

**Subject: Teaching PE in School****Issue Date: 20 Sep-2022****Version: OSH.MS.PE02****Revised Date 30 Aug -2024****Policy Statement:**

FIS is committed to providing a comprehensive and inclusive Physical Education (PE) program that supports the physical, mental, and social well-being of all students. This policy outlines our dedication to fostering a lifelong appreciation for physical activity, promoting teamwork, developing physical skills, and ensuring the overall development of students through a well-rounded PE curriculum.

Student physical health promoting:**Vision:**

Our vision is to cultivate a school environment where physical health is a fundamental pillar of student development. We aim to inspire a lifelong commitment to wellness and physical activity in every student.

Mission:

Our mission is to provide a comprehensive physical education program that equips students with the knowledge, skills, and attitudes necessary for maintaining their health and fitness throughout their lives. We strive to create an inclusive environment where all students, regardless of ability, can participate in and benefit from physical activities.

Strategy:

Our strategy involves integrating physical health into all aspects of the school curriculum and culture. This includes regular PE classes, extracurricular sports programs, and health education that emphasize the importance of physical activity.

Targets:

We aim to achieve specific targets such as improving student fitness levels across all grade levels and reducing the incidence of lifestyle-related health issues among our students.



Implementation through PE Curriculum and School Sports Programs:

The policy will be implemented through a well-structured PE curriculum and comprehensive school sports programs. These initiatives are designed to foster physical activity, skill development, and teamwork among students.

FIS Strategy to Meet MVPA Target:

Our strategy includes ensuring that each student engages in a daily average of at least 30 minutes of moderate- to vigorous-intensity physical activity (MVPA) through PE classes and school sports. This target will be met through planned activities and monitored participation.

Developing Awareness Among Stakeholders:

The school recognizes that promoting physical health requires the active participation and awareness of all stakeholders within the school community—staff, students, and parents.

For Staff:

We will provide ongoing professional development opportunities that focus on the latest research and best practices in physical education and health promotion. This will include workshops, seminars, and resources that enable teachers to incorporate physical activity into their teaching practices effectively.

For Students:

Students will be engaged through health education integrated into the PE curriculum, highlighting the benefits of regular physical activity and a healthy lifestyle. This will be reinforced through school-wide campaigns, challenges, and events that promote active living.

For Parents:

Parents will be included through regular communication, including newsletters, parent-teacher meetings, and workshops that emphasize the role of physical activity in their children's overall development. We will also provide resources and suggestions for encouraging active lifestyles at home.



Community Involvement:

In addition to the internal school community, we will work with local health organizations and sports clubs to provide students and families with access to broader opportunities for physical activity and health education. This holistic approach ensures that the importance of physical health is understood and valued by everyone involved in the student's life.

Responsibilities:

The school administration is responsible for implementing and monitoring this OSH policy.

The PE department is responsible for ensuring the safe conduct of PE classes and activities.

All staff and students are responsible for adhering to safety guidelines and reporting any safety concerns.

Duty of Care:

It is advised that the consent of the student's parents should always be given prior to children taking part in physical education. This applies to all activities within the school curriculum, to extra-curricular activities during or outside normal school hours and whether undertaken on or away from school premises. The Head of PE is responsible for ensuring these are brought to the attention of all staff in the school that it is complied with and must co-operate, as appropriate, with the school Health and Safety officer in this regard.

Risk Assessment:

Hazards in PE can be reduced through effective management, i.e., by balancing appropriate challenge and acceptable risk. We must create and maintain a risk assessment for each PE work area. Significant hazards and their control measures should also be included in the schools PE policy. We must obtain the risk assessment of the venue for any events outside school.

Key Considerations in Physical Education Classes

- 1- First Aid
 - Ensure an adequate number of trained first aiders.
 - Provide a traveling first aid kit.
 - Anticipate procedures for managing accidents, especially on outings.
- 2- Accident/Incident Reporting






- Report staff and students' injuries, especially significant ones, using the School Incident Report form.
 - Out-of-school event incidents should be assisted and recorded by the event organizer.
 - Report curriculum sports activity accidents resulting in severe injury to the Health and Safety Executive/local authority.
- 3- Clothing and Footwear
- Wear appropriate clothing and footwear for activities.
 - Stockinged feet not acceptable indoors.
 - Barefoot acceptable in suitable conditions; otherwise, use soft-soled plimsolls.
 - Encourage clothing that allows freedom of movement.
- 4- Personal Effects (Jewellery, glasses etc)
- glasses must be removed during the PE periods
 - Belts with metal buckles and long hair should be appropriately secured.
 - Prohibit jewellery during PE lessons.
 - Teachers should not remove or replace earrings, and parents cannot transfer this responsibility to teachers.
- 5- Health Follow Up
- PE teachers must receive updates on students' health from the school clinic.
 - Periodically, PE teachers should be informed of any students with personal health issues.
 - PE teachers are responsible for providing appropriate instructions and accommodations during PE lessons for students with known health issues.
- 6- Injury Reporting:
- All injuries, no matter how minor, must be reported to the school clinic.
 - The PE department will maintain injury records and provide information to the administration for analysis.
- 7- Emergency Preparedness:
- An emergency action plan will be in place, detailing procedures for fire drills, severe weather, and other emergencies.
 - Staff and students will be educated on emergency procedures.
- 8- Continuous Improvement:
- This OSH policy will be reviewed periodically and updated as necessary.
 - Feedback from staff, students, and parents will be considered for policy enhancements.
- 9- Compliance
- All staff and students must comply with the safety guidelines outlined in this policy.



PE Teachers consent

I hereby acknowledge that I have read, understood, and will fully comply with the Physical Education (PE) Policy at [Future International School]. I understand that this policy is in place to ensure the comprehensive development of students, including their physical, mental, and social well-being, through safe and inclusive PE activities. I commit to upholding the standards and guidelines set forth in this policy to promote a positive environment for all

Name	Signature	Date
CONNIE B. DUPLA		Jan. 9, 2024
Nada Elasklany		9/1/2025
Mohamed Khamis		9/1/2025

- Non-compliance may result in disciplinary action.

Prepared By
Health and safety Officer
Mr. Mohamed Orabi

Reviewed & Approved By
School Principal

Signature: