowledge: Benefits of an active lifestyle, including nutrition and mental health.
3. Values: Resilience, teamwork, sportsmanship, and independence.

9.2 PE Time

UPS provides a minimum of 60 minutes of timetabled PE weekly, striving for 120 minutes where feasible.

10. Sports Facilities

10.1 Community Engagement

UPS partners with local organizations to promote active lifestyles by making facilities available while ensuring school safety and security.

11. Monitoring and Evaluation

11.1 Internal Indicators

UPS evaluates its PE and sports program through:

1. Monitoring students' MVPA levels.
 2. Tracking participation in PE, sports events, and competitions, including additional learning needs students.
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12. Compliance

12.1 Implementation

UPS adheres to this policy starting AY 2024/25.

12.2 Accountability

Non-compliance is subject to ADEK regulations and Federal Law No. (31) of 2021.

References

- Department of Community Development (DCD). (2024). Sports for All Policy Abu Dhabi.
- Federal Decree Law No. (31) of 2021 Promulgating the Crimes and Penalties.
- International Physical Literacy Association (IPLA). (2017).
- World Health Organization (WHO). (2020). Physical Activity Fact Sheet.