

Subject: Physical Education

Physical Activity and Literacy



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ABU DHABI



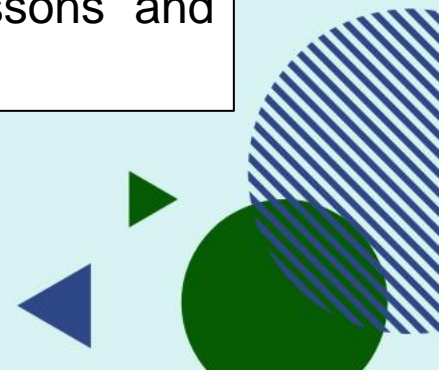
PHYSICAL EDUCATION AND SCHOOL SPORTS POLICY

Vision: Move – Grow - Excel

Mission: Together, we inspire active, resilient learners who embrace diversity, support each other, and strive for personal and physical excellence.

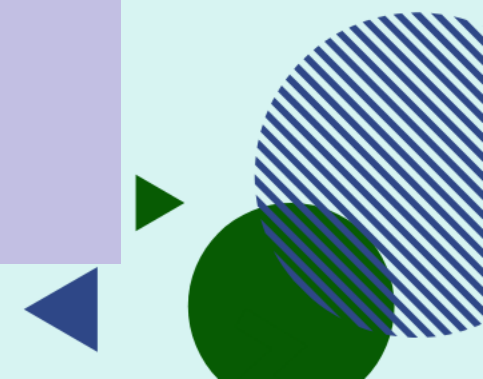
Objectives

This policy aims to promote physical activity and literacy among students, recognizing the importance of their health, well-being, confidence, competence, skill-building, and lifelong attitudes toward active behaviours. Schools, particularly through physical education (PE) lessons and organized sports, play a key role in introducing students to structured physical activities.





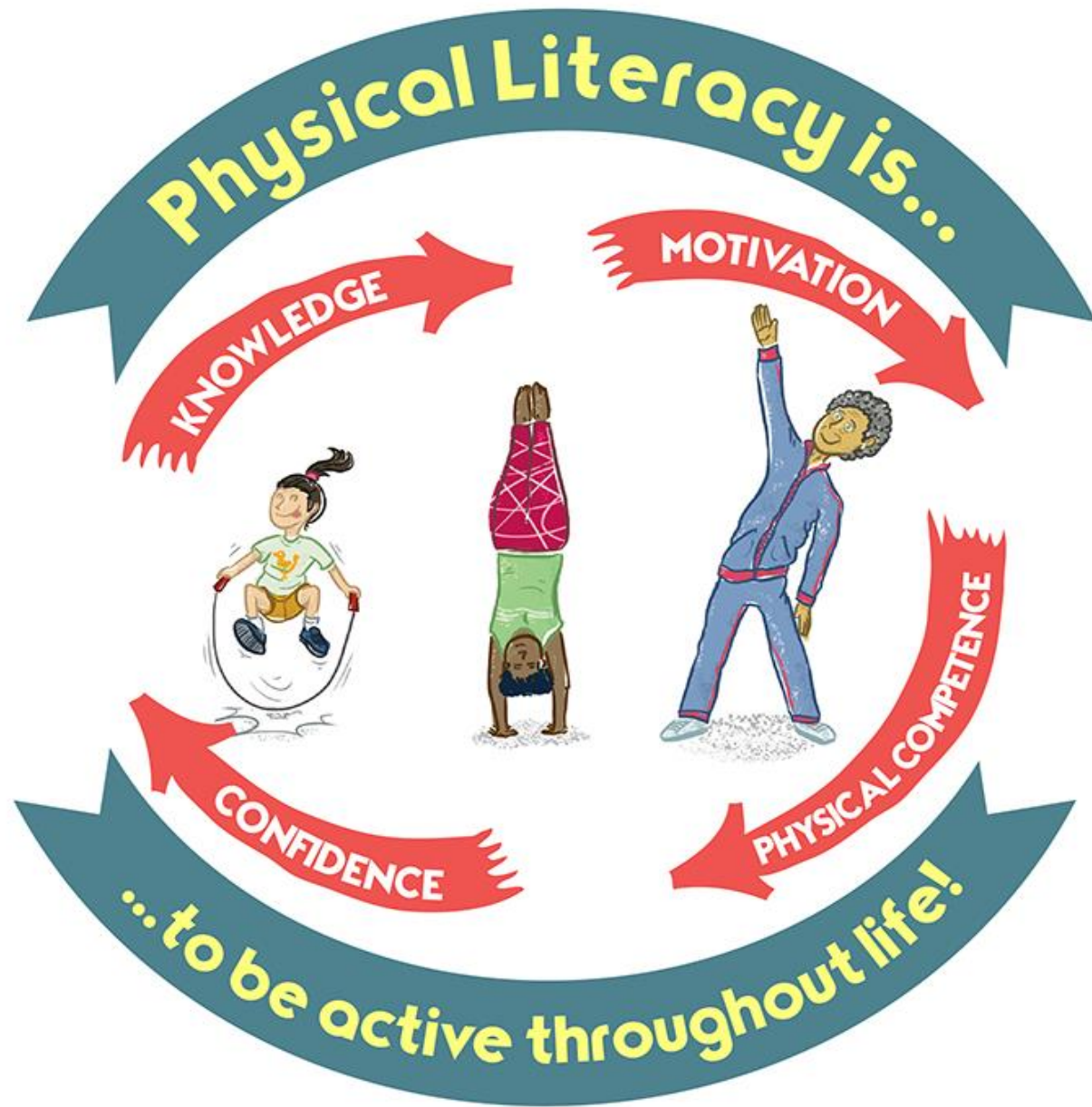
IIS POLICY





Purpose

- Define standards for delivering PE and school sports for all students at the International Indian School (IIS).
- Establish expectations for maximizing student engagement in physical activity during the school day.
- Ensure that PE and sports programs accommodate the needs of all students, including Students of Determination and gifted and talented students.
- Outline qualifications required for teachers and coaches involved in PE and school sports.
- Standardize essential components of the PE curriculum, covering pedagogy and assessment.





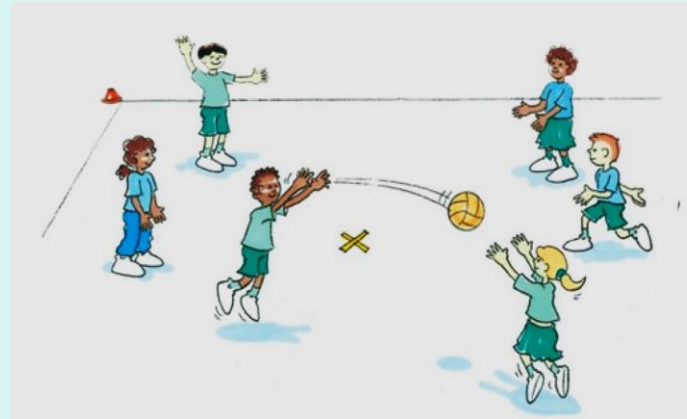
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Physical Literacy - Components

Overview of Motor Skills



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"What Are Motor Skills?"

"Motor skills are movements and actions of the muscles that support physical activity and everyday tasks."

Types of Motor Skills:

Gross Motor Skills: Larger movements involving arms, legs, and torso (e.g., running, jumping).

Fine Motor Skills: Smaller, more precise movements (e.g., gripping, coordination for ball handling).





Importance of Motor Skills in Physical Literacy

Why Are Motor Skills Important?

- Foundation for physical activities and sports.
- Boosts confidence and willingness to participate in physical activities.
- Improves coordination, balance, and reaction times, which are essential for safety and injury prevention.

Confidence: Enables children to engage in various physical activities.

Physical Health: Supports overall fitness, strength, and endurance.

Social Development: Engaging in team sports and cooperative games.

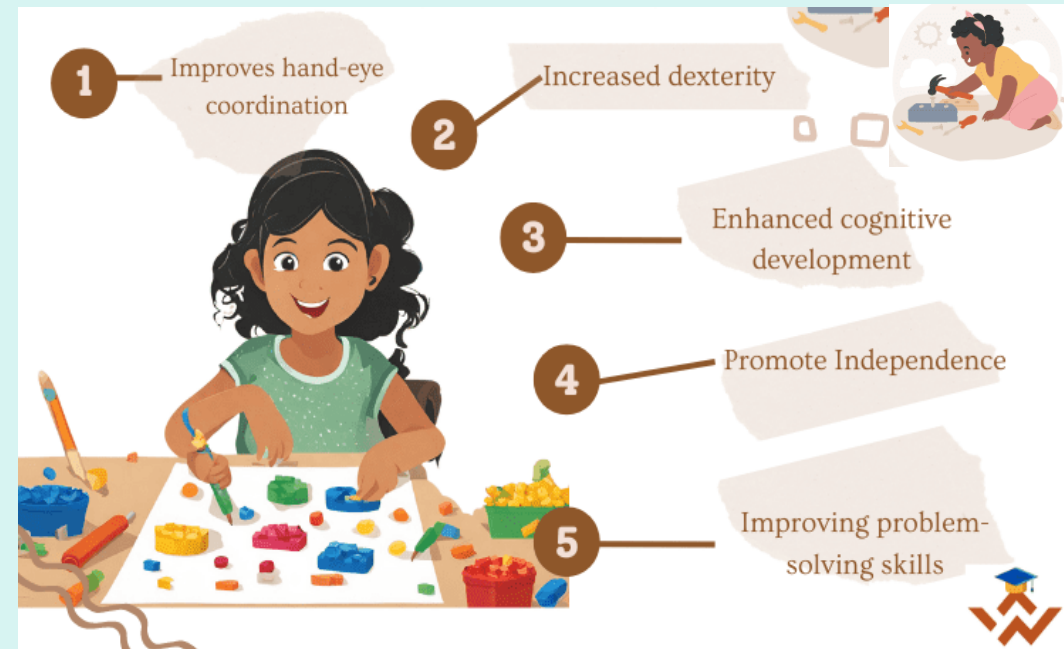


Diagram showing benefits of motor skill development

- **Benefits of school-based physical activity**



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Regular physical activity in childhood and adolescence promotes lifelong health and well-being and prevents various health conditions. Schools are in a unique position, regardless of learning mode, to help students attain the recommended 60 minutes of moderate to vigorous physical activity daily.

A Comprehensive School Physical Activity Program (CSPAP) can increase physical Activity opportunities before, during and after school.





Increasing youth physical activity

Before and After School

Walking or Biking to and from school

- Intramural sports and clubs
- Extended day programs

In Physical Education

- Standards-based curricula
- Motor skills development
- Physical fitness

During school

- Classroom physical activity breaks
- Active lessons
- Daily recess

Through staff involvement

- Role models for wellness
- Classroom participation
- Professional development programs

With Community Engagement

- Shared use of recreational facilities
- Opportunities for physical activity when school is out of session
- Environments for safe travels to and from school



Benefits Everyone



The students

Improved attention
Better mood and memory
Improved bone health

Healthier weight

Better heart health
Lower risk of depression
Better grades

The Teachers

More students on task
Improved classroom behaviours
Students getting better grades

Fewer absences

The Community
Lower health care costs
Expanded school partnerships
More access to activity-friendly spaces



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Thank you

PARENT INFORMATION: PHYSICAL LITERACY

Dear Parents,

Greetings from International Indian School – Abu Dhabi.

At IIS, we are deeply committed to fostering the holistic development of every child. A key area of focus is physical literacy—the ability, confidence, and motivation to engage in physical activity for life. Physical literacy forms the foundation of a healthy lifestyle and contributes to physical, social, and emotional well-being.

Through our Physical Education program and school sports, we aim to:

- Help students develop fundamental movement skills such as running, jumping, throwing, and catching.
- Build confidence and competence in various physical activities.
- Encourage teamwork, resilience, and the joy of participation.
- Foster a lifelong love for active and healthy living.

We believe this journey is a partnership. Here's how you can support your child's physical literacy at home:

- Encourage daily playtime that involves movement, such as riding a bike, climbing, or simple games.
- Participate in family activities like walking, dancing, or playing sports together.
- Celebrate your child's efforts and progress in physical activities, regardless of the outcome.

Let's work together to ensure our children grow up active, healthy, and happy. If you have any questions or suggestions to further enhance our PE and sports programs, please feel free to reach out to us.

Thank you for being an essential part of your child's journey to physical literacy!

Warm Regards,

PHYSICAL EDUCATION DEPARTMENT

