



PHYSICAL ACTIVITY POLICY

1. Introduction

Universal Private School is committed to promoting students' physical health, wellbeing, fitness and active participation through high quality Physical Education, daily physical activity, school sport and extracurricular opportunities.

The school will provide safe, inclusive and age appropriate opportunities for students from KG1 to Grade 12 to participate in regular physical activity and develop lifelong healthy habits.

2. Purpose

This policy aims to:

1. ensure students achieve ADEK physical activity expectations;
2. provide high quality PE and school sport;
3. increase daily student movement and participation;
4. provide inclusive opportunities for students of different abilities and needs;
5. encourage participation in competitive and recreational sport;
6. ensure appropriately qualified staff and coaches;
7. maintain safe sporting environments and equipment; and
8. monitor participation and use evidence to improve provision.

3. Physical Activity Requirements

UPS will work to ensure that every student achieves 30 minutes of Moderate to Vigorous Physical Activity each school day, alongside a minimum of 60 minutes of timetabled PE each week.

This should result in at least 180 minutes of physical activity per week within the school setting, as required by ADEK.

The 30 minute daily target may be achieved through a combination of:

- PE lessons;
- active breaks;
- structured playground activities;
- morning activities;
- classroom movement;
- extracurricular sport;
- school competitions; and
- other supervised physical activities.

This requirement will apply from the start of AY 2026/27.

4. Physical Education



All students will receive a minimum of 60 minutes of timetabled PE per week.

PE provision will:

- follow an age appropriate curriculum;
- develop physical competence and fitness;
- promote teamwork and sportsmanship;
- provide opportunities to learn different sports and physical skills;
- encourage healthy lifestyles;
- develop confidence and participation; and
- include appropriate assessment of student progress.

PE should form part of the school's broader approach to student wellbeing rather than being treated only as a competitive sports programme.

5. Daily Physical Activity

UPS will provide opportunities for students to be physically active throughout the school day.

Teachers and relevant staff may use:

- active breaks;
- structured recess activities;
- movement between learning activities;
- supervised games;
- walking activities;
- fitness challenges; and
- short classroom movement activities.

Activities will be appropriate to students' age, physical development and individual needs.

The school will aim to reduce unnecessary periods of prolonged inactivity during the school day.

6. Inclusive Participation

Physical activity and PE will be accessible to all students, including students with additional learning needs.

Teachers will provide reasonable adaptations such as:

- modified activities;
- adapted equipment;
- adjusted rules;
- alternative roles;
- additional support;
- appropriate levels of challenge; and
- individualized participation arrangements where required.



Students should not be excluded from physical activity simply because they cannot participate in an activity in its standard format.

Relevant medical information and Documented Learning Plans will be considered when planning activities.

7. School Sports and Competitions

UPS will provide opportunities for students to participate in both recreational and competitive sport.

The school will complete the required registration for the **Abu Dhabi Sports Championships by 18 September 2026**.

UPS will participate in suitable Junior Varsity and Varsity competitions according to student age, interest, available facilities and school capacity.

For sports registered under these competition formats, UPS will conduct school trials by **28 September 2026**.

Selection procedures will be fair, transparent and based on relevant sporting criteria.

8. Extracurricular Physical Activity

UPS will provide appropriate extracurricular physical activity opportunities based on student interests, staffing and available facilities.

These may include:

- football;
- basketball;
- volleyball;
- athletics;
- fitness activities;
- traditional games;
- recreational sports; and
- other appropriate activities.

The school will encourage participation from students who may not normally participate in competitive sport.

9. Coaches and Staff

PE lessons will be delivered by appropriately qualified staff in accordance with ADEK staff eligibility requirements.

External and internal coaches working with students must:

- have appropriate experience;
- follow school safeguarding requirements;



- comply with health and safety procedures;
- understand emergency arrangements; and
- work toward appropriate recognized coaching certification.

All coaches must begin the process of obtaining recognized coaching certification by **18 September 2026**, with certification to be obtained by the end of AY 2026/27.

10. Health and Safety

Student safety will remain the priority during all PE, sport and physical activity.

UPS will ensure that:

- facilities and equipment are checked regularly;
- damaged or unsafe equipment is removed from use;
- activities are appropriately supervised;
- risk assessments are completed where required;
- staff are aware of relevant student medical needs;
- first aid arrangements are available;
- weather conditions are considered before outdoor activity;
- hydration is encouraged; and
- emergency procedures are understood by relevant staff.

Outdoor activities will be adjusted, relocated or cancelled where weather or environmental conditions present a risk.

The ADEK Physical Activity Policy requires schools to maintain appropriate safety arrangements for physical activity and sporting provision.

11. Student Wellbeing and Healthy Lifestyles

Physical activity will form part of UPS's wider approach to student wellbeing.

Students will be encouraged to understand the relationship between:

- physical activity;
- physical fitness;
- mental wellbeing;
- sleep;
- nutrition;
- healthy lifestyle choices; and
- long term health.

The school will promote participation and personal improvement rather than focusing only on competitive achievement.

12. Parent and Community Engagement

UPS will encourage parents to support students' physical activity and healthy lifestyles.



Parents may be involved through:

- sports days;
- school competitions;
- awareness activities;
- community sporting events; and
- extracurricular programmes.

The school may also establish partnerships with appropriate sporting organizations and community providers where these enhance student opportunities and comply with ADEK and school requirements.

13. Monitoring and Evaluation

UPS will monitor the effectiveness of physical activity provision through:

- PE timetables;
- participation records;
- extracurricular activity records;
- competition participation;
- student feedback;
- attendance;
- observations;
- student fitness and progress information where appropriate;
- coach qualification records; and
- health and safety checks.

School leaders and PE staff will use this information to identify participation gaps and improve opportunities for students.

14. AY 2026/27 Priority Actions

Priority Action	Deadline
Ensure 30 minutes of daily MVPA, minimum 60 minutes weekly PE and 180 minutes total weekly school physical activity	Start of AY 2026/27
Complete Abu Dhabi Sports Championships registration requirements	18 September 2026
Ensure all coaches begin recognized coaching certification process	18 September 2026
Conduct school trials for registered Junior Varsity and Varsity sports	28 September 2026
Ensure relevant coaches obtain recognized certification	End of AY 2026/27

These are the specific Physical Activity priority actions identified by ADEK for AY 2026/27.

**15. Policy Approval**

Policy	Universal Private School Physical Activity Policy
Academic Year	2026/27
Approved by	Board of Trustees
Approval Date	07 July 2026
Effective Date	Start of AY 2026/27
Next Review	End of AY 2026/27 or following publication of the final ADEK policy
Version	1.0