

Abu Dhabi Grammar School Physical Education and School Sports Policy

Effective Academic Year 2024–2025

1. Introduction

Abu Dhabi Grammar School (AGS) recognizes that Physical Education (PE) and school sports are essential components of a well-rounded education. In alignment with the Abu Dhabi Department of Education and Knowledge (ADEK) 2023 Physical Education and School Sports Policy, this policy establishes a structured, inclusive, and comprehensive approach to physical education. AGS is committed to fostering physical literacy, promoting lifelong healthy habits, and supporting the holistic development—physical, mental, social, and emotional—of all students.

2. Policy Objectives

- To provide a **structured, age-appropriate PE curriculum** for all students, aligned with a **physical literacy framework**.
- To ensure that **all students participate in a minimum of 30 minutes of moderate to vigorous physical activity** each school day.
- To develop students' physical competence, confidence, knowledge, and motivation for lifelong participation in physical activity.
- To offer **inclusive opportunities** for competitive and non-competitive sports participation.
- To ensure the **safety, well-being, and dignity** of all students during physical activity.
- To instill values of **teamwork, sportsmanship, and personal growth** through sport.

3. Physical Literacy Framework

AGS adopts the physical literacy framework as mandated by ADEK, which emphasizes:

- **Competence:** Developing motor skills and movement patterns.
- **Confidence:** Building students' self-assurance through progressive skill development.
- **Knowledge and Understanding:** Teaching students the benefits of physical activity for health and well-being.
- **Motivation:** Encouraging lifelong engagement in physical activity through enjoyable experiences.

Physical literacy will be embedded across all PE and extracurricular sports programs and assessed using developmentally appropriate tools.

4. Curriculum and Delivery

- PE is **timetabled as a core subject** across all grade levels and delivered by **qualified, ADEK-licensed PE instructors**.
- The curriculum incorporates a range of activities including games, individual sports, swimming, dance, fitness, and outdoor activities.
- **Daily physical activity** opportunities are integrated throughout the school day, including active breaks and classroom-based movement.
- Learning outcomes align with ADEK standards and are assessed periodically.

5. Inclusiveness and Cultural Sensitivity

- AGS provides **gender-sensitive and culturally appropriate** PE settings and uniform options.
- Students unable to participate in a specific activity will be offered **alternative options** without penalty.
- Adapted programs are provided for students with medical or physical needs.

6. Extracurricular Sports Program

AGS offers a robust extracurricular sports program that:

- Encourages broad participation and **retention through positive experiences**.
- Includes both **competitive and recreational opportunities**.
- Ensures **safe transport, supervision, and parental consent** for all off-site events.
- Involves collaboration with **the Sports Council and parent representatives**.

7. Cross-Curricular Integration and Staff Development

At AGS, the development of physical literacy is recognized as a **whole-school responsibility**. While the PE department leads its implementation, all staff play a vital role in promoting active, healthy lifestyles and integrating physical literacy principles across the curriculum.

Professional Development for Non-PE Staff

- AGS will provide **ongoing professional development** opportunities for non-PE teachers to:

- Understand the **principles of physical literacy** and its impact on student well-being and academic success.
- Learn how to integrate **movement-rich strategies** into their teaching practices (e.g., active learning, movement breaks, classroom posture awareness).
- Promote a shared language around confidence, competence, and motivation as part of the school's broader educational goals.
- Support **inclusive participation** and culturally sensitive approaches in all school activities involving physical engagement.
- Training will be delivered through:
 - **Annual workshops**
 - **Interdisciplinary planning sessions**
 - **Collaboration with the PE department** on school-wide events and projects.
- Teachers will be encouraged to contribute to the school's physical literacy culture by incorporating **wellness goals** into lesson planning and modeling positive attitudes toward movement and health.

This professional development aligns with ADEK's vision of creating a **supportive, active school environment** that enables all students to thrive physically, mentally, and academically.

8. Safety and Safeguarding

- All PE activities comply with **ADEK and school health and safety policies**.
- Students must wear **appropriate attire** and use safety equipment as required.
- Injuries or incidents are recorded in the **Accident Report Book** and reported to school leadership.
- **Child protection guidelines** are followed at all times.

9. Student Conduct and Code of Ethics

All students and spectators are expected to:

- **Respect rules, officials, and opponents.**
- Demonstrate **sportsmanship, cooperation, and fair play.**
- Wear correct uniforms and **avoid prohibited items** (e.g., jewelry, chewing gum).

- Represent AGS positively on and off the field.

10. Uniform Guidelines

Boys: AGS PE shirt, PE pants, running shoes

Girls: AGS PE shirt, knee-length PE shorts (not tight), running shoes

Swimming:

- Boys: Swimming shorts, goggles, cap
 - Girls: One-piece or two-piece swim top and shorts, black, with shirt if required, plus goggles and cap
- Assemblies and PE Events:** AGS Team shirts
Competitive Teams: AGS ROYALS Uniform

11. Monitoring and Evaluation

- The school will **review and assess PE and sports programs annually**, incorporating student and teacher feedback.
- ADEK compliance visits and internal audits will be supported with evidence of:
 - Curriculum implementation
 - Physical activity tracking
 - Student progress in physical literacy

12. Implementation and Review

This policy takes effect in **academic year 2024–2025**, with full alignment to ADEK's requirements expected by **2025–2026**. The policy will be **reviewed annually** and updated in consultation with the school leadership team, PE department, and ADEK.