

SECTION 16
**PHYSICAL EDUCATION AND
EXTRA-CURRICULAR ACTIVITIES**

PHYSICAL EDUCATION AND EXTRA-CURRICULAR ACTIVITIES

16.1 Introduction

ISL Qatar offers extensive curricular and extra-curricular physical education (PE), games and activities programmes. The objectives are: to offer diverse opportunities for physical education; to develop students' physical skills; to promote and maintain physical health; to develop a love of physical education and sports and to provide activities in which students can excel and enjoy themselves.

16.2 Sports facilities

ISL Qatar possesses sports and recreational facilities, including an all-weather football pitch with floodlights, a swimming pool, a large indoor multipurpose gymnasium, outdoor basketball courts and outdoor volleyball courts.

16.3 Curricular activities

The primary curriculum follows the PYP guidelines for Physical Health Education. The secondary curriculum prepares students for MYP Physical and Health Education (PHE). Many activities are offered in the PHE programme including association football (soccer), basketball, cricket, cross-country running, dance, gymnastics, health related exercise, hockey, netball, tag-rugby, track and field athletics, trampolining and volleyball.

School teams practise for many of these activities and inter-school competitions regularly take place across a wide range of ages. If injured or ill, students are expected to submit a written request to be "excused". This request should be signed by a parent, guardian or the school nurse and presented to the PHE teacher before the lesson.

16.4 Extra-curricular clubs and activities

A diverse programme of clubs and extra-curricular activities are offered in the Primary and Secondary Schools. Activities offered are based upon student and parent interests with information being collected regularly through online surveys. We offer a wide range of extra-curricular activities including debating, music, art, drama, crafts, and different dance styles as well as academic activities such as learning new languages, book clubs, and maths and science clubs. We also offer technology related activities including computer programming and robotics. The extra-curricular timetable is reviewed and updated on a termly basis. We also offer activities that are run by external professional coaches and instructors, these activities have a charge associated with them. Each term these activities are reviewed and updated according to student and parent feedback. Information about activities and sign-up procedures is sent out termly and can be accessed on the ISL Qatar website.

16.5 Administration of activities

Members of staff supervise and manage activities according to their skills and experience. In addition to this, external specialists are employed to offer further activities on a weekly basis. The Director of Activities coordinates the overall programme which takes into account all resources including staffing, facilities, timings and equipment. A new programme is offered to all students each term and attendance at many activities is free and non-obligatory. However, it should be noted that, many clubs have specific objectives and goals: once students enrol for a club, they should progress and continue with that activity until the programme finishes. In some activities, records are kept to monitor the progress of students.

Information about the sign up procedure for activities is sent regularly to all parents, and an online registration is required for each activity chosen by the students. Students choosing an after-school activity must make appropriate transport arrangements.

16.6 PE Kit

ISL Qatar has a PE uniform provider to facilitate the purchase of the PE polo shirt and shorts. The school will notify parents of dates when the uniform provider will be at school to sell the uniforms. Students are encouraged to wear the ISL Qatar PE polo shirt along with any navy blue, comfortable bottoms on days when they have PE lessons. Jewellery should not be worn during PE lessons. The school is not responsible for the loss of any jewellery during school time. All clothing and PE kit should be marked with the student's name. We recommend that secondary students bring a change of clothes in cases where PE lessons happen in the morning, and change into fresh clothes following exercise.