

Physical Activity Policy

Vision: Grow - Flourish - Succeed

Mission: Together we inspire creative, mindful learners who value diversity, support one another and strive for success.

1. Introduction

Schools are in a unique position to help students attain the recommended or more of moderate-to-vigorous daily physical activity. Regular physical activity in childhood and adolescence is important for promoting lifelong health and well-being and preventing various health conditions. In April 2022, the **Dubai Health Authority (DHA)** announced that the schools in Dubai need to have 150 minutes of physical education per week.

Physical Education (PE) is the foundation of a comprehensive school physical activity program. It provides cognitive content and instruction designed to develop motor skills, knowledge, and behaviours for physical activity and physical fitness. Supporting schools to establish physical education daily can provide students with the ability and confidence to be physically active for a lifetime. Integrating physical activity into primary and secondary schools is of crucial importance so that all children and young people can be physically active on a regular basis, which will contribute to preventing the increasing public health problem of childhood obesity. There are many benefits of physical education in schools. When students have physical education, they can:

- Increase their level of physical activity.
- Improve their grades and standardised test scores.
- Stay on-task in the classroom.

2. Purpose of policy

This policy is concerned with a whole school approach to promote the health and wellbeing of its students and staff through physical activity. It describes how the school environment can be used to develop, implement and evaluate whole-of-school strategies that promote physical activity and reduce sedentary behaviour among children and young people.

3. Aims and objectives

- To ensure that all aspects of physical activity in school are promoted for the health and well-being of students and staff.
- To enable students and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
- To provide and promote opportunities for staff and students to be physically active throughout and beyond the school day.
- To increase physical activity levels of students in line with set targets

4. Physical Education and Activity at GFS

- GFS has built PE into their curriculum and offers a wide range of physical activities including cricket, football, netball, rugby, hockey, tennis, athletics, gymnastics and general fitness.



- In each lesson, there is a diverse range of activities to challenge, enrich and motivate the students to continue their sporting journey into secondary school and adulthood.
- A progressive curriculum has been designed which builds on students' prior learning and also allows them the opportunity to set their own targets to fulfil their personal learning journey.
- A main focus in the younger years is the development of core skills which, then with the addition of games awareness and tactics in the older year groups, allows them to become a well-rounded athletes with a strong foundation to build on in the future.
- GFS also works in partnership with ESM (East Sports Management) to provide the students with a range of After School Activities/Extra Curricular Activities

5. Physical Education Attire

- Full PE kit is required for every PE lesson. This consists of the GFS house t-shirt, house shorts or plain navy blue tracksuit pants, white socks, appropriate trainers and any specialist equipment required, for example shin pads for football. If a student studies International GCSE PE in Year 10 and International AS/A Level in Year 12/13 there is a separate Kukri PE kit which will need to be purchased from the PE department.
- GFS caps may be worn in outside lessons in an unshaded area.
- Hair must be tied back for all lessons.
- A water bottle must be brought to PE to ensure students keep hydrated. Please ensure this is full before the lesson.

6. Jewellery

- It is whole school policy for only one pair of studded earrings to be worn.
- In PE lessons all studs and jewelry must be removed. This is a health and safety issue and must be adhered to at all times. Only if earrings are newly pierced (within 6 weeks) may the student cover them with medical/surgical tape for the interim period.
- Students are encouraged to hand in all valuables to their PE teacher at the start of the lesson for safe keeping. The PE department take no responsibility for valuables not being handed in.

7. Changing for PE Expectations

- All year groups are expected to arrive in full PE kit on their allocated PE day.
- Year 1-13: Arrive and leave school in their PE kit on their PE days and no jewellery is to be worn.
- Full PE kit must be worn for all PE and after-school sports clubs.

8. PE Changing Rooms

Students are expected to arrive in school on their allocated PE days in their full PE kit and will remain in this for the full day.

(Based on the protocol issued by KHDA, this information may change and the same will be communicated to you through our official school channels).

9. Medical issues and injuries:

There are occasional times in Physical Education lessons where students will be excused from participating physically due to illness or injury. Whilst this is often unavoidable, the PE department would like all students to be involved in all activities. At present, non-participants are given tasks ranging from officiating and scoring, to observing and analysing student's performance. In order to get students even more involved, even if they



are not physically participating, all students are expected to be in PE kit in all lessons. There are obvious times where this is not possible due to a long-term injury, where changing is difficult for example. Nevertheless, in most cases it is possible and will enable students to be more integrated into each lesson rather than being on the periphery. In order to make PE staff fully aware of any medical issues, students need to bring letters/notes in if they participate physically and we would ask that parents formally contact the department should a student have a long term medical condition that we are not already aware of.

10. Sanctions in PE

- If a student forgets their PE uniform, has the incorrect kit, or does not provide an appropriate note this will be recorded by the teacher.
- Years 1-4: Parents will be contacted via the classroom teacher.
- Years 5-13: Students will be given a reflection time during school break and behaviour point if the whole PE kit is forgotten.
- Continued incorrect, or no kit, will result in a student being placed on PE report and parents invited in to meet with the Head of Physical Education.

11. Students of Determination

The school aims to maximise all students' participation in physical education and schools sport. Students with SEND participate in lessons in a manner appropriate to their ability and the safety of themselves and others. Staff working with SEND students:

- know the nature of the student's learning difficulty, disability or emotional or behaviour disorder
- Be aware of any constraints on physical activity as a result of the disability or regime of medication.

12. Monitoring and review

This policy has been discussed and agreed by the GEMS Founders School, Dubai teaching staff and leadership teams for implementation.

Signed
School Doctor

Date 6/10/2023

Signed
Whole School Vice Principal

Date 6/10/2023

Signed
Associate Principal

Date 06/10/23

Signed
Executive Principal/CEO/Senior Vice President of Education

Date 8/10/23



Next policy review date:

13 October 2023

02 February 2024

28 June 2024