



Policy for Physical Education and Sport

A – Teaching Policies & Procedures

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Policy Statement:	2
1. Purpose	2
2. Policy Requirements	2
3. Activity Opportunities	3
4. Inclusion and Participation	3
5. Physical Literacy Framework	3
6. Competition and Healthy Values	3
7. Teacher and Coach Qualifications	3
8. Health and Safety Standards	4
9. Curriculum Development	4
10. Monitoring and Evaluation	4
11. Compliance and Review	4

Policy Statement:

The British School Al Khubairat (BSAK) is committed to fostering a culture of physical activity, health, and wellbeing in alignment with the Abu Dhabi Department of Education and Knowledge (ADEK) Sports Policy. This policy aims to ensure that all students engage in high-quality physical education (PE) and school sports, promoting lifelong physical literacy and healthy lifestyles.

1. Purpose

- Establish a comprehensive framework for the provision of PE and school sports that meets ADEK guidelines.
- Promotion of physical activity as a vital component of the student experience at BSAK.
- Ensure inclusivity for all students, including those with additional learning needs and gifted students.
- Set standards for teacher and coach qualifications, ensuring effective delivery of PE and sports programs.

2. Policy Requirements

Vision and Mission: BSAK will articulate a vision that emphasises the importance of physical health and wellbeing as integral to the student experience.

Implementation Strategy: Develop a structured PE curriculum and sports program that includes at least 60 minutes of active participation per week, aiming for 120 minutes where possible.

Community Awareness: Foster a school-wide understanding of the importance of physical activity and health, engaging students, parents, and staff.

3. Activity Opportunities

Provide diverse opportunities for physical activity during school hours, including:

- Structured PE classes.
- Active recess and break times with access to equipment.
- Class-based activity breaks.
- Engagement in informal and formal physical activities.

4. Inclusion and Participation

- All students are required to participate in their designated PE classes.
- Adjustments and alternative roles will be provided to support participation for students with specific needs.
- Ensure equal opportunities for all students, particularly girls, students with additional learning needs, and gifted/talented students, to engage in competitive sports i.e as shown through timetabled events and specific CCAs. [Sports Department Overview 2025-26](#)

5. Physical Literacy Framework

Develop a physical literacy framework that includes:

- Enjoyment: Cultivating a love for sports and activity.
- Confidence: Building self-efficacy in physical abilities.
- Competence: Fostering skills and capabilities in various activities.
- Knowledge: Educating students on the benefits of physical activity.
- Understanding: Encouraging lifelong engagement in physical activities.

6. Competition and Healthy Values

Promote a spirit of integrity and healthy competition by:

- Organising intra- and inter-school competitions that are accessible to all students.
- Providing varied formats of sports to encourage participation.
- Engaging with local sports clubs and federations for talent identification and development but also to foster relationships to avoid pupil clashes.

7. Teacher and Coach Qualifications

- Hire qualified PE teachers meeting ADEK's eligibility criteria.
- Ensure ongoing professional development with a minimum of 75 hours for PE teachers and 25 hours for coaches annually.
- Encourage coaches to possess recognised qualifications and support their continuous improvement.

8. Health and Safety Standards

Implement rigorous health and safety protocols, including:

- Mandatory first aid training for PE staff.
- Regular risk assessments for all physical activities and equipment.
- Monitoring of weather conditions to ensure student safety during outdoor activities, to be completed in collaboration with the nursing body and estates management.
- Access to hydration and sun protection measures.

9. Curriculum Development

Continue to provide a progressive and documented PE curriculum focusing on:

- Skill development across various sports.
- Assessing student performance and providing feedback for improvement.
- Inclusive teaching strategies that accommodate all learners.
- Exploration of new vocational learning journeys for all learners.

10. Monitoring and Evaluation

Regularly assess the effectiveness of the PE and sports programs by:

- Reporting on the effectiveness of initiatives and activities.
- Gathering feedback from students, parents, and staff to continuously improve programs.

11. Compliance and Review

Policy shall be effective immediately and reviewed annually to ensure alignment with ADEK requirements and best practices in sports and physical education. This is to mirror BSAK's approach to H&S RAs.

The British School Al Khubairat is dedicated to promoting physical literacy and a culture of active living for all students. By adhering to this policy, we aim to nurture confident, competent, and healthy individuals ready to lead active lives.