



Physical Education Policy

Policy Reference: SJS/PEP/2025

Approved By: School Leadership Team

Updated Date: 29th September, 2025

Next Review Date: 31st March, 2026

INTROCUCTION

At St. Joseph's School, we believe in the holistic development of our students. Aligned with ADEK's Private School Policy & Guidance (2023), we integrate physical education and sports into our educational philosophy to nurture intellectual, physical, social, and emotional growth.

Mission

Our mission is to empower every student to embark on a journey of self-discovery and growth. We are committed to promoting health, well-being, and lifelong physical literacy, ensuring every student engages in meaningful physical activity and sports opportunities.

Purpose

- To provide opportunities for all students to participate in and enjoy a wide variety of sports.
- To ensure the safety of all sporting participants within and outside school.
- To promote lifelong health and well-being through active living.
- To contribute to the ADEK target of 30 minutes of moderate-to-vigorous physical activity (MVPA) daily in school.

Policy Requirements

In line with ADEK standards, this policy includes:

1. Vision, mission, strategy, and measurable targets for promoting physical health.
2. Implementation through PE curriculum, school sports programs, and co-curricular activities.
3. A strategy to ensure every student engages in 30 minutes of MVPA daily.
4. Promotion of awareness on physical health among staff, students, and parents.
5. Monitoring and evaluation mechanisms for progress.

Staying Active

St. Joseph's School shall provide opportunities for students to be active throughout the day to meet the target of at least 30 minutes MVPA daily at school. This includes:

- Active recess and safe play spaces.
- Optimized classroom environments to reduce sitting.
- Short active breaks in lessons.
- Focus on least-active groups with supportive interventions.
- Engagement of parents and community to reinforce physical activity.

Inclusion

All students shall participate in PE classes appropriate to their grade. The School shall:

- Provide alternative roles (e.g., referee, scorer) where full participation is limited.
- Ensure PE teachers adapt lessons for students of determination with Individual Education Plans (IEPs).
- Ensure equal opportunities for least-active students, and gifted/talented students.
- Guarantee inclusive participation in intra- and inter-school competitions.

Physical Literacy

We commit to developing fundamental movement and sports skills, building confidence in movement, and encouraging lifelong engagement in physical activity. The focus is on:

- Fundamental motor skills (running, jumping, throwing, catching, kicking).
- Confidence, competence, and enjoyment in movement.
- Variety of activities (games, yoga, aerobics, and drills).
- Social interaction, challenge, and self-expression.
- Awareness among all stakeholders on the importance of lifelong physical activity.

Competition

Competition at St. Joseph's School is inclusive, age-appropriate, and conducted in the spirit of fair play. Students participate in intra- and inter-school competitions, fostering teamwork, resilience, and sportsmanship. Winning is valued, but participation, effort, and respect are equally emphasized.

Teachers and Coaches

Teachers and coaches shall:

- Be ADEK-licensed and maintain updated certifications.
- Hold valid First Aid/CPR training.
- Serve as positive role models promoting fair play and respect.
- Provide equal encouragement and feedback.
- Submit progress reports for communication with parents and ADEK.
- Engage in continuous professional development.

Health and Safety

Safety in physical education is paramount. The school shall ensure:

- Safe, well-maintained equipment and facilities.
- Regular risk assessments of sports spaces.
- Adequate supervision ratios.
- Emergency preparedness with First Aid and CPR-trained staff.
- Compliance with ADEK Student Protection & Safeguarding Policy.

Curriculum, Pedagogy, and Assessment

The PE curriculum at St. Joseph's School includes:

- Two PE sessions weekly, aligned with ADEK guidelines.
- Personalized lesson planning and differentiated instruction.
- Equal opportunities for students of all abilities.
- Formal assessment of physical fitness: endurance, strength, agility, flexibility, and motor skills.

Facilities and Equipment

- All sports facilities comply with ADEK's safety and accessibility standards.
- Equipment is age-appropriate, regularly inspected, and safe.
- Students receive training on correct equipment use.
- Misuse of equipment may result in restricted access.

Monitoring and Evaluation

The school shall monitor progress through:

- Fitness benchmarks (strength, speed, endurance, flexibility).
- Student participation rates in activities and competitions.
- Compliance reporting to ADEK.
- Annual policy review with measurable KPIs.

Compliance

This policy is aligned with ADEK Private School Policy & Guidance (2023), Article 54: PE and Sports. Non-compliance shall be subject to legal accountability and ADEK's intervention, as per Federal Decree Law No. (31) of 2021 and other relevant laws.

Approved by:

Prestina Rocha

Principal
St. Joseph's School

29th September, 2025



