

PHYSICAL ACTIVITY POLICY (AY 2026-27)

UAE School Inspection Framework Alignment

This policy aligns with the UAE School Inspection Framework Standard

3.2 Assessment: Element

3.2.1 Internal Assessment Processes and Standard

4.1 Curriculum Design and Implementation Elements: Element

4.1.3 Curricular Choices.

Policy

1. Physical Activity

- 1.1 **Holistic Activity Goal:** Bright Riders School ensures that every student attains the Moderate-to-Vigorous Intensity Activity (MVPA) target of at least 30 minutes per day within the school setting, including during breaks and recesses. This, in combination with the minimum timetabled Physical Education (PE) requirement, results in a total of 180 minutes of physical activity per week.
- 1.2 **Monitoring and Evaluation:** We, at Bright Riders School, monitor and report students' average daily MVPA, including the methodology used and its effectiveness in measuring MVPA. School tracks student participation in sports events, extracurricular activities, and competitions/tournaments/leagues, including participation by students with additional learning needs, and record this information in student performance reports in line with the [Student Performance Reports Policy](#).

2. Physical Education

- 2.1 **Minimum PE Time Per Week:** Bright Riders School provides an average of at least 60 minutes of taught, timetabled PE per week across the school year to all students, in line with [Appendix A. Timetabled Weekly PE](#).
- 2.2 **PE Curriculum:** In alignment with ADEK and CBSE standards, BRS has implemented a robust PE curriculum that leverages the [Appendix B Physical Literacy Framework](#). Our program meticulously outlines stage-specific learning goals, ensuring that each student achieves the physical, cognitive, and social milestones required for lifelong wellness.

3. Participation

- 3.1 **Universal Participation:** BRS provides opportunities for participation in PE and school sports for all students including girls/young women, students with additional learning needs (particularly students of determination with physical (para) and cognitive (sensory) needs, students who are the least active, and gifted and/or talented students, in line with [Appendix C. Universal Participation in PE](#).
- 3.2 **Gender Requirements:** BRS adheres to the gender requirements for PE and swimming classes set out in [Appendix D. Gender Requirements for PE and Swimming](#).

4. Competition and Talent Development

- 4.1 **Intra-School Competitions and Student Selection:** We at Bright Riders School, conduct merit-based intra-school trials and competitions for all sports they intend to enter under ADEK-led competitions. Intra-school competitions are the primary means of selecting students to represent the school in ADEK-led and other inter-school competitions.
- 4.2 **Inter-School Competitions:** BRS ensures that student participation in ADEK-led and/or recognized inter-school competitions/tournaments/leagues and maintain and report records for all non-ADEK competitions in accordance with ADEK requirements, in line with [Appendix E. ADEK Sports Competition Requirements](#).

5. Staffing

- 5.1 **Continuous Professional Development for PE Teachers:** BRS has ensured that qualified PE teachers receive ADEK-mandated hours of Continuous Professional Development (CPD) per year in subject-specific training, improving pedagogy and skills, in line with [Appendix F. CPD Requirements for PE Teachers](#).
- 5.2 **Coaches:** We ensure that any coaches hired (directly or through a third-party) or appointed from existing staff hold coaching certifications (within 1 year of appointment to the coaching role), in line with the [Staff Eligibility Policy](#) and [Appendix E. Competitions, Tournaments and Leagues](#). Coaches who do not meet the requirements of a Subject Teacher assist the PE teacher in delivering PE, but they are not authorized to teach the subject on their own.
- 5.3 **Lifeguards:** Bright Riders School ensures that pool-based activities are supervised by qualified lifeguards with continuous supervision of students maintained at all times. School has maintained a minimum of 1 lifeguard for a pool size of 25 m, in line with [Appendix G. Lifeguard Requirements](#).

6. Health, Safety, and Wellbeing

- 6.1 **Health and Safety in PE and School Sports:** School has implemented minimum health and safety standards for PE and school sports, including maintaining accurate records of incidents and related actions, and ensuring that PE teachers and coaches hold valid first aid certifications accredited and approved by UAE authorities.
- 6.2 **Access to Student Medical Records:** Our PE teachers and coaches have access to students' medical records and are aware of students' medical conditions that could be potentially impacted by engaging in PE and school sports.
- 6.3 **Weather Conditions and Hydration:** School assesses weather conditions before activities and adjust them as necessary. Students have access to temperature-controlled drinking water and are encouraged to hydrate before, during, and after activities. During hot or humid weather, students may wear PE uniforms instead of regular school uniforms.

7. Sponsorships

- 7.1 **Sponsorship:** BRS is authorized to seek sports-related sponsorships that support the school's educational mission. Sponsorships always comply with the requirements of the *Cultural Consideration Policy*, *Food and Nutrition Policy* and *Marketing Policy*, and do not promote or endorse products, services, or brands that are prohibited or inconsistent with ADEK policies.

8. Facilities

- 8.1 **School Sports Facilities and Equipment:** BRS is authorized to work with third-party operators in their local communities to provide access to school sports facilities and auxiliary spaces (e.g., changing rooms) on a free-use or rental basis. In such cases, school shall restrict access to all other areas of the school and ensure that sports facilities and equipment meet ADEK requirements.

Appendix A. Timetabled Weekly PE

Bright Riders School adheres to the following, when meeting an average of at least 60 minutes of taught, timetabled PE per week:

- 1. Ensures the majority of PE is dedicated to engaging in actual physical activity (practice), balanced by less physically active learning (engaging in “downtime”, learning about rules, theory, etc.).
- 2. Facilitates alternative arrangements or accommodations for physical activity during PE classes are made for non-consenting students or students who have medical conditions preventing them from participating (e.g. land training/dryland exercises,

- screens, sectioned spaces).
3. Exceptions: BRS is authorized to:
 - a. Make PE optional for Cycle 3 students who are engaged in high-stakes exams or intensive coursework requirements.
 - b. Reduce the minimum weekly PE time occasionally under specific circumstances (e.g. prevailing weather conditions).

Appendix B. Physical Literacy Framework

BRS has developed a Physical Literacy Framework (prescribed by the CBSE) that describes physical, social, cognitive, and psychological outcomes as relates to movement for students, differentiated for all ages and stages of development.

Appendix C. Universal Participation in PE

We adhere to the following when providing inclusive participation in PE and school sports:

1. Where a specific activity or task limits a student's active participation, we ensure that students are offered subject-specific alternative roles (e.g. team leader, referee, or score/record keeper).
2. We also ensure that gifted and talented students have access to talent pathways by engaging with local sports clubs or national sports federations to provide talent identification, coaching masterclasses, and venues for competitions.

Appendix D. Gender Requirements

PE and swimming classes shall be conducted in adherence to the [Table 1. Gender Requirements for PE and Swimming](#):

Table 1. Gender Requirements for PE and Swimming

Class	Grades	Gender Status of School/Section	Teacher/Adult Gender
PE	PKG/FS1-G4/Y5	SG Male	Male or Female**
		SG Female	Female
		Coeducational	Male or Female
	G5/Y6-G12/Y13	Male Section	Male or Female
		Female Section	Female
		Coeducational	Male or Female
Swimming*	PKG/FS1-G4/Y5	SG Male	Male or Female**
		SG Female	Female
		Coeducational	Female
	G5/Y6-G12/Y13	Male Section	Male
		Female Section	Female

*Swimming: The requirements set out in this policy apply only to swimming activities conducted as part of PE and do not apply to extracurricular swimming activities.

**Teacher/adult shall be female only for KG cycle unless teaching support staff (female only as per *Coeducation Policy*) are also provided.

1. For PE classes in Grades 5/Year 6 to Grade 12/Year 13 and coeducational swimming classes in PKG/FS1 to Grade 4/Year 5, school shall provide parents with the option to withdraw their children from mixed-gender activities through the submission of a signed non-consent form.
2. Regardless of school type, swimming classes from Grade 5/Year 6 onward shall be conducted in separate male and female sections.

Appendix E. Competitions, Tournaments and Leagues

School shall participate in ADEK-mandated competitions as per the *Abu Dhabi Sport Championships Requirements*.

Appendix F. CPD Requirements for PE Teachers

School shall ensure that qualified PE teachers receive the following:

1. PE teachers taking on coaching roles shall hold coaching certifications relevant to the sport, in addition to their teaching credentials, to ensure safe, competent, and standards-aligned practice.
2. School that achieve full participation in all mandatory ADEK-led competitions/ tournaments/ leagues within an academic year may be eligible for a reduced CPD requirement of 30 hours for Physical Education staff, subject to adherence to participation and reporting requirements.

Appendix G. Lifeguard Requirements

BRS ensures that our lifeguard adheres to the following:

1. Lifeguard rotates position every 15, 20, or 30 minutes and spends no longer than 30 minutes in one static position.
2. Lifeguard is provided a 15-minute break for every 90 minutes spent in the pool hall.

Definitions

Additional Learning Needs	Individual requirements for additional support, modifications, or accommodations within a school setting on a permanent or temporary basis in response to a specific context. This applies to any support required by students of determination and those who have special educational needs and/or additional barriers to learning, access, or interaction in that specific context (e.g., dyslexic, hearing or visually impaired, twice exceptional, or gifted and/or talented). For example, a student with restricted mobility may require lesson accommodations to participate in Physical Education and building accommodations to access facilities but may not require any accommodations in assessments. Equally, a student with hearing impairment may require adaptive and assistive technology to access content in class and may also require physical accommodations (e.g., sit in the front of the class to be able to lip read) to access learning.
Coach	A qualified professional, trained in professional coaching and sport-specific technical standards, who is responsible for organizing, planning, and implementing all or part of the school sports program.
Competition	A contest in which everyone who participates is aiming to win. Refers to sport and activities whereby students compete against others, or themselves, in ways that supports their health and fitness.
Continuous Professional Development (CPD)	All activities undertaken by staff to improve their knowledge, skills, competencies, and performance on a regular basis. CPD includes in-person training, online training (synchronous or asynchronous), coursework, short certificate and degree programs, mentorship programs, peer/ collaborative learning, academic conferences, research projects, observational visits, and community programs to share teaching best practices. CPD excludes planning hours and general staff meetings.
Documented Learning Plan	A plan which outlines any personalized learning targets, modifications to curriculum, additional support, or tools for learning which are agreed by school staff, parents, and students (where appropriate), including Individual Educational Plans (IEP), Individual Support Plans (ISP), Individual Learning Plans (ILP), Behavior Support Plans (BSP), Advanced Learning Plans (ALP), etc. This may be to address any specific identified academic, behavioral, language, or social and emotional need.
Health and Safety	Requirement for school to ensure that students, staff, contractors, sub-contractors, relevant stakeholders, and visitors are kept safe and healthy in school and school-related activities.

Physical Activity	Any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate- and vigorous-intensity physical activity (MVPA) improve health (WHO, 2020).
Physical Literacy	The motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life (IPLA, 2016). A physically literate person can draw on their physical competence, knowledge, and understanding to stay physically active and lead a healthy life, relative to their situation and context.
Physical Education (PE)	The subject concerned with developing students' physical literacy and their ability to use their literacy to perform in a range of activities for the progressive development of their physical health. PE is planned, progressive learning (theory and practice) that takes place in a timetabled class with a documented curriculum that is delivered to all students by a qualified PE teacher.
School Sports	All structured physical activities and learning that take place under the school's supervision beyond PE. School sports includes all physical activity conducted during school breaks and extracurricular activities. These activities are often competitive in nature and should adequately prepare all students for competition (in and beyond the school environment) and lifelong participation in sports and physical activity.

Compliance

Bright Riders School is fully compliant with this policy by AY 2026/27 (Fall term).

Approved By:

Rachna Prakash
Principal
Bright Riders School-Abu Dhabi
Next Review: AY 2027-2028

