



ST. JOSEPH'S SCHOOL, ABU DHABI-U.A.E.

PHYSICAL EDUCATION AND SCHOOL SPORTS POLICY

INTRODUCTION

At St. Joseph's School, we hold a steadfast belief in the holistic development of our students. Beyond academic excellence, we are committed to nurturing well-rounded individuals who are not only intellectually proficient but also physically, socially, and emotionally adept. To achieve this, we have woven the essence of sports and physical activity into the very fabric of our educational philosophy.

MISSION

Our mission at St. Joseph's is clear: we aim to empower every student to embark on a journey of self-discovery and growth. Central to this mission is our unwavering encouragement for all students to engage in sporting activities. We firmly believe that participation in sports is not just a leisurely pursuit but an indispensable aspect of their overall development.

PURPOSE

- To create opportunities for all students to participate in and enjoy a wide variety of sports (competitive and non-competitive).
- To ensure the safety of all sporting participants in school and when playing sport away from school.
- Ensure that PE and school sports caters for the individual needs of all students, including students with additional learning needs and gifted and/or talented students.

AIMS AND OBJECTIVES

i) Physical literacy

Physical Literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life. A physically literate person can draw on their physical competence, knowledge, and understanding to stay physically active and lead a healthy life, relative to their situation and context.

Physical literacy is indeed an essential aspect of a child's development.

Development of Fundamental Movement and Sport Skills: This involves teaching children basic motor skills such as running, jumping, throwing, catching, and kicking. These skills form the foundation for more complex movements and sports.

Confident and Competent Movement: The goal is to enable children to move with confidence and competence in various physical activity and sports situations. This builds their self-esteem and encourages a lifelong love for physical activity.

Integrating Physical Fitness with Fun: It's crucial to strike a balance between gaining and maintaining physical fitness while ensuring that children have fun during physical activities. This makes them more likely to engage in physical activity willingly.

Diverse Physical Activities: Providing a variety of activities like games, mass drills, yoga, and aerobics ensures that children have exposure to different forms of physical exercise. This diversity can help cater to individual preferences and needs.

Enjoyment, Challenge, Self-Expression, and Social Interaction: Physical activities should not only be about exercise but also about enjoyment, challenge, self-expression, and social interaction. These elements make physical literacy more engaging and rewarding for children.

Promoting Awareness: The school community, including staff, students, and parents, should be aware of the importance of physical activity and its connection to overall health. This awareness can help create a supportive environment for physical literacy.

Roles of Stakeholders: Clearly defining the roles of different stakeholders in promoting physical literacy is essential. Teachers, parents, and students all play a part in achieving the goals set by the school's physical literacy policy.

ii) Wellbeing

- To inculcate value of fitness practices to increase life - time activity and reduce sedentary behaviour.
- To educate children about healthy eating habits.

iii) Competition

A competition is a contest in which everyone who participates is aiming to win. Refers to sport and activities whereby students compete against others, or themselves, in ways that support their health and fitness.

At St Joseph's School, provision is made for a healthy level of competition for all pupils.

- Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the pupils.
- Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport need to ensure all pupils participating in the sport programme are aware that, although everyone likes to win, participating is equally as important.

iv) Safety

Safety in a school environment is of utmost importance. Teachers, coaches, and all school community members involved in physical education and sports must prioritize safety by addressing the following key safety issues:

Equipment Safety: Ensure that all sports equipment and gear are in good condition and regularly inspected for any signs of wear or damage. Replace or repair equipment as needed to prevent accidents.

Facility Safety: Regularly inspect and maintain sports facilities, such as playing fields, gymnasiums, and courts, to ensure they are safe and free from hazards like uneven surfaces, sharp objects, or slippery areas.

Proper Supervision: Always provide adequate supervision during physical activities to monitor students' behaviour and intervene if any unsafe situations arise.

Emergency Preparedness: Have a well-defined plan for handling injuries or emergencies during physical activities. Ensure that teachers, coaches, and staff are trained in basic first aid and CPR.

Top of Form

v) Teachers and Coaches • Keep up to date with the latest coaching practices and the principles of growth and development of young people.

- Be a good role model.
- Encourage participation and team play, whilst winning is fun, enjoyment of the game is just as important. Make a defeat a positive by looking at it as an opportunity to work toward skill development and a good sports attitude.
- Teach your players to follow the rules and spirit of the game.
- Develop team respect for everyone on the playing field/court including officials and opposing coaches
- Provide a report on sports progress for the school communication platforms.
- To nurture and build a culture of innovation in the department.

vi) School Sports Facilities

Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport shall ensure

- all equipment used is appropriate for the age group, and be in good condition.
- educate pupils on how to correctly and effectively use the equipment available.
- pupils who fail to use the equipment for its correct purposes run the risk of losing their privilege to use it at all.

vii) Uniform and Dress Code for Physical Activity: Children enjoy the feeling of being part of a team, and, where possible uniforms shall be provided. Teachers and coaches shall:

- Inform parents and guardians regarding the P.E uniforms
- Ensure clothing is appropriate for the activity.

ix) Curriculum Provision

At St. Joseph's School we offer two sessions of PE weekly. Weekly PE sessions which are based on the scheme where we teach the fundamental skills to enable our children to become physically literate.

- Personalised curriculum planning.
- Encourage enjoyment.
- Cater for varying levels of ability by providing every pupil.
- Provide equal encouragement to all pupils to allow them to acquire skills and develop confidence.
- Ensure the programme is available to all pupils by catering for groups with special needs such as: pupils with disabilities/impairments.
- pupils with exceptional talent.

X) Extended Sports Provision

St. Joseph's school has provision for after school sports activities with a nominal fee(that goes back to the school to help support the maintenance and upkeep of equipment, and professional development) for our children with the aim to enhance our school provision and improve the skills and teamwork of our children.

XI) Communication with Parents/Guardians

Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport shall inform parents or guardians of their child's involvement with the specific activity and give them information about the activity programme. This information should include:

- Names and contact details of all teachers/coaches involved.
- Days, times and dates of all practices and competition games.
- Recreational activities that involve their child.

XII) Monitoring and Evaluation

To determine Speed, Strength, Agility and Endurance through a variety of evaluative techniques. Physical skills that are assessed in a physical education class include:

Muscle movement / Stretching / Jumping/ Locomotor skills/ Flexibility/ Balance/
Running speed/ Jump rope/ Pull-ups/ Throwing/ Catching/ Other sports skills

Prestina Rocha

Principal
St. Joseph's School



Date: 31 March 2024

Next review Date: 30 March 2025