



PHILIPPINE – EMIRATES PRIVATE SCHOOL

Khalifa City A, Abu Dhabi – UAE

PE and School Sports Policy

Mission Statement

At Philippine Emirates Private School, we provide the opportunity for and encourage all students to participate in sporting activities regardless of ability. We recognize the significance and importance of the PE and Sport Policy and we intend to conduct and organize our sporting program in accordance with this policy.

We will ensure that the students playing sport under the name of Philippine Emirates Private School receive appropriate coaching, care and supervision.

Purpose

- Establish expectations for delivering Physical Education (PE) and school sports to all students.
- Establish expectations for maximizing the engagement of all students in physical activity during the school day
- Guarantee that PE and school sports programs accommodate the specific needs of all students, including those classified as Students of Determination and those identified as gifted and/or talented.
- Specify the qualifications required for teachers and coaches involved in delivering PE and school sports.
- Standardize essential elements in the PE curriculum, encompassing pedagogy and assessment

Aims / Objectives

- Provide the best possible sporting experiences for all PEPS students so as to encourage lifelong participation in sport
- Provide supportive environments for enjoyable participation in a wide variety of physical activities, through the development of skills and good sporting behaviors
- Provide the safest possible environment for the conduct of sports
- Provide for the allocation of appropriate resources and facilities
- Provide equal opportunities for all students to participate in sport

- Make provisions for all students with special needs to participate in sport
- Encourage and actively cater for talented sporting students
- Positively promote parental involvement in all areas of the sporting activities
- Promote the playing of sport for enjoyment with participation as the main focus
 - Encourage teachers and students to participate in daily morning exercise
 - Incorporate 5 minutes physical activity before starting the lesson to reduce the sitting time of the students
 - Teachers must be prepare a daily activity before staring their lesson

Sport is seen as a voluntary extension of the School's Physical Education program, rather than an end to itself. The School Sport Policy considers participation in physical activity generally more important than the necessity of winning or in training devotees to a particular sport.

The learning of various game skills and the social/emotional development involved in team cooperation are considered worthwhile educational experiences.

Students will be encouraged to participate in a variety of sports, however they may not change from one sport to another during a playing season. Once nominated, students are expected to play in that team for the season.

Policy

1. Staying Active

- School shall provide opportunities for students to be active throughout the school day to reach the target of averaging at least 30 minutes per day within the school setting contributing to a daily goal of 60 minutes within the school and home settings.

Provision will include but not be limited to:

- Opportunities for students to take part in unstructured physical activity during break times with safe spaces for activity, provision of equipment, and opportunities for students to engage in informal play as well as semi-formal and formal physical activity.
- Initiatives to optimize the physical environment of classrooms and the whole school to reduce sitting time and encourage standing, walking, and moving during curriculum time.
- Changing classrooms where possible between lessons to allow students to stretch, raise their heart rates and engage their core muscles.

- Where changing classrooms between lessons is not possible, short, frequent activity breaks will be built in between lessons to allow students to stretch and, where possible, raise their heart rates and engage their core muscles.
- Opportunities for students in EYFS to have structured physical activity sessions or outdoor learning lessons with a mix of structured and unstructured physical activity daily.
- Lift access for students with medical passes only to necessitate as many students as possible using the stairs.
- A broad range of sports and physical activity opportunities in the PE curriculum for KG to y12 to enable students to explore their talents, natural aptitude and interests.
- A broad range of physical activity opportunities available to students of Y2 to Y12 as part of the weekly after school enrichment programme to enable them to explore their talents, natural aptitude and interests.
- The opportunity for all children from Y2 to Y12 to access the physical activities available as part of the after school enrichment programme from 3.15 to 4.15 for Y7 to Y12 students on a Tuesday and Y2 to Y6 students on a Wednesday.
- The opportunity for all children from Year 5 to 13 to have access to a broad range of competitive sports training opportunities and have the opportunity to represent the school as part of a team based on their aptitude.
- The opportunity for all students in Year 5 to 9 to influence the range of sports activities on offer during Golden Time and participate in the activity of their choice.
- The celebration of students' external achievements in any sport or physical activity in school to raise awareness and engagement in sports outside of school.
- Registration in the ADEK Cup competitions to the greatest extent possible dependent on structure, fixtures and staffing
- Engagement with key stakeholders such as Abu Dhabi Sports Council to increase access to and awareness of broader sports programs and events within schools and the wider community.
- PEPS students to encourage their engagement.
- Additional support to increase the physical activity levels and engagement in PE and sports of individual students or particular groups of students identified as the least active or with a very high BMI as identified as part of the in school health screening, without risking the possibility of their stigmatization.
- Engagement and education of parents of students or particular groups of students identified as the least active or with a very high BMI as identified as part of the in school health screening, providing additional support and access to opportunities to increase their child's physical activity levels and engagement

2. Inclusion

- School offers inclusive opportunities for high-quality Physical Education (PE) and school sports to all students.
 - All students in Y1 to 12 are required to engage in the timetabled 80 minute weekly PE lesson corresponding to their year level.
 - In instances where a medical condition, injury or physical condition prevents a student's active participation in a particular activity or task PE teachers ensure that alternative roles related to the subject are provided e.g. team leader, referee, timer, coach, peer assessor or score/record keeper.
 - PE teachers make reasonable adjustments to PE lesson content and resources, facilitating progress for all students towards the objectives outlined in their documented learning plans (DLP).
 - DLPs include specific recommendations supporting learning in PE where full access to active participation in all activities or tasks is limited due to an additional need.
 - All students regardless of gender, additional needs, gifts and/or talents are given equal opportunities to their peers to participate in PE lessons, school sports. This includes involvement and competing in both intra- and inter-school sports, as appropriate.

3. Gender Considerations

- The school will adhere to the gender specifications outlined in the ADEK Coeducation Policy.

4. Physical Literacy

- School will develop a comprehensive physical literacy framework based on the Sport PH Physical Literacy Framework outlining physical, social, cognitive, and psychological outcomes related to movement for students of all ages and stages of development.
- The framework will include but is not limited to:
 - **Enjoyment:** "I like playing sports or being active."
 - **Confidence:** "I feel confident when exercising or playing sports."
 - **Competence:** "I find sports and exercise easy."
 - **Knowledge:** "I know why exercise and sports are good for me, how to get involved, and improve my skills."
 - **Understanding:** "I understand how to apply my skills and knowledge of sports to learn new types of exercise and sports and continue to be active throughout my life."
- School will use the physical literacy framework to assist PE teachers and coaches in planning the PE curriculum and school sports programs, ensuring alignment with physical literacy outcomes.
- PE teachers and coaches are expected to give focused attention to individual or groups of students, ensuring that planning within the framework is stage and age appropriate to support development.

- School will communicate with teachers, coaches, and parents to raise awareness of their role in supporting the development of student physical literacy through PE and school sports.

5. Competition

- When engaged in competitive sport all members of the school community will display the spirit of sports integrity and healthy competition based on values such as determination, resilience, diligence, honesty, passion, sportsmanship, respect, self-belief, independence, and teamwork.
 - Competitive sports will include but will not be limited to:
 - Opportunities for all students, regardless of talent, to participate in competitions through PE or school sports, including intra-school and inter-school events.
 - Inclusive competitions, accommodating all students by adapting formats to varying difficulty levels and providing additional formats and roles to increase access to sports participation.
 - Opportunities to participate in all competitions organized by ADEK or other government entities.

6. Sports Committee Structure

Composition of the Sports Committee will be as follows:

- Sports Committee Chairperson (member of the School Leadership team)
- Governing Council representative (1 member)
- Sport Coordinators (variable numbers each sport to be represented)
- Focus Physical Education teacher

The majority of Sports Committee members should be parents. A Deputy Chairperson should be nominated. There should be one Club Coordinator for each affiliated sporting code and each should have a nominated proxy to attend meetings in their absence. Apologies should be notified to the school prior to the meeting.

Meetings

Meetings of the Sports Committee should be held at least once a term and minutes kept of proceedings.

The Chairperson shall be responsible for production and distribution of an agenda and the minutes.

At least four representatives of which two should be parents, must be in attendance to represent an official quorum.

Sport Coordinators are to provide a brief report, verbal or written for each meeting.

Responsibilities

- The school will provide venues on which sports will be played and the maintenance thereof.
- All clubs will operate their finances through the School's consolidated account.
- All sport fee payments can be made Philippine Emirates Private School
- Those sports that involve fees have a timeline for payment:
- Should the student's uniform be damaged or lost, the parent/guardians will to pay for any repairs or replacement.

The Sports Committee shall have the following responsibilities

- Monitor and discuss developments in school sports.
- Regularly review the school Sports Policy and recommend amendments to Governing Council.
- Approve registration fees and budget plans for each sport.
- Approve expenditure (up to authorized level).
- Organize sport coordinators and ratify coach appointments.
- Organize clinics for coaches, managers and players.
- Make people aware of codes of conduct. This occurs at the beginning of each sport and available for each sports registration form.
- Prepare a report for the school community to be presented at the school ground

7. Sports Coordinators

The School Committee should, when needed, call for volunteers / nominations for the position of Sport Coordinators and appoint from the nominations received. Should there be no

nominations or volunteers the Sports Committee would have to take appropriate action which might include simply advising parents that a particular sport would no longer be available.

The Sports Coordinators will have the following responsibilities apart from representing the sport on the Sports Committee.

- Abide by the Code of Conduct for Coordinators / Coaches / Team Managers
- Represent their sport at external meetings
- Be the official contact for enquiries
- Organize player registrations, team structure, maintain records and set fees.
- Organize special functions (e.g. presentation date)
- Oversee the purchase and maintenance of sporting equipment
- To maintain an inventory of equipment
- Find coaches (Sports Committee to help if needed).
- Organize helpers (e.g. for setting up equipment, run canteens etc)
- Organize programs for home school matches (if applicable)
- Notify match results to appropriate bodies
- Lodge team registrations
- Determine training times
- Organize an annual Sports budget
- Complete a Sports Information sheet for their sport
- Once or twice during the season, email information and action shots through to the school for publishing on the school's website

8. Team Coaches / Managers

The Sport Coordinator needs to call for nominations and appoint team coaches / managers who will have the following responsibilities

- Abide by the Code of Conduct for Coordinators / Coaches / Team Managers

- Issue uniforms (keep a record of names of students issued a uniform).
- Maintain and keep equipment in a safe condition.
- Select teams and captains.
- Issue team sheets / match cards etc.
- Organize time keepers / linespersons etc.
- Notify Sport Coordinators of results and any issues that might arise during a match or training.
- In collaboration with the coordinator, once or twice a season, email information and action shots through to the school for publishing on the school's website

9. Age Groups and Appropriate activities

5 –7 years or Years 2-3 / Spontaneous play and movement

Coordination skills

Trying more complex tasks

Informal games

Minor games

8 – 10 years or Years 4-5 / Coordination skills

Small group activities

General skill development

Modified sports

Competitive sport inter / intra school / club

11 –12 years or Years 6 / Sports specific skill development

Modified sport

Talent squads

Sports development programs

Competitive sport inter / intra school / club, district / regional, inter / intra state

10. Equal opportunity

- Philippine Emirates Private School will ensure that all students have equal access to resources, facilities and opportunities.

- Students will be encouraged to play a variety of sports, with the emphasis on raising skill levels for all players, regardless of ability, to all have equal time in the competition and rotated to learn a variety of positions.
- Sports will be modified so that they are relevant to the age and development of the student.
- No student will be disadvantaged due to the parent's financial situation.
- Where the school enters two teams in the same division / age / year level competition every effort should be made to ensure that the teams are of equal ability. In some cases, this may involve re-organization after a season has commenced.
- PEPS students to play in their age / year level unless there is a shortage of numbers and approval needs to be sort from the Sports Committee.

11. Training

- Teams which begin practicing before the official season of another sporting team ends, must give priority to the "in season sport".
- The coach will notify parents of training schedules.
- One training session per week being no more than one hour duration (middle primary) and one and quarter hours (upper primary).
- Coaches need to be notified as soon as possible if a student is unable to attend practice or matches.
- Coaches or team managers are responsible for students until normal finishing time of training and must notify parents and the Front Office in advance of any cancellations.
- If there is a forecasted temperature of 36 degrees and above all training / practices will be cancelled.
- Students to wear hats when the UV factor is 3 and over.
- If a parent/guardian is not able to attend matches/practice, the parent/ guardian must ensure that they have arranged for their child's health and safety before, during and at the conclusion of the match/practice as this is the parent/ guardian responsibility. This should not be the coach's responsibility who may have other commitments following training or matches.
- If a child is NOT collected at the conclusion of a game/practice in a timely manner on more than one occasion the Coach may bring the matter before the principal for review.

12. School Sports Facilities

- School collaborates with local community partners to offer the safe and appropriate use of school facilities for free or rent to maximize community impact.
- When opening school facilities to external users, we restrict access to the rest of the school.
- We ensure that partners using or renting school sports facilities are aware of relevant ADEK policies and have signed the school's Student Protection Policy

13. Monitoring and Evaluation

- School will develop and monitor specific KPIs to evaluate the effectiveness of the PE and School Sports Policy.
- School reports indicators, including students' average moderate-to-vigorous physical activity (MVPA) per day, average minutes of PE taught per week and student participation in sports events and extracurricular activities to ADEK as and when required.
- School tracks participation in physical activity for all Students and compares the involvement of students with additional needs or in target groups with those of the entire school population

Recommendation: The school PE and Sport Coordinator suggest having a Smart watch among students to easily track their MVPA per day

14. Weather

SCHOOL SPORTS AND PRACTICES

Sporting matches and practices will be cancelled on “Hot Weather Policy” days. Exceptions to this rule are possible, eg an air-conditioned stadium or for sports that start and finish early in the day. Having made a risk assessment, the Principal may approve a match or practice. Coaches/ coordinators are responsible for communicating this decision to players and parents.

DEFINITIONS

The ‘Hot Weather Policy’ will be applied on a day when:

- A forecast maximum of 36C or greater is reported on the day before.
- Heat wave: a prolonged period of excessive heat

Trainings or games that occur within school hours adhere to the school’s “hot weather policy”.

Head Injury During Sports - “If in doubt, sit them out”

The brain can be damaged or affected by any blow to the head or other area of the body which affects the head. Head injuries are not always obvious. Any significant force to the head may

cause concussion, which results in a temporary impairment of brain function. Any player who has a head knock must be removed from a playing field and monitored. The student must not be able to finish or complete the exercise/game. They must be sidelined, parents contacted and monitored.

Anyone suspected of having concussion should be observed closely and examined by a doctor because of the possibility of an associated, more serious injury.

A doctor / medical practitioner certificate is required prior to training / game day if a player has been identified with a concussion.

The signs and symptoms of concussion may include:

- Brief or more extended periods of unconsciousness
- A report of seeing stars or double vision
- Confusion or temporary loss of short-term memory, e.g. of events just prior to the injury
- Headache
- Nausea and vomiting
- Numbness, tingling or weakness in the arms and legs
- Stumbling or lack of eye-hand co-ordination

** Extracted from The Australian Red Cross **

- Vehicles may only be used to transport student passengers if it is:
 - equipped with a seat belt per passenger, it is registered
 - in a safe mechanical condition
 - covered by comprehensive insurance and if the driver has a current license.

15. Uniforms and Equipment

- Uniforms are only to be worn for matches.
- Replacement of uniforms will be budgeted for parents to supply.
- Parents may be required to pay for lost or damaged uniforms.
- Consult school's Physical Education focus teacher when purchasing equipment or uniforms.

- Obtain purchase orders when buying any new uniforms or equipment.
- Each team should maintain records of their equipment and have it named and stored appropriately.
- Ensure that all uniforms and equipment is safe to be used and the appropriate size and weight for the students involved.
- Should the student's uniform be damaged or lost, the parent/carer is to pay for any repairs or replacement.

16. Awards / Recognition

- In the interest of participation all team members need to be recognized during a season in any school Website articles and not just best players.
- The awarding of trophies / certificates is the responsibility of each sport.
- Emphasis to be on participation for all, all team members to receive a trophy or certificate at an end of season presentation.
- Performance and encouragement awards can be awarded to all sports. Each sports award must be submitted to the Sports Committee for ratification prior to the awards being given.
- Trophies or Medals – The coordinator of each sport is to use their discretion as to what they purchase – medals or trophies or a combination, based on their budget.
- Coordinators will need to make contact with the school finance office prior to ordering trophies as each sport has a budget.

17. Safety

- Teach students the appropriate safety skills and procedures for the sport played and teach skills appropriate to the age and maturity of the students.
- Regulate the duration and intensity of training to suit the needs of the group and prevailing weather conditions.
- Students should not be involved in the repetition of one activity for long periods of time where this may cause injury through over use of specific body parts.
- Provision must be made for students to drink sufficient fluids to replace any lost during physical activity.

- Students to wear appropriate clothing for physical activity with sensible track style shoes. Long hair must be tied up.
- Grounds to be maintained in a safe condition.
- Coaches / team managers have the responsibility to cancel matches where surfaces and / or equipment are unsafe or unsuitable for play.

First Aid / Medical Information

- Coaches to be provided with current medical information by parents. All students playing a sport will have to submit a medical sheet before they can play.
- Students with a medical condition must be accompanied by a parent/carer at trainings and games that are out-of-school hours.
- Students with asthma and/or allergies should have appropriate medication with them for each game and training.
- A first aid kit will be provided and housed in the Sports shed for use at training and matches. Small kits to be provided to take to away venues.
- Each individual sport should ensure, as far as possible, that there is a person with first aid knowledge in attendance at each match.
- services of a legally qualified medical practitioner and / or ambulance must be obtained, if necessary.
- Any injury must be reported on an incident form.
- Bleeding players must be removed from the field of play immediately and not returned to play until the flow has ceased and no blood is on them or their uniform.
- It is the responsibility of parents to ensure their child is covered for injury. The school accepts no responsibility for injury received to students in school sport.

18. Microsoft Team App

This app is the notification center for factual information – weather information, times and dates and last-minute changes.

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Principal Approval:	
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