

U.A.E. School  
Fitness

# SCHOOL ONLINE FITNESS PROGRAM 2020

## United Arab Emirates

# WHAT MAKES CHILDREN HAPPY?

PHYSICAL ACTIVITY. BUT WHY?

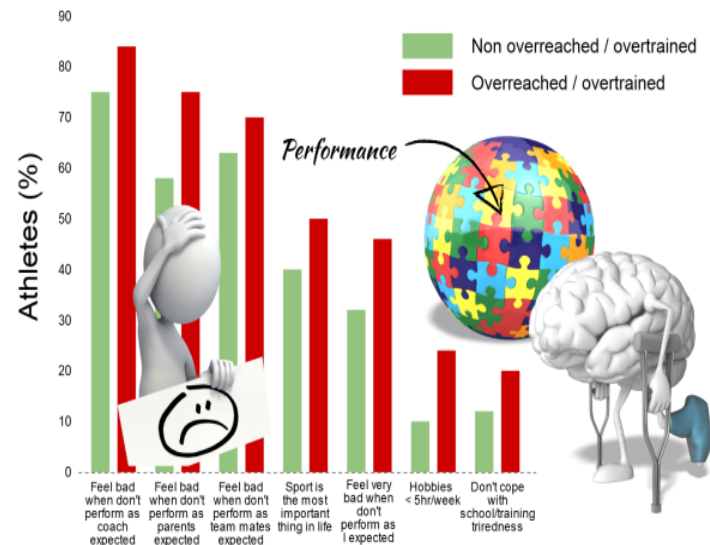
DURING PHYSICAL ACTIVITY, OUR BODY IS “FIRING” CERTAIN HORMONES, KNOWN AS “HAPPY HORMONES”:

- DOPAMINE (LEARNING, MEMORY, MOTOR SYSTEM FUNCTION ETC.)
- SEROTONIN (REGULATES SLEEP, APPETITE, DIGESTION, ETC.)
- OXYCOTIN (TRUST, EMPATHY, BONDING IN RELATIONSHIPS ETC.)
- ENDORPHINS (REDUCING STRESS, ANXIETY, IMPROVING SELF-ESTEEM ETC.)

\*Medically reviewed by [Dr. Abdulaziz Al-Fozan](#) on September 30, 2019

## SEVEN MOST REPORTED PSYCHOSOCIAL ISSUES ASSOCIATED WITH OVERREACHING / OVERTRAINING

Designed by @YLMSSportScience



Reference: Matos, Winsley & Williams, MSSE 2011

Collected on 376 young athletes  
#coachthewholeperson

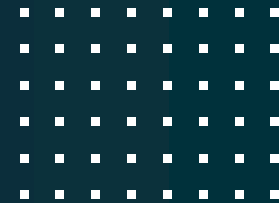


# WHY IS PHISICAL ACTIVITY IMPORTANT FOR CHILDREN?

1. LEARNING, MEMORY AND MOTOR FUNCTION – NEUROLOGICAL BENEFITS
2. SLEEP, APPETITE AND DIGESTION – OVERALL HEALTH BENEFITS
3. TRUST, EMPATHY AND RELATIONSHIPS – SOCIAL BENEFITS
4. REDUCING STRESS AND ANXIETY, IMPROVING SELF-ESTEEM – EMOTIONAL BENEFITS

... AND THERE IS MORE ...

# BIO-PHYSICAL BENEFITS OF PHYSICAL ACTIVITY FOR CHILD



## U.A.E. School Fitness

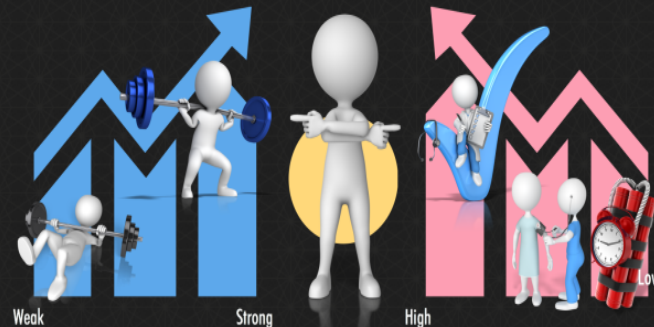
- IMPROVING CARDIOVASCULAR AND PULMONAL SYSTEM (HEART AND LUNGES)
- STRENGTHENING SKELETAL AND MUSCULAR SYSTEM (BONES, JOINTS AND MUSCLES)
- REGULATING WEIGHT CONTROLE AND REDUCING FAT MASS (OBESITY AND FAT TISSUE)
- STIMULATING ALL ORGANS TO WORK IN THEIR FULL POTENTIAL (LIVER, KIDNEYS, ETC.)
- PREVENTING FROM ACUTE AND CHRONIC DISESASES (COLD, DIABETES, CANCER, ETC.)

## MUSCULAR STRENGTH AND ENDURANCE AND CARDIO-METABOLIC HEALTH IN CHILDREN

Reference: R.D. Burns & T.A. Brusseau, Prev Med Rep 2016

Designed by @YLMsportScience

320 Hispanic children (10.1 ± 1.1 years) from Utah - USA were tested



**MUSCULAR STRENGTH & ENDURANCE**



**CARDIO-METABOLIC HEALTH\***

Higher levels of muscular strength and endurance relate to lower cardio-metabolic risk, independent of aerobic fitness

**STRONG KIDS = HEALTHY KIDS**

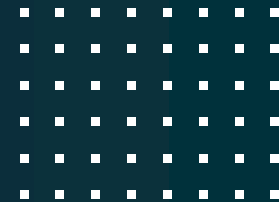


- STRENGTH
- ENDURANCE
- AGILITY
- SPEED
- COORDINATION
- PRECISION
- BALANCE



CONCLUSION: MOTOR SKILLS CAN IMPROVE PERFORMANCE IN DAILY AND SPORT ACTIVITIES. WE WANT TO MAKE THEM TO BE STRONGER, FASTER, DURABLE ... BUT THERE IS MAIN QUESTION ...

# WHEN, WHY AND WITH WHO?



1. SENSITIVE PERIODS FOR PHYSICAL DEVELOPMENT
2. SPORT SPECIFIC REQUIREMENTS AND SELECTION
3. HIGHLY EDUCATED PROFESSIONALS

## Recommended youth sport policies to integrate the 3Ps PERFORMANCE, PARTICIPATION & PERSONAL DEVELOPMENT

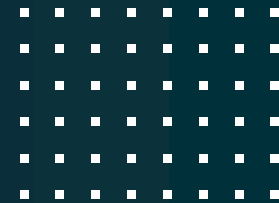
Reference: by J Côté and DJ Hancock USPP 2014

Designed by eYLM SportScience

1. Regulate length of season to 3 or 4 months, with a maximum of 6 months
2. Limit lengthy travel to organized competitions
3. Introduce 'grass-roots' sport programmes that focus on trying different sports
4. Do not implement a selection process of more 'talented' children until the specialization years
5. Provide healthy competitive opportunities, but do not overemphasize winning and long-term outcomes such as championships
6. Discourage early specialization in one sport
7. Allow children to play all positions in a given sport
8. Design play and practice activities that focus on fun and short-term rewards
9. Promote deliberate play within and beyond organized sport
10. Understand children's needs and do not 'over coach'

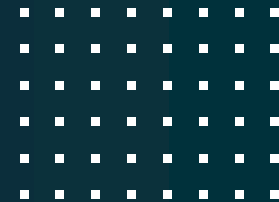


## AGE 6-10 SPECIFICS



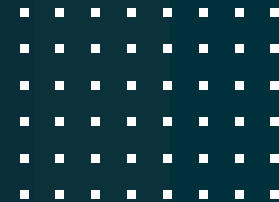
- UNSTABLE LOCOMOTION
- BRAIN IS DEVELOPED 70-90%
- VERBAL CUMMUNICATION IS MORE EFFECTIVE THEN DEMONSTRATION
- PRACTICE SHOULD BE EMOTIONALY RELATED (GAME)
- BASIC MOVEMENT PRINCIPLES APPLIED

## AGE 11-12 SPECIFICS



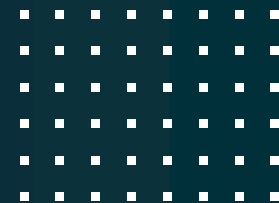
- 90% OF INFORMATIONS RECIEVENG FROM VISULA SYSTEM (EYES)
- GOOD DEVELOPMENT OF BIG MUSCLE GROUPS, SMALLER LESS
- BONES ARE NOT STRONG ENOUGH
- LIGAMENTS ARE STILL ELASTIC
- METABOLISM IS FASTER THEN IN ADULTS

## AGE 13-14 SPECIFICS



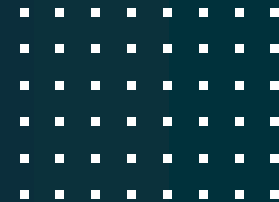
- PUBERTY (DEVELOPMENT OF ENDOKRINE SYSTEM, INTENSIVE PERIOD OF DEVELOPMENT IN NERVOUS SYSTEM ...)
- DEVELOPMENT OF LOGICAL OPIONION, JUDGING AND FOCUS
- UNSTABLE PSYCHOLOGICAL CHARACTERISTICS
- SENSITIVE CARDIOVASCULAR SYSTEM (HYPETROPHY OF THE HEART)

## PREADOLESCENCE PERIOD (females 10-12 & males 12-13/14)



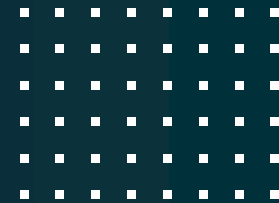
- BETTER PERCEPTION IN SPACE AND TIME, LOGICAL OPINION, SOCIAL ENVIRONMEN
- DEVELOPMENT OF MEMORY, FOCUS, CREATIVE AND APSTRACT OPINION
- SELF-AWARNESS OF HAPINESS AND SATISFACTION
- FEAR FROM SCHOOL, DISEASES, ACCIDENT AND DEATH

## EARLY ADOLESCENCE PERIOD (females 13-16 & males 13-14)



- FAST DEVELOPMENT OF INTELIGENCY
- INTERESTS FOR DIFFERENT ACTIVITIES ARE MORE NUMEROUS AND MORE DIFFERENT
- BEGINNING PHASE OF FORMING PERSONAL IDENTITY
- INITIAL PHASES OF ANXIETY, DEPPRESION ...

# SENSITIVE PERIODS



## SPEED (ELEMENT):

- Reaction speed and movement frequency (7-11/12)
- Speed of individual movement (7-15 / critical period 11-15)
- Acceleration speed (11 - 15)
- Maximal speed (16-18/19 – critical period 11-15)

MOBILITY (8-12/13 – critical period 9-11)

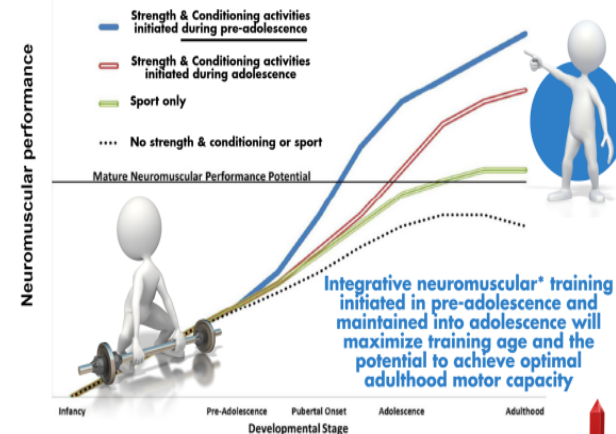
COORDINATION (7 – 12 / sensitive period after 15)

STRENGTH (7 -17 / critical period 14-15)

ENDURANCE (3-7 – males 8-11/15-16 females 8-10 / max 13)

## How Young is “Too Young” to Start Training?

Designed by eYLM SportScience



### Reference

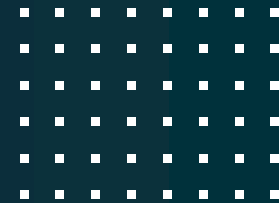
by Myer, Lloyd, Brent & Faigenbaum,  
ACSMs Health Fit J 2014

\*Resistance training, dynamic stability  
exercises, core focused training,  
plyometric drills and agility training










# SPORT SPECIFIC REQUIREMENTS





- EVERY SPORT/ACTIVITY REQUIRE DIFFERENT MOTOR SKILLS AND ABILITIES
- EVERY SPORT IS NOT FOR EVERY CHILD
- EVERY SPORT REQUIRE SPECIFIC SELECTION
- EVERY SPORT FOR KIDS SHOULD BE BASED ON GAME, JOY AND SOCIAL BENEFITS

**TO SAMPLE OR TO SPECIALIZE?**  
 7 postulates about youth sport activities that lead to continued participation and elite performance



*By @YLMsportScience*

- 1** Early diversification (sampling) does not hinder elite sport participation in sports where peak performance is reached after maturation
- 2** Early diversification (sampling) is linked to a longer sport career and has positive implications for long-term sport involvement
- 3** Early diversification (sampling) allows participation in a range of contexts that most favorably affects positive youth development

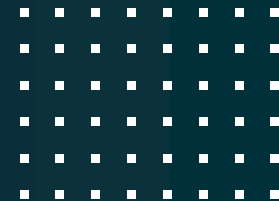
- 5** A high amount of deliberate play during the sampling years establishes a range of motor and cognitive experiences that children can ultimately bring to their principal sport of interest
- 4** High amounts of deliberate play during the sampling years build a solid foundation of intrinsic motivation through involvement in activities that are enjoyable and promote intrinsic regulation

- 6** Around the end of primary school (about age 13), children should have the opportunity to either choose to specialize in their favorite sport or to continue in sport at a recreational level
- 7** Late adolescents (around age 16) have developed the physical, cognitive, social, emotional, and motor skills needed to invest their effort into highly specialized training in one sport

Reference: J. Côté, R. Lidor & D. Hackfor, in IJSEP, 2009

# HIGHLY EDUCATED PROFESSIONALS



U.A.E. School  
Fitness

ALL BE STRONG COACHES HOLD SPORT SCIENCE UNIVERSITY DEGREE FROM FACULTY OF SPORT AND PHYSICAL EDUCATION. WE ARE:

- SPORTS AND P.E. TEACHERS
- S&C COACHES
- REHAB COACHES
- PERSONAL COACHES
- PERFORMANCE COACHES

## COACH BEHAVIORS AND YOUNG ATHLETES' WELL-ILL-BEING

360 young male athletes completed a questionnaire package. Results emphasize the importance of having coaches promoting autonomy supportive atmospheres and avoiding controlling styles to facilitate athletes' well-being and to prevent their ill-being



8 Avoid using controlling behaviors, as these behaviors actively frustrate athletes' psychological needs and they consequently experience lower self-esteem and higher burnout



1 Adopt an autonomy supportive style to enhance their athletes' self-esteem and reduce their burnout

7 Avoid becoming less friendly with the athletes when they don't make the effort to see things in the way the coach sees them, or being less supportive when the athletes are not training or playing well



2 It is important that athletes feel understood and valued, and that they are provided with options that are enjoyable and significant for them

3 Support the development of players' confidence in their ability to do things well in training and matches



6 Try to avoid withholding your love, your attention and your affection when the athletes do not behave in the desired way

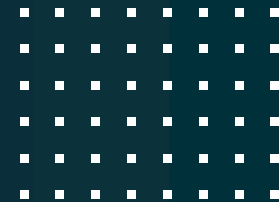


5 Understand how athletes feel and they try to make sure that athletes understand the goals of the activities in which they participate



4 Encourage the athletes to ask questions regarding the activities in which they participate and trying to answer these questions fully and carefully

## WHAT WE WILL DO?



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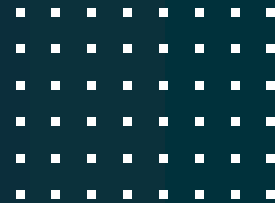
GRADE 1- 4 (developing coordination, balance and strength through game related tasks)

GRADE 5- 8 (developing strength, speed, mobility and agility through specific exercises)

GRADE 9-12 (developing strength, endurance and agility through specific movements and exercises)



# WHAT YOU CAN EXPECT FROM US?



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PROFESIONALISM

COMMITMENT

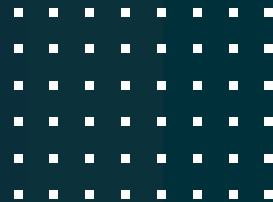
EXPERIENCE

MOTIVATION

KNOWLEDGE



# WHAT WE EXPECT FROM THE PARENTS AND TEACHERS?



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SUPPORT

COMMITMENT

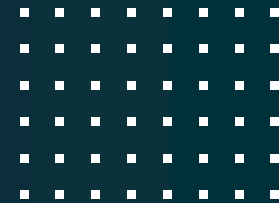
UNDERSTANDING

TEAMWORK

PATIENCE



# WHAT WE EXPECT FROM THE STUDENTS?



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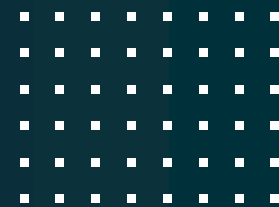
COMMITMENT

ATTENTION

CURIOSITY

PATIENCE

JOY



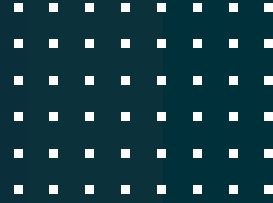
## WHAT WE ALL EXPECT?

FOR STUDENTS - TO MAKE THEM FITTER AND STRONGER

FOR TEACHERS – TO MAKE STUDENTS MORE PRODUCTIVE AND MOTIVATED

FOR PARENTS – TO MAKE THEIR OWN KIDS TO BE HAPPIER AND HEALTHIER

FOR BE STRONG – TO HELP YOU IN THAT MISSION AND VISION



U.A.E. School  
Fitness

THANK YOU





اتحاد الإمارات للرياضة المدرسية  
U.A.E SCHOOL SPORT ASSOCIATION

الرقم : 107

التاريخ : 26 / 10 / 2020 م

## Invitation

We are pleased to invite your schools to participate in the following event:

U.A.E School Fitness Program 2020 Online (boys and girls), according to the following details:

Organizers	UAE School Sport Association & Emirates Bodybuilding & Fitness Federation
Training By	BeStrong Scientific Fitness
Target	Students Of All Nationalities
Date	from Monday 2nd November to Wednesday 16th December 2020
Time	Form 3.00 pm – 4.30 pm
Days	Exercises will be 2 times per week, Monday & Wednesday
Participation fee	free
Prizes	Participation Certificates
Communication	Mr. Mahmoud El Mansoury - Coordinator Activities on mobile phone 0559098711
Participation Form	<a href="https://forms.gle/bBYWXGiiV65iDUBX9">https://forms.gle/bBYWXGiiV65iDUBX9</a>
Presentation	UAE School Fitness Program 2020 presentation <a href="https://drive.google.com/file/d/1rH5Skz9P6KfpSnIJbCFyelf2fbfvYmB6/view?usp=sharing">https://drive.google.com/file/d/1rH5Skz9P6KfpSnIJbCFyelf2fbfvYmB6/view?usp=sharing</a>

Program schedule:

Grade	Category	time
Grade 1 - Grade 4	boys	3.00 pm – 3.25 pm
	girls	
Grade 5 - Grade 8	boys	3.30 pm – 3.55 pm
	girls	
Grade 9 - Grade 12	boys	4.00 pm – 4.30 pm
	girls	

Yours sincerely,

Waheeda Abdulaziz Jasim  
General Secretary



اتحاد الإمارات للرياضة المدرسية  
U.A.E SCHOOL SPORT ASSOCIATION



اللجنة التنظيمية للرياضة المدرسية للدول الأعضاء  
مكتب التربية العربي لدول الخليج  
THE ORGANISING COMMITTEE OF SCHOOL  
SPORTS FOR MEMBERS OF ARAB BUREAU  
OF EDUCATION FOR THE GULF STATES



الهيئة العامة للرياضة  
GENERAL AUTHORITY FOR SPORTS



وزارة التربية والتعليم  
Ministry Of Education



اتحاد الإمارات للرياضة المدرسية  
U.A.E SCHOOL SPORT ASSOCIATION

الرقم : 106

التاريخ : 26 / 10 / 2020 م

المحترمين

السادة / مديري المدارس

تحية طيبة وبعد،

**الموضوع : برنامج المدرسة الاماراتية للياقة البدنية 2020 ( Online )**

نتقدم لكم بخالص تحيات وتقدير مجلس إدارة اتحاد الإمارات للرياضة المدرسية ، متمنين لكم دوام التوفيق .  
ويطيب لنا دعوة مدرستكم الموقرة للمشاركة في الفعالية التالية:

المنظمون	اتحاد الإمارات للرياضة المدرسية بالتعاون مع اتحاد الامارات لبناء الأجسام واللياقة البدنية
التدريب عن بعد	BeStrong Scientific Fitness
البرنامج الزمني	الفترة من 02 / 11 - 16 / 12 / 2020
الأيام	يومي الاثنين ، الأربعاء من كل أسبوع
التوقيت	الساعة ( 3.00 - 4.30 ) في الفترة المسائية
شروط المشاركة	العدد مفتوح لجميع الطلاب والطالبات مواطنين ومقيمين من المدارس الحكومية والخاصة بالدولة.
رسوم المشاركة	مجاناً
الجوائز	شهادات مشاركة لجميع المشاركين في البرنامج
الاستفسار	التواصل مع الأستاذ / محمود المنصوري منسق أنشطة الاتحاد على هاتف رقم 0559098711
استمارة المشاركة	<a href="https://forms.gle/bBYWXGiiV65iDUbX9">https://forms.gle/bBYWXGiiV65iDUbX9</a>
العرض التقديمي	UAE School Fitness Program 2020 presentation <a href="https://drive.google.com/file/d/1rHHSkz9P6KfpSnIjBCFyelf2fbfYmB6/view?usp=sharing">https://drive.google.com/file/d/1rHHSkz9P6KfpSnIjBCFyelf2fbfYmB6/view?usp=sharing</a>

البرنامج الزمني للبرنامج:

المرحلة الدراسية	الفئة	التوقيت
الصف الأول - الصف الرابع	البنين	من 3.00 - 3.25 عصراً
	البنات	
الصف الخامس - الصف الثامن	البنين	من 3.30 - 3.55 عصراً
	البنات	
الصف التاسع - الصف الثاني عشر	البنين	من 4.00 - 4.30 عصراً
	البنات	

آملين مشاركة مدرستكم الموقرة ،،

وتفضلوا بقبول وافر التحية والتقدير ،

وحيدة عبد العزيز محمد  
الأمين العام



اتحاد الإمارات للرياضة المدرسية  
U.A.E SCHOOL SPORT ASSOCIATION



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