



2016 SCHOOL SPORTS
A PRESENTATION
CARNIVAL



M AMJAD KHAN
Director

M Amjad Khan has devoted his heart and soul to the development of Education, Training & Child Care. He has his own unique understanding on the introduction and cultivation of talents, the innovation and optimization of operation and management, the updating of services and quality as well as expanding business scale and capital operation.

M Amjad Khan has a democratic style of work and a decisive manner in handling affairs. Before making a decision, he would draw on collective wisdom and learn widely from the strong points of experts, specialists and operation and management team with a receptive mind, which are followed by his deep-into-reality market research and feasibility studies. Once the decision is made, he would put it into practice with unbreakable will in a vigorous and resolute style and shall never give up before he reaches his goal.

During his career he has been awarded number of honors for his work towards the development of education by Govt and Communities.





M. KHALID SAEED
Managing Director

Having experience of 16 years with different multinational companies in India and Bahrain- started my work career from Indian Airline as HR-Trainee in Industrial relation- Dept-Delhi-Came Bahrain 22nd Sep 2004 till now and serving my second home humble country Bahrain and availing best facilities and respect.

Bahrain is like my second home so i decided to work for myself and my second home Bahrain keeping this in my mind we plan for providing the facilities for Sports and Education through our training programs with help of Bahrain Govt.- by providing business opportunities to us on Sports and Education -Our training programs will give growth wise verse to each other and this will be possible with cooperation of my experience workforce and companies/ partners



A young boy with curly hair is running towards the camera on a grassy field. He is wearing a light green long-sleeved shirt with the words "NORTH EAST SOUTH WEST" and arrows pointing in four directions. He is also wearing black shorts and green sneakers. The background is a blurred field with trees and a fence. The scene is lit with warm, golden light, suggesting sunset or sunrise. The text "Improving School Sport and Physical Education in your School" is overlaid on the left side of the image in white, bold, sans-serif font. The word "School" is the largest in the title. At the bottom of the image, a wooden fence has the word "HORSHAM" written on it.

Improving School Sport and Physical Education in your School

HORSHAM

SCHOOL SPORTS A MESSAGE CARNIVAL

One of the most significant responsibilities we can have as educators is to give young people a strong foundation on which to build a full and active life. Physical activity for children has been linked to positive self-esteem, skill development, skeletal and cardio-vascular health, and general healthy development.

It is now widely established that childhood is the best time to establish positive attitudes and behaviour relating to physical activity and a healthy lifestyle. Young people spend a significant amount of time at school and therefore school environments need to be supportive of students being physically active. School sport and physical education programs are an important part of a comprehensive approach to providing this support. Having healthy and active students in our schools will help us meet this challenge.

This is why all schools continue to be required to meet the mandate for school sport and physical education programs offered to their students. This brochure can be used as a reference point for developing your school sport and physical education programs and seeking additional support and resources.

We commend the opportunities that these programs offer your school community to meet the needs of young minds. We recognise the contributions that schools and their communities make to these programs and offer my encouragement to develop more of these opportunities for students.



Children deserve the best possible start in life. We know that giving children the best possible health, development and learning foundations will benefit individuals and families as well as our community and economy.



SCHOOL SPORTS A BLUEPRINT CARNIVAL

This Blueprint statement describes the School's intent in providing the best possible opportunities for every child to 'thrive, learn and grow'. School sport is a key aspect of this intent and as part of a broad curriculum it offers young students this opportunity by fostering their learning and development.

School sport gives all students the opportunity to continue their physical, social and personal skills education through sporting competition at school and with other schools at local, state, national and international levels. It is most appropriately provided in conjunction with a sport or physical education program.

The School sport is recognised as essential to:

- ensure an increase in the participation rate of young people in physical activity
- raise young people's levels of physical competency
- redress young people's declining health and fitness levels.

In primary schools:

- Years 4–6: three hours per week of physical education and sport with a minimum provision of 50 per cent for physical education.

In secondary schools:

- Years 7–10: 100 minutes per week for physical education and 100 minutes per week for sport.





Benefits of School-Based Sports



Improved:

-  Problem-Solving Skills
-  Academic Achievement
-  Self-Esteem
-  Weight Control
-  Social Competence

As teens age they exercise less.



While 69% of youth ages 12-13 get at least 60 minutes of exercise a week, only 38% of youth ages 18-21 exercise at least an hour a week.

Decreased:

- Juvenile Arrests
- Teen births
- School Dropout
- Drug Use
- Depression & Suicide



WHEN KIDS ARE **PHYSICALLY** ACTIVE:



THEY PERFORM BETTER **ACADEMICALLY**

SOURCE: LET'S MOVE



THEY HAVE BETTER **ATTENDANCE**

SOURCE: LET'S MOVE



THEIR **BEHAVIOR IMPROVES**

SOURCE: LET'S MOVE



STUDENTS WHO ARE CONSIDERED PHYSICALLY FIT RECALL NEARLY TWICE THE AMOUNT OF **INFORMATION** THAN STUDENTS WHO HAVE **POOR PHYSICAL FITNESS**

A+

SOURCE: THE PUBLIC LIBRARY OF SCIENCE



CHILDREN WITH **HIGH LEVELS** OF PHYSICAL FITNESS HAVE HIGHER GRADES AND THOSE WITH **LOWER LEVELS** OF FITNESS HAVE LOWER GRADES

SOURCE: THE JOURNAL OF PERFORMACE



CHILDREN NEED AT LEAST **1 HOUR** OF PHYSICAL ACTIVITY A DAY

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION



CHILDREN SPEND MORE THAN **7.5 HOURS** A DAY IN FRONT OF A SCREEN (E.G., TV, VIDEOGAMES, COMPUTER)

SOURCE: PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION



2 OUT OF 3 KIDS TODAY ARE INACTIVE

SOURCE: LET'S MOVE



School sport offers the school community opportunities to build a strong identity and culture of excellence. Traditional values of respect, fairness, responsibility and resilience are developed as part of students' participation. School sport is often a partnership between the school and local community organisations, which work together to develop students' abilities and foster student aspirations for interesting and rewarding lives.



SCHOOL SPORTS WHY SCHOOL SPORT CARNIVAL

School sport and physical education improve students' concentration, memory, behaviour and academic performance. Schools can lift the performance and outcomes for their students by offering programs designed to maximise participation, enjoyment and personal reward.


High-performing schools utilise school sport and physical education programs to help motivate students and support learners in their academic work.

This position is supported by growing evidence that sport and physical education have positive influences on student academic achievement. Physical activity has been demonstrated to have a positive effect on concentration, memory and classroom behaviour.

Students who have increased time participating in sport and physical education have increased academic performance as a result.

In addition, studies of the benefits of school sport and physical education has shown that as a result of investing in these activities the schools themselves become 'happier, healthier and more successful; pupils have greater confidence and self-esteem.'





Physical Education is a sequential, developmentally appropriate educational experience that engages students in learning and understanding movement activities that are personally and socially meaningful, with the goal of promoting healthy living. When provided with an appropriate Physical Education curriculum, instruction and learning experiences, students develop a broad spectrum of movement skills, personal and social skills, knowledge, motivation and confidence to engage in healthy activity throughout their lives.

SCHOOL SPORTS PHYSICAL EDUCATION CARNIVAL

Physical education empowers students to develop positive attitudes towards physical and lifelong habits of participation. It engages them in the ongoing development of the knowledge, understanding, skills and values to participate in healthy physical activity.

Physical education should:

- inform and guide students to engage in educational experiences that help them learn 'through, about, and during' movement activities
- equip students for lifelong participation in physical activity, through the development of movement skills and movement competence, health related fitness and sport
- teach students that movement skills, sport and physical activity can play an important part in everyone's life
- make students aware that everyone has the ability to participate in a healthy and active lifestyle.



SCHOOL SPORTS

TYPES OF SCHOOL SPORT

CARNIVAL

School sport can involve competition within a school or between schools. Students can compete within their own school in a regular weekly program. This type of intra-school program can be a rich learning experience, including basic skills, rules, preparation, umpiring and tactics.

Schools can also offer their students all the benefits of intra-school sport with the added challenge of competition against students from other schools – inter-school competition. Participation in inter-school sport enables the school community to develop and promote a strong identity and brings the school and local sporting communities together. Students are encouraged to develop new skills and pursue excellence in their own performance.

Students who excel in sporting endeavours also have opportunities to participate in state representative teams at national School Sport

These opportunities offer students access to specialised coaching and expertise that supports development of their performance capabilities by competing against students from across the Kingdom. They allow students to continue to learn at national competition level and offer an educational pathway into elite sport participation.



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SCHOOL SPORTS SCHOOL SPORT PROGRAM CARNIVAL

Quality school sport programs deliver the mandated hours for school sport in a weekly sporting competition as outlined in the Government Schools Reference Guide. These programs:

- have been developed in sequence and in increments to enable the gradual acquisition and application of skills
- have high levels of activity, with all students engaged in the activity through inclusive strategies and with opportunities to experience success
- give opportunities to develop social competencies and problem solving skills
- foster resilience and appreciation of achievements
- are safe and conducted by trained staff
- are challenging as an enrichment activity for those who are more highly skilled are enjoyable

- generate a level of well-being, encompassing fitness and enjoyment of physical activity
- build an ongoing interest in sporting pursuits, which may lead to lifelong involvement in one or more sports or recreational activities.

Schools collaborate across local and regional areas in a variety of organisational models to participate in regular competitions that culminate in state championships. Schools involved in these partnerships have greater access to facilities, venues, expertise and staff professional development.

Partnerships are a key feature of a successful school sport program. Schools with a strong sport program collaborate with parents and their local community, council and local businesses. Strong school sports programs feature partnerships with local and state sporting bodies, sporting clinics, 'come and try' days and specialised coaching.





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