

YAA Sport and Physical Education Policy

ACADEMIC YEAR 2025-26

1.0 Policy Statement

Yas American Academy is committed to the physical, social, and emotional development of all students through a comprehensive Physical Education (PE) and sports program. Our approach is aligned with ADEK Policy 74 and the UAE's national wellbeing agenda and SHAPE curriculum. We recognize that physical activity is essential for student wellbeing, academic success, and personal growth. Through our inclusive and rigorous PE and sports program, we aim to foster a culture of fitness, teamwork, resilience, and respect for self and others.

2.0 Purpose of the Policy

The purpose of this policy is to:

- Define standards for curriculum, participation, conduct, and assessment in PE and sports.
- Ensure compliance with ADEK expectations for physical activity and holistic wellbeing.
- Guide consistent practices around kit requirements, student accountability, and safety.
- Encourage lifelong participation in healthy, active lifestyles through engaging programs.
- Support the implementation of the SHAPE curriculum.

3.0 Scope

This policy applies to all Yas American Academy students from KG to Grade 12, as well as PE teachers, coaches, school staff, parents, and external providers involved in the delivery or support of physical education and sports activities.

4.0 Curriculum and Instruction

The PE curriculum is designed using the Massachusetts Curriculum Frameworks and SHAPE America Standards. It is age-appropriate, culturally relevant, and adapted to the local UAE context. Key instructional areas include:

- Fundamental movement and motor skill development.
- Team and individual sports.
- Health-related fitness and anatomy.
- Social-emotional learning, leadership, and collaboration.
- Culturally sensitive physical activities.

Instruction is differentiated to meet the diverse needs of students, including English Language Learners and students of determination, through inclusive planning and adaptive strategies.

5.0 Time Allocation

- Students in KG through Grade 12 receive a minimum of 80 minutes of structured PE each week, consistent with ADEK requirements.
- Additional opportunities for physical activity are provided through recess, extracurricular sports, sports teams, and wellness programs.
- Whole-school events such as Sports Day to provide extended opportunities for participation and school spirit.

6.0 Assessment and Reporting

PE is an academic subject, and students are assessed regularly through a combination of:

- Skill-based assessments.
 - Fitness tests.
 - Effort and participation tracking.
 - Health knowledge evaluations.
- Students receive formal feedback through report cards, and progress is communicated to families. Students of determination receive appropriately modified assessments.

7.0 Kit Expectations and Interventions

All students are expected to bring and wear the full, correct PE kit as outlined in the Uniform Policy. This ensures safety, hygiene, and readiness to participate.

Where a student forgets their kit:

- A limited supply of freshly laundered spare kit is available and will be offered when possible.
- The incident is recorded, and a reminder is given to the student and communicated home.
- Repeated incidents will result in a refocus session during lunchtime or after school to reinforce responsibility and the importance of preparedness.
- If the behavior continues, students may be sent to the Reflection Room during PE time.
- Persistent failure to bring the correct kit without valid justification will be treated as a behavioral issue, potentially leading to internal or external suspension under the school's Behavior for Learning Policy.
- Collaborative meetings with parents will be held where needed to support change.

Students with valid medical exemptions must present a note from a parent or doctor prior to the PE lesson taking place, and may be asked to support the lesson in a non-physical role.

8.0 Extracurricular, Enrichment, and Competitive Sports

The school offers a wide range of after-school sports activities and competitive teams for boys and girls across all grade levels. These include but are not limited to: football, basketball, athletics, swimming and volleyball.

- Teams represent Yas American Academy in ADEK's Private Schools competitions and other tournaments such as ADISSA.
- Training sessions are during enrichment on Friday or after school and on weekends when required.
- Students participating in competitive sports must maintain good academic and behavioral standing.
- Coaches ensure all students are treated fairly, and selection is based on effort, commitment, and performance.
- Trials may be held to select a squad of players should the demand exceed the normal number of squad players.
- The final decision on the choosing of players for each squad lies with the coach. The Director of Sport has final say on all matters related to trials and squad selection.

9.0 Inclusion and Equity

Our program is inclusive and accessible to all students regardless of ability, gender, or background.

- Students of determination receive support plans developed with the Student Support Team.
- Activity modifications and alternative tasks are provided to ensure meaningful participation.
- Female students are provided with private spaces and culturally appropriate opportunities for physical activity.

- Equity in access to resources, training time, and facilities is maintained across gender and grade level.

10.0 Facilities and Equipment

The school maintains high-quality indoor and outdoor facilities, including a gymnasium, swimming pool, fitness room, running track, and multi-sport fields.

- Equipment is maintained to meet safety and hygiene standards.
- Storage and maintenance schedules are regularly reviewed.
- Safety inspections are carried out, and faulty equipment is removed from use.

11.0 Health, Safety, and Risk Management

- All PE and sports activities are risk-assessed in advance.
- Staff are certified in first aid, child protection, and emergency procedures.
- Hydration breaks are built into lessons. In hot weather, activities are adjusted or moved indoors.
- Students are required to disclose any medical issues to staff and submit medical clearance when returning after injury.
- A strict supervision ratio is maintained during all activities, both on and off-site.

12.0 Dress Code and Participation

- Students must wear the official PE uniform, including suitable footwear.
- Non-compliance without medical exemption may lead to the interventions outlined in Section 7.0.
- Participation is mandatory unless an approved exemption has been granted.
- Parents are expected to support compliance with uniform and attendance requirements.

13.0 Roles and Responsibilities

- The Senior Leadership Team oversees implementation and compliance with ADEK policies.
- The PE Department plans and delivers curriculum and extracurricular programs, manages resources, and maintains student records.
- Coaches and external providers follow school policies and codes of conduct.
- Parents ensure students are prepared, attend regularly, and adhere to kit and health requirements.
- Students are expected to participate actively, uphold sportsmanship, and care for school property.

14.0 Monitoring and Evaluation

Program quality is monitored through internal audits, lesson observations, student voice, and parent feedback.

- The PE Coordinator and Director of Sport submits an annual review to SLT.
- Adjustments are made based on student outcomes, engagement levels, and compliance with ADEK requirements.

15.0 Alignment with National Goals

This policy supports the UAE Vision 2031 and ADEK's commitment to wellbeing, national pride, and

youth development. The school promotes values of tolerance, teamwork, and leadership through sport, while celebrating cultural and national sporting events.

16.0 Policy Review

This policy will be reviewed annually or earlier if required due to changes in ADEK regulations, feedback from stakeholders, or developments within the school.

Approved by: Principal | **Date:** August 2025

Next Review Date: August 2026

Signed: 
Principal – Ms. Sarah Griffiths

