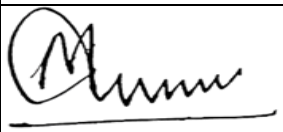
Model Private School, Abu Dhabi-UAE

School Sports Policy

Review Date:	March 2026		
Next Review Date:	March 2027		
Acting Principal	Mr. I J Nasari		
Signature		***Date:***	30-March-2026
MPS Board of Governors	Haji. Meethalakath Mehmood		
Signature		***Date:***	05-April-2026

INTRODUCTION:

Sports have a major role to play in school and society. Model Private School provides the opportunity and encourages all the students to participate in sporting activities regardless of ability. We recognize the significance and importance of the School 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 Model Private School receive appropriate coaching, care and supervision. All students are engaged in a sporting activity as part of their overall development in particular their physical, social and emotional development. The policy adheres to the Abu Dhabi Department of Education and Knowledge (ADEK) guidelines for promoting physical education and extracurricular activities in schools, with a strong focus on inclusion for students with disabilities.

AIMS AND OBJECTIVES:

- To create equal opportunities for all students to participate in and enjoy a wide variety of sports (competitive and non-competitive), including Students of Determination, to participate in a variety of sports and physical activities, adapted as needed.
- To ensure the safety of all sporting participants in school and when playing sport away from school.

- Provide the safest possible environment for the conduct of junior 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.

SCHOOL SPORTS POLICY:

Inclusiveness: The exposure of students to a wide variety of sports (competitive & non-competitive) to meet the needs and interests of all students.

- Provide qualified PE teachers and coaches to deliver PE classes and coaching including curriculum (including pedagogy and assessment).
- Standard precautions and safety measures to minimize any potential risk to students, to, from, and during PE and school sports.
- All students encouraged to participate in some sport and targeting at least 30 minutes per day of MVPA (Moderate to Vigorous intensity Physical activity).
- Separate uniforms for students during PE classes and coaching session.
- Through being involved in a sporting activity students will develop a more positive attitude to school and enjoy being in school.
- Special consideration will be given to creating divisions or activities specifically designed for students with similar needs and abilities.
- The use of adaptive equipment and modified rules will be implemented to ensure fair and enjoyable participation for all students.
- Through sporting events students will develop “a healthy body” which will in turn develop “a healthy mind”. This will be reflected in greater academic success for these students.
- Participants in sport will develop a “team spirit” attitude which will benefit them in other areas of their life.
- A balanced attitude towards competition will be learnt where winning and losing will be handled in a spirit of true sportsmanship.

PHYSICAL LITERACY:

Physical literacy is the ability to move with competence and confidence in physical activities in multiple environments that benefit the healthy development of the whole person.

PHYSICAL LITERACY FRAMEWORK:

MOTIVATION
CONFIDENCE
PHYSICAL COMPETENCE
KNOWLEDGE



UNDERSTANDING

Motivation and confidence refers to an individual's enthusiasm, enjoyment and self-assurance in adopting physical activity as an integral part of life. Students must feel motivated, confident, and enjoy while they are doing physical activity.

Physical competence refers to an individual's ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.

Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.

MEETINGS:

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

RESPONSILIBITIES:

- 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 for inter school competition.
- 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.

SCHOOL SPORTS FACILITIES:

School has adequate equipment's for PE classes and coaching session. School has

- Open Football Ground with artificial grass
- Shaded basketball court
- Open Volleyball and Throwball court
- Kindergarten play area
- Gym with basic facilities

PE TEACHERS AND TEAM COACHES:

School has qualified physical education teachers and coaches who provides PE classes and coaching based on the curriculum (including pedagogy and assessment). PE teachers and coaches have their CPD session, Clinics and training sessions.

COACHES:

- Abide by the Code of Conduct for Coaches / Team Managers
- Issue and retrieve 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.

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.
- 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, in line with the Policy.
- If a parent is not able to attend matches/practice, the parent 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 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.

AGE GROUP/ CYCLE APPROPRIATE ACTIVITIES:

5 –7 years or Spontaneous play and movement
Coordination skills
Trying more complex tasks
Informal games
Minor games

8 – 10 years / Coordination skills
Small group activities
General skill development
Modified sports
Competitive sport inter / intra school / club

11 –13 years Sports specific skill development

Modified sport

Talent squads

Sports development programs

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

ASSESSMENT:

- Physical Fitness Test from Grade 1 to 12 as an assessment.

EQUAL OPPORTUNITY:

- The Model 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.
- Students of determination and gifted/ talented students are given extra attention.
- Sports will be modified so that they are relevant to the age and development of the student.

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.

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

A forecast maximum of 36C or greater is reported on the Weather forecast. Heatwave: a prolonged period of excessive heat. Trainings or games that occur within school hours adhere to the school's "hot weather policy".

AWARDS AND RECOGNITION:

Students are made to participate in various kind of sports activity. Sports day contains track and field events where students has given the choice to select the events which they want to participate. All the students are filtered after competing in each level. The students who compete in finals are awarded with certificates, medals and trophies. The talented students are given the opportunity to be a part of school team to participate in extramural/ Inter school competitions.

School team will be awarded with certificates, medals and trophies during school assembly by the heads of the school (Principal, Vice Principal, headmaster).

SAFETY AND RISK ASSESSMENT:

- 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

- All students playing a sport will have to submit a medical sheet before they can play.
- Students are expected to follow safety instructions provided by coaches and instructors.
- Parents/guardians are responsible for informing the school nurse, coaches, and relevant staff of any pre-existing medical conditions or limitations that may affect their child's participation in sports activities. This should include any specific adaptations or support needs required.
- The school will have emergency procedures in place to address any injuries that may occur during physical education or sports activities.
- Students with a medical condition must be accompanied by a parent 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.
- 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.

MONITORING AND EVALUATION

School will monitor internal indicators to evaluate the effectiveness of their PE and School Sports Policy. School has assessment and evaluation through various physical fitness during PE classes and coaching sessions. Students' performance will be recorded and tracked as per MVPA. School will track the details about the number of minutes taken for PE classes per week. Track records about the

school team will be maintained by the department of physical education.

Approved by : Principal

