



PHYSICAL EDUCATION AND SPORTS POLICY

Objective

The policy outlines the framework for Physical Education (PE) and sports activities, focusing on promoting physical activity and physical literacy among students. These elements are vital for enhancing students' health, well-being, confidence, skills, and lifelong commitment to being active. The policy aims to foster health, fitness, teamwork, and life skills while ensuring a safe and inclusive environment for physical activities. It offers students opportunities to explore and engage in physical activity and literacy, particularly through PE lessons and organized sports, which introduce them to structured physical activities.

Purpose

- Provide a balanced PE curriculum that meets ADEK standards.
- Encourage participation in physical activities and sports for all students, regardless of ability.
- Foster personal development through teamwork, leadership, and sportsmanship.
- Enhance physical fitness, health, and well-being of students.
- Establish clear expectations for the delivery of Physical Education (PE) and school sports to all students.
- Ensure that PE and school sports programs are designed to accommodate the specific needs of all students, including those classified as Students of Determination and those identified as gifted and/or talented.
- Define the qualifications required for teachers and coaches involved in delivering PE and school sports.

1. Stay Active

The school is committed to providing students with opportunities for physical activity throughout the school day, aiming to achieve a minimum of 30 minutes of active engagement within the school setting. This aligns with a larger daily goal of 60 minutes, encompassing both the school and home environments. Provision will include but not be limited to:

- Provide opportunities for unstructured physical activity during break times, with safe spaces, equipment, and options for informal, semi-formal, and formal physical activities.
- 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.



- A broad range of sports and physical activity opportunities in the PE curriculum for Grades 1 to 12 to enable students to explore their talents, natural aptitude, and interests.
- The celebration of students' external and internal achievements in any sport or physical activity in representing the school to raise awareness and engagement.
- Registration in the ADEK Cup competitions to the greatest extent possible dependent on structure, fixtures, and staffing
- Additional support will be provided to increase physical activity levels and engagement in PE and sports for students identified as the least active or with a very high BMI, as part of the in-school health screening, without risking stigmatization.
- Engage and educate parents of students identified as the least active or with a high BMI to provide additional support and opportunities to increase their child's physical activity levels.

2. Inclusion

- Promote inclusivity in all PE and sports activities. No student will be excluded based on their physical ability or fitness level.
- Students with **Additional Learning Needs** will receive the necessary adaptations to participate fully in PE and sports activities.
- All students in Grade 1 to Grade 12 are required to engage in the timetabled 80-minute weekly PE lesson corresponding to their year level.
- In cases where a student is unable to actively participate in a specific physical education or sports activity due to a medical condition, injury, or physical limitation, PE teachers make sure to offer alternative roles related to the subject. These roles may include being a team leader, referee, timer, coach, peer assessor, or score/record keeper.
- PE teachers make adjustments to lesson content and resources to help all students progress toward their learning plan objectives.
- The Learning Plan supports PE learning when full participation is limited due to additional needs.
- All students, regardless of gender, additional needs, gifts, and/or



talents, must be given equal opportunities to participate in PE lessons and school sports, including involvement in both intra- and inter-school sports.

3. Gender Considerations

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

4. 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

5. Competition

Sports Integrity, Healthy Competition, and Values

- When engaged in competitive sports 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 Opportunities

- All students should have equal opportunities to participate in physical education and school sports competitions, including both intra-school and inter-school events, regardless of their abilities.
- Inclusive competitions should adapt formats and provide additional roles to increase access to sports participation for all students
- Opportunities to participate in all competitions organized by ADEK or other government entities.



Identification, Development, and Support of Gifted and/ or Talented Students

- PE Teachers implement appropriate modifications to the physical education curriculum for gifted and/or talented students to offer them suitable and stimulating challenges.
- The school participates in competitions to give all students, including the gifted and talented, the chance to further develop their talents.
- The school will partner with local sports clubs and national federations to provide talent identification, coaching, and competition venues.
- Schools will recognize and support talent pathways for Students of Determination.

6. Teachers and Coaches

- The school will employ qualified PE teachers in line with the requirements of the ADEK Staff Eligibility Policy
- PE teachers will receive 75 hours of Continuing Professional Development (CPD) annually, focusing on subject-specific training, enhancing pedagogy and skills, and fulfilling other relevant requirements as per the ADEK Employment Policy.
- The school will appoint coaches at our discretion, including appointing existing staff with a talent or interest in a specific sport.
- Coaches, whether third-party or school-employed, must have ADEK-endorsed training or an internationally recognized coaching award or license
- Coaches employed by the school will get 25 hours of training each year. This will be in specific subjects, to improve how they teach and their skills, and to meet other requirements in the ADEK Employment Policy
- All PE teachers and coaches employed by the school will be appointed in line with the requirements of the ADEK Employment Policy, and the ADEK Student Protection Policy.
- All third-party coaches working at the school will be vetted and



subject to the requisite approvals and checks in line with the requirements of the ADEK Employment Policy, and the ADEK Student Protection Policy.

7. Health and Safety

- The school ensures that its Health and Safety Policy and Procedures comply with or exceed the applicable guidelines and minimum standard for student health and safety at all times, including specific practices related to physical education and school sports.
- All PE teachers, coaches, and volunteers sign the school's Student Protection Policy and undergo relevant training as per the ADEK Student Protection Policy
- PE teachers and coaches are responsible for maintaining accurate health and safety records for all incidents occurring during physical education and school sports activities.
- PE teachers and coaches shall adhere to the appropriate school procedures when managing an incident, including the involvement of specialist personnel, such as first aiders, as necessary.
- All equipment is inspected by PE teachers and coaches for wear, tear, or damage before use and is utilized according to the manufacturer's guidelines. If necessary, equipment is removed from service pending maintenance or is discarded if deemed irreparable.
- Learning Plan checks and physical observations ensure all equipment in use in lessons or coaching sessions is appropriate for students' age, size, and ability.
- The H&S Officer conducts regular facility checks to ensure safety and has a clear process for reporting and addressing unsafe areas, in line with the school's Health and Safety Policy and the ADEK Occupational Health, Safety, and Environment Policy.
- PE teachers and coaches are informed of students' medical conditions that may affect their participation in PE and sports. Measures are taken during offsite or after-school events to ensure that necessary medication is available.
- Modified activities and equipment are used, when possible, to reduce the risk of injury for students with medical



conditions, allowing them to participate in PE and sports without permanent limitations.

- Weather conditions are assessed before each PE lesson or sports activity to determine whether adjustments are needed for safety.
- PE teachers and coaches ensure that students hydrate regularly and have access to fluids and shade during PE lessons and sports activities on site.
- Sun protection measures, such as providing shade and informing parents about the need for hats, sunscreen, and water bottles are implemented for off-site activities in case access to shade is limited.
- Students must wear appropriate PE uniforms and footwear to ensure safety during physical activities.

8. PE Curriculum, Pedagogy and Assessment

- The PE curriculum is regularly updated to reflect best practices and ensure progress in all areas of physical education at key developmental stages, following the latest guidance.
- The PE curriculum will be aligned with ADEK guidelines and integrated into the overall school curriculum.
- PE teachers explicitly teach and assess progress in various areas, including fundamental movement skills, specific activity skills, knowledge, and values.
- Lesson planning is designed to systematically develop physical literacy in line with the school's PE curriculum and Physical Literacy Framework.
- Assessments are used to measure student performance in PE, guiding progress and informing teaching strategies.
- Students from Grade 1 to Grade 12 receive 70-90 minutes of scheduled PE lessons each week, primarily focused on physical activity, with some time dedicated to less active learning like rules and theory.





- Occasionally, weekly PE time is reduced due to events like theme days, exams, Ramadan, or bad weather.

9. School Sports Facilities

- The school partners with local community organizations to offer safe access to its facilities for free or for rent, maximizing community impact.
- When opening school facilities to external users, access to the rest of the school is restricted.
- We ensure that partners using or renting school sports facilities are informed of relevant ADEK policies and have signed the school's Student Protection Policy.

10. Monitoring and Evaluation

- The school will create and track specific KPIs to assess the effectiveness of the PE and School Sports Policy.
- The school reports to ADEK as needed on indicators such as students' average daily moderate-to-vigorous physical activity (MVPA), average weekly PE minutes, and participation in sports events and extracurricular activities.
- The school monitors physical activity participation for all students and compares the involvement of those with additional needs or in target groups to the overall student population.

11. Sports Committee

Committee Chairperson	Miss Rebecca Albovias
Governing Council Representative	Miss Maygelyn Perlez
Sports Coordinator	Miss Princess P. Antonio
Focus Physical Education Teachers	Mr. Mark Jay B. Tumpang
	Miss May R. Seniego
	Miss Maria Antonette De Villa

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

Policy Title:	Physical Education and Sports Policy
Review Date:	September 29, 2024
Next Review Date:	July 04, 2025
Compliance & OHS Officer:	June Keith M. Mariano
MAPEH Coordinator:	Princess P. Antonio

Approved By:


Jesus S. Ostos Jr
School Principal

