

## Sports Policy

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Disclaimer: This policy has been developed in accordance with the school's national identity policy.



### School Vision:

To be a leading private school in Al Ain which provides an exemplary learning environment in line with the vision of ADEK.

### School Mission:

To provide an exemplary learning environment which

- Develops student abilities.
- Augment self-confidence.
- Prepares world class learners.
- Enables students to meet the challenges of the 21st century.
- Increases productivity and self-esteem.
- Inculcates values required to become responsible members of the society

### FIA Sports Policy Principles:

To create a positive and inclusive sports environment that nurtures physical fitness, skill development, sportsmanship, and personal growth among students while prioritizing their safety and well-being, this policy ensures the following

- **Inclusivity:** The policy aims to provide equal opportunities for all students to participate in sports activities, regardless of their skill level, previous experience, gender, or background. It promotes inclusivity and encourages students to explore and engage in a wide range of sports.
- **Physical Fitness and Skill Development:** The policy recognizes the importance of physical fitness and skill development in sports. It encourages students to enhance their physical abilities, acquire new skills, and improve their overall well-being through active participation in sports activities.

- **Safety and Well-being:** The policy prioritizes the safety and well-being of students. It emphasizes the implementation of safety measures, such as proper equipment usage, facility maintenance, and trained staff members, to minimize the risk of injuries and ensure a secure environment for sports activities.
- **Sportsmanship and Fair Play:** The policy emphasizes the importance of good sportsmanship, fairness, and respect among participants. It promotes ethical conduct, discourages unsportsmanlike behavior, and encourages students to uphold the values of fair play, integrity, and respect for opponents, coaches, officials, and spectators.
- **Coaching and Mentorship:** The policy highlights the role of qualified coaches, instructors, and staff members in providing guidance, instruction, and mentorship to students. It emphasizes the importance of knowledgeable and supportive coaching staff who foster skill development, teamwork, and personal growth.
- **Communication and Engagement:** The policy recognizes the importance of effective communication with students, parents/guardians, and staff members. It emphasizes clear and timely communication regarding schedules, updates, and changes to sports activities, fostering active engagement and involvement of all stakeholders in the sports program.
- **Continuous Improvement:** The policy emphasizes the need for periodic review and evaluation of the sports program to ensure its effectiveness, relevance, and compliance with regulations. It promotes a culture of continuous improvement and encourages feedback from students, parents/guardians, and staff members to enhance the quality and inclusiveness of the sports activities.

### Rationale:

Our FIA sports policy is built around several key principles:

- **Holistic Development:** The policy recognizes that sports activities play a crucial role in the holistic development of students. Engaging in sports helps students develop physical fitness, motor skills, teamwork, discipline, resilience, and leadership qualities. By providing a diverse range of sports activities, the policy aims to cater to the varied interests and abilities of students, promoting their overall growth and well-being.
- **Inclusion and Equity:** The policy is grounded in the principle of inclusivity and aims to provide equal opportunities for all students to participate in sports, irrespective of their skill level, background, or gender. It strives to create a sports program that is accessible and inclusive, fostering a sense of belonging and promoting diversity.
- **Health and Well-being:** The policy recognizes the importance of physical fitness and its impact on students' overall health and well-being. By offering a wide range of sports

activities, the policy encourages students to engage in regular physical exercise, promoting a healthy and active lifestyle.

- **Sportsmanship and Ethical Values:** The policy emphasizes the development of good sportsmanship, fair play, and ethical conduct among students. By promoting values such as respect, integrity, and teamwork, the policy aims to cultivate positive character traits that extend beyond the sports field and into other areas of students' lives.
- **Safety and Risk Management:** The policy prioritizes the safety of students during sports activities. By implementing appropriate safety measures, training coaches and staff in first aid and emergency response, and ensuring the availability of necessary equipment, the policy aims to minimize the risk of injuries and provide a secure environment for students to participate in sports.
- **Parental Engagement:** The policy recognizes the importance of parental/guardian support and involvement in students' sports activities. By actively engaging parents/guardians through regular communication, encouraging their attendance at games and events, and providing opportunities for volunteering, the policy aims to foster a collaborative and supportive sports community.
- **Continuous Improvement:** The policy emphasizes the need for regular review and evaluation of the sports program to ensure its effectiveness and alignment with the evolving needs of students. By seeking feedback from stakeholders and staying abreast of relevant regulations and best practices, the policy aims to continuously improve and enhance the quality of sports activities offered by the school.

### Values:

At FIA, we believe that physical education plays an important role in promoting the health and wellness of our students. Our PE program is designed to encourage lifelong physical activity and healthy habits, and to provide students with the skills and knowledge they need to make informed choices about their health. We value the physical and mental health of our students, and we strive to create a safe and supportive environment where all students can thrive.

### Aims:

The aim of this school sports policy is to promote physical fitness, teamwork, and sportsmanship among students, while ensuring their safety and well-being. This will take place through fostering a positive and inclusive environment that:

- enhances children's knowledge, skills, and comprehension in various physical activities, such as games, gymnastics, athletics, and outdoor adventure activities,
- develops children's confidence and competence in performing these activities,
- promotes a better understanding of the human body in motion, which involves utilizing critical thinking skills, selecting and applying physical skills, and cultivating positive attitudes toward a healthy lifestyle,
- makes informed decisions about engaging in physical activity throughout their lives, and
- improves the mental health of our pupils.

At FIA, we recognize the positive impact that regular exercise and healthy living can have on our students' overall well-being.

### Eligibility:

All students enrolled in the school are eligible to participate in sports activities, subject to the following criteria:

- Academic standing: Students must maintain satisfactory to outstanding academic performance as determined by the school administration.
- Conduct: Students must adhere to the school's code of conduct and disciplinary policies.
- Physical fitness: Students must meet any specific health or fitness requirements for participation in certain sports activities, as determined by qualified medical professionals.

### Sports Offered:

The school shall offer a range of sports activities to cater to the diverse interests and abilities of students. The selection of sports shall be based on factors such as national and international standards, national identity, popularity, student demand, availability of resources, and compliance with safety guidelines. The sports offered may include, but are not limited to, team sports (e.g., soccer, basketball, volleyball, rugby), individual sports (e.g., chess), and recreational activities (e.g., yoga).

### Participation:

- Students are encouraged to participate in sports activities to the best of their abilities, respecting their physical limitations and skill levels.
- Students may be required to attend tryouts or undergo skill assessments for certain competitive sports teams or events, as determined by the coaching staff or relevant sports committee.
- The school shall strive to provide equal opportunities for participation regardless of gender, disability, or other protected characteristics.

### Interdisciplinary Learning:

PE can help in creating meaningful context through integrating other subjects in the PE lesson. For example, the teaching of Physical Education (PE) in FIA helps with the teaching of English by providing opportunities for children to describe their actions and movements, as well as to discuss how they can enhance their performance. This approach also fosters the development of specialized terminology related to PE. In Social Studies and Moral Education, PE lessons can be an effective tool. Through these lessons, children can learn about the importance of exercise and healthy eating habits, and how to make informed choices about their health. Additionally, the positive impact of physical activity and healthy living on mental health can also be taught in PE lessons.

Finally, the use of technology, specifically information and communication technology, can improve the teaching of PE at all stages when suitable. For example, children can record their performances during dance and gymnastics using video technology, which they can then use to refine their movements and actions. Older students can analyze and compare their recorded performances to improve their own work. Additionally, digital cameras can capture experiences during outdoor activities, providing opportunities for students to reflect on and evaluate their progress.

#### Inclusion and personalized learning:

Our school is committed to providing physical education to all students, regardless of their abilities or individual needs. This is in line with our curriculum policy to offer a well-rounded education to all students. Our aim is to offer equal learning opportunities that enable all students to make good progress. We take particular care to cater to the needs of students with special educational needs, disabilities, special talents, or those learning English as an additional language.

If a student is not making expected progress, we carry out assessments to identify any factors affecting their learning. This assessment process includes factors such as teaching style, equipment, and differentiation. Based on the assessment results, we take necessary steps to support the student's learning more effectively. We also assess each student's attainment and progress against expected levels set by the National Curriculum to ensure that our teaching matches each student's needs.

We ensure that all students have access to the full range of activities involved in learning physical education. If students participate in activities outside our school, such as sports events at another school, we conduct a risk assessment beforehand to ensure that the activity is safe and suitable for all students.

### Gender differences in PE classes:

At our school, we are committed to ensuring that our PE curriculum is inclusive and accessible for all students, regardless of their gender. We recognize that boys and girls may have different strengths and interests when it comes to physical activity, and we aim to provide a range of activities that cater to these differences.

To promote gender equality in our PE curriculum, we:

- Offer a range of activities that are traditionally associated with both boys and girls. For example, we offer both football and basketball
- Encourage all students to participate in activities that are not traditionally associated with their gender. For example, we actively encourage girls to take part in football and boys to take part in gymnastics.
- Ensure that our teaching practices do not reinforce gender stereotypes. For example, we do not use gendered language or assume that all boys are naturally good at team sports.
- Provide equal opportunities for both boys and girls to participate in all aspects of our PE program, including sports teams, leadership roles, and extracurricular activities.
- Regularly review our PE curriculum to ensure that it remains gender-inclusive and up-to-date with current best practices in gender equity.

By implementing these policies, we aim to create a PE curriculum that is welcoming and supportive for all students, regardless of their gender.

### Facilities and equipment:

The school has a variety of resources to support the teaching of PE, including a PE store which houses equipment. Students are expected to help with setting up and putting away the equipment as part of their learning. This helps them to develop their skills in handling equipment safely. Additionally, the school field is used for games and athletics.

### Safety and Risk Management:

The safety and well-being of our students is our top priority. All students will be required to adhere to the rules and regulations set out in the Physical Education program, which includes the use of appropriate safety equipment, such as helmets, shin guards, and mouth guards, where appropriate. To ensure our students safety, the following procedures and measurements will be followed

- The school will prioritize the safety and well-being of students during sports activities by abiding by the required safety measurements.
- Coaches and staff members involved in sports programs shall undergo appropriate training in first aid, CPR, concussion management, and other relevant areas.
- Adequate safety measures, such as appropriate equipment, supervision, and facilities, shall be provided for each sport, taking into account the nature of the activity and age group involved.
- In the event of an injury, prompt medical attention and necessary follow-up procedures shall be implemented

### Sportsmanship and Supervision:

Students participating in sports activities are expected to demonstrate good sportsmanship, fairness, and respect for teammates, opponents, coaches, officials, and spectators. Unsportsmanlike conduct, including cheating, taunting, or disrespectful behaviour, will not be tolerated and may result in disciplinary action. Coaches and staff members shall promote positive values and teach students about ethical conduct and fair play.

Qualified coaches, instructors, and staff members shall oversee sports activities, providing guidance, instruction, and mentorship to students. Coaches shall be knowledgeable about the sport they are coaching and shall encourage skill development, teamwork, and personal growth.



#### Parental Involvement for guidance:

Parents/guardians are encouraged to support their children's participation in sports activities and attend games, competitions, and parent-coach meetings. If possible, parents/guardians may also be requested to volunteer as team managers, scorekeepers, or event organizers to support the sports program.

#### Compliance and Review:

This sports policy shall be reviewed periodically to ensure its effectiveness, relevance, and compliance with applicable laws and regulations. Any necessary revisions or amendments to the policy shall be made in consultation with relevant