

Darus-Salaam Education Centre

Introducing Sports and Activities

Together
an Active
Future
» » »



Why I made changes:

- As a teacher, homeschooling mother and madrassah leader, I have always felt the school learning system does not align with children's nature, sitting still for hours, endless lessons on the board or from books without any movement. My aim was to make the school to madrasah transition as fun as possible.
- When I looked in the mirror, I saw the little girl who had knots in her stomach and would pretend to vomit to avoid going to the Madrassah. That image is still raw and has stuck with me. I am determined to never let any one of my students ever feel or experience that at our Madrassah.
- My belief had led me to introduce as many physical, kinesthetic and fun activities as possible. Active Madrassah's vision was perfect as it upheld the need for children to be happy and keep moving.

What changed?

We have introduced many new sports and activities for the children. This includes archery sessions, Soccersize sessions and weekly football at a nearby field, canoeing, active day and night camp at local scouts centre.

How did I change it?

- I was able to make these changes by completing the archery instructor course and encouraging other staff members to get on board with it too.
- A male staff member attended training for Soccersize and leads the football sessions as a treat for the students' hard work.
- We took on the canoeing offer, many overcame their fear and were proud of this accomplishment. These have become real highlights for them!

- ✓ Relationship Building
- ✓ Doing Things Differently
- ✓ Connecting
- ✓ Investing in Strengths
- ✓ Brave Leadership

✓ Learning Together

Outcomes

- This has had a great impact on the children, they are very happy and have really enjoyed the adventures. They have approached me to ask if we can do more, especially those who didn't take part previously, they feel like they have missed out!
- Other classes also want to do football sessions and feel they need this fresh air and a short break to refresh their minds and bodies.

What next?

- More archery and football sessions will be scheduled into the madrasah timetable and two annual camping trips.
- The masjid has recently done a hike and many of our students joined and again are asking for this type of activity.
- I'm hoping to introduce some horse riding for students too as well as plan an annual madrasah sports day.



We really enjoy both archery and football. Please, can we make this a more permanent feature of our madrasah timetable?!

Students at DEC

We would like to do more canoeing and more camps and hikes too!

Students at DEC

The Change in me

I had to face situations, I would usually avoid, either out of my own inhibitions or I felt my dress/identity would limit me in certain sports. The horse riding, rafting and archery opportunities proved that the barriers exist only in my mind. That I can do it and will do it. That I am braver than I think and stronger than I know. I am very grateful for the opportunity and can see the amazing benefits that have come from it already and the confidence it has given me to keep doing more!

