



ST. MARY'S *Catholic High School, Dubai*

PHYSICAL ACTIVITY POLICY

2026-2027



POLICY ON PHYSICAL ACTIVITY

As a school we have a responsibility to help pupils and staffs to establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways pupils can maintain and improve their physical health, mental health and overall well-being.

It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives.

This policy outlines the organisation, teaching and management of physical activity at St. Mary's Catholic High School, Oud Metha.

The policy was formulated through consultation with school principal, vice principal/ Health and Safety office, head of PE department, and our school doctor.

Aims

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the pupils through participation in physical activity
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events
- To promote inclusion
- To improve the quality of PE and Sport
- To improve emotional tolerance and mental stability.

Definition of Physical activity

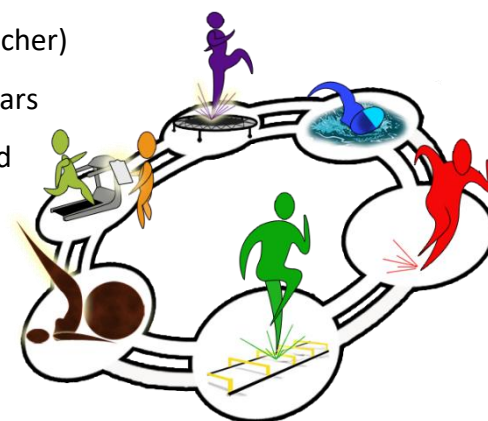
Physical Education is an integral part of the total education process which develops physically, mentally, emotionally and socially fit citizens through physical activities.

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

Delivery

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff (PE teacher)
- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE, science and continuous health education by school healthcare team.
- Extra-curricular clubs run through our after-school clubs as appropriate



Physical education lessons

There is a sequential scheme of work for PE which involves moderate to vigorous physical activity on a regular basis. Every pupil in each year shall participate in regular physical education for the entire school year. We use the playground and field for PE activities. All pupils participate in PE lessons each week.

Extra-curricular physical activity

Pupils have a diverse choice of activities in which they can participate- competitive, non-competitive, structured and unstructured.

All activities are supervised by members of staff or qualified coaches.

We regularly take part in different sports festivals and inter-school tournaments for pupils of different ages.

We encourage pupils to go to clubs and or practice outside under proper supervision to improve their talents.

Equal opportunities

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education and takes into account of their individual needs and interests. It is necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability. Special attention and additional care are given to SEN students.



Differentiation

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success
- Pupils at different starting points all make progress
- The achievement of all pupils are maximised by providing variations in tasks, resources, support and group structure.

Assessment and Report

- Pupils are assessed periodically and the progressions are recorded.
- According to their progression grades are awarded.
- Any stagnant or plateau of learning are discovered and remedial programme shall be administrated.
- Pupils are observed during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the pupils to find out what they enjoy/ don't enjoy about PE.
- We use assessment sheets to link pupils' achievements to National Curriculum level descriptors and use this information to inform parents in the end of term/ year report.

Staff training

Our PE and PSHE attend training and cascade to staff within school.

Health and safety plays a major part in all training for staff.

Health and safety guidelines

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities.

Medical team assess the all accidents and injuries occur during the physical activities and fill an incident form if necessary.

All guidelines for physical education and games are followed eg. Supervision, behaviour, clothing, jewellery and use of equipment.

**SAFETY
+ HEALTH
FOR ALL**

Monitoring and evaluation

The head of Physical education department is Mr. Christopher Chandra. He is responsible for providing clear leadership and management in developing and monitoring physical activity within school. He works closely with all members of staff and our PE specialist teachers. He monitors levels of participation and makes appropriate adjustments. He consults with pupils and staff to identify barriers to participation and to ensure there is broad range of activities is provided for all pupils to participate in.



Review Date:	August 2026
Next Review Date:	June 2027