

Madrasah Islamiyah

Sports Opportunities and Active Breaks

Together
an Active
Future
» » »



Setting the Scene for our Madrasah

Why we chose to make changes at our Madrasah:

We have always had the passion for sports and being physically active, especially as this aligns with our faith.

However, we realised that we had a lack of opportunities from what was already available.

We understood that the curriculum can be quite intense for the students and noticed that they did get tired after long lessons.



What changed?

- We introduced light exercises mid lesson.
- An end of year sports day and archery session.
- More sports opportunities overall, such as horse riding and paddle boarding.

How we made these changes

- We got all the staff and elder students involved in ensuring the students have **breaks in between lessons**.
- Engaging staff in various types of **training**.
- Making **time** and giving importance to **discussing** physical activity opportunities for the students with staff in meetings.
- **Trying things out ourselves first**, to encourage others to do it too.

The key enablers:

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

✓ Learning Together

Outcomes

- The children have been a lot **happier**.
- It has been a lot easier for them to **focus**.
- They now look forward to the activities and sports sessions.

What next?

We hope to continue building on what we have - more archery sessions, gardening, horse riding, paddle boarding etc.

To have ongoing enrichment where students will be doing a different sport activity in each term.

We really enjoy the activities in our lessons and love all the new sports we have been doing!

Madrasah Islamiyyah students

We have seen the benefits for the students in being more physically active and hope to continue to provide them with opportunities.

Staff at Madrasah Islamiyyah

The Change in me

- The Female Leadership Academy has helped me in being more self aware.
- We learnt to take a different approach with parents by working together with them and building a relationship to further benefit the children.
- Collaborating with other Madrasahs through the academy has been very useful and building these relationships with other Madrasah teachers also.

