



أنترناشونال ستار شيننج مدرسة

Shining Star International School, Abu Dhabi

## Our Vision

To be a school of innovation & creativity; preparing students for global challenges.

## Our Mission

“Our mission is through the combined efforts of our staff, parents, students, and community to develop future leaders with active and creative minds. Our focus is on the holistic development of the individual, social, moral, intellectual, and physical growth, along with a strong sense of heritage and culture.”

## Core Values

Care, Ownership, Togetherness, Honesty, Empathy, Gratitude  
We ensure that the entire SSIS family follows these values.

### PE POLICY 2025-26.

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### 1. Purpose & Objective

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This policy establishes the framework for the implementation of a high-quality Physical Education (PE) and school sports program at Shining Star International School (SSIS). It aligns with the Abu Dhabi Department of Education and Knowledge (ADEK) requirements and aims to promote physical literacy, student well-being, and lifelong participation in sports.

Objectives:

- Ensure all students engage in structured and unstructured physical activity.
- Develop a physical literacy framework that fosters confidence, competence, and enjoyment in physical activity.
- Ensure inclusive access to PE and sports for students of all abilities and backgrounds.
- Maintain safety standards, promoting health and well-being.
- Integrate ADEK's policies into SSIS's PE and sports framework.

### 2. Scope

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This policy applies to all students, teachers, staff, and stakeholders involved in the planning, delivery, and participation in PE and school sports activities at SSIS. It covers curricular PE lessons, extracurricular sports programs, competitions, and overall physical activity initiatives.

### 3. Definitions

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- **Physical Education (PE):** A structured subject aimed at developing students' physical literacy through planned and progressive learning.
- **School Sports:** Competitive and recreational activities beyond PE, including team and individual sports.

- **Physical Literacy:** The motivation, confidence, knowledge, and understanding required for lifelong engagement in physical activities.
- **Moderate to Vigorous Physical Activity (MVPA):** Physical activities that raise heart rate and energy expenditure.
- **Inclusion:** Ensuring equitable participation opportunities for all students, including those with additional learning needs and gifted athletes.

#### 4. Policy Statement

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Shining Star International School is committed to providing high-quality PE and sports opportunities to enhance student well-being, promote active lifestyles, and develop essential life skills. The school shall ensure that PE and sports activities align with ADEK's framework and global best practices, fostering a culture of health and fitness.

#### 5. Guiding principles

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1. **Equity & Inclusion:** PE and sports programs must be accessible to all students regardless of ability, gender, or background.
2. **Health & Safety:** All activities must adhere to safety standards and risk assessments as per ADEK policies.
3. **Lifelong Participation:** The program should instill habits that encourage lifelong engagement in physical activities.
4. **Professional Development:** PE teachers and coaches will undergo ongoing training (minimum 75 CPD hours annually per ADEK guidelines).
5. **Collaboration:** Engage with parents, community stakeholders, and external sports organizations.
6. **Ethical Sporting Practices:** Promote integrity, sportsmanship, and fair play.

#### 6. Responsibilities

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- **School Leadership:** Approves policies, ensures compliance, and provides resources.
- **PE Department:** Develops and delivers the curriculum, organizes events, and maintains safety protocols.
- **Teachers & Coaches:** Implement lesson plans, support student development, and ensure adherence to health and safety regulations.
- **Students:** Actively participate, follow safety guidelines, and display sportsmanship.
- **Parents:** Support student participation and ensure compliance with school policies.

#### 7. Procedures

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1. **Curriculum Implementation:**
  - Ensure a minimum of 60 minutes of structured PE per week, with a goal of 120 minutes where feasible.
  - Utilize modern pedagogies and assessment tools aligned with ADEK's curriculum requirements.

2. **Extracurricular Sports & Competitions:**
  - Offer a variety of sports activities, including intra-school and inter-school competitions.
  - Identify and support talented students through specialized training programs.
3. **Inclusion & Adaptations:**
  - Provide accommodations for students with additional learning needs.
  - Ensure gender-equitable access to all sports.
4. **Health & Safety Measures:**
  - Conduct routine risk assessments of facilities and equipment.
  - Maintain a hydration and sun protection policy.
  - Implement emergency response protocols for injuries.
5. **Teacher & Coach Training:**
  - PE teachers must meet ADEK’s employment standards.
  - External coaches must have ADEK-endorsed certifications.

## 8. Compliance & Enforcement

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- Non-compliance with PE and sports policies will be addressed through monitoring and corrective action plans.
- Serious violations may result in administrative actions as per ADEK regulations.
- Incident reports, attendance tracking, and assessment records will be maintained for accountability.

## 9. Review & revision.

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This policy shall be reviewed annually or as required by ADEK to ensure it remains current and effective.

## 10. References

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- ADEK Physical Education and School Sports Policy (2023)
- WHO Guidelines on Physical Activity (2020)
- CBSE PE Curriculum Framework.

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