



Aga Khan Academy, Mombasa

Senior School Physical Education and Competitive Sports



One of the goals of the Academy is to create principled young people with a strong sense of integrity, honesty, fairness and justice, who respect the dignity of individuals, groups and communities. The physical education and competitive games and sports at the Academy prepare the seniors for real life situations, encourage them to take leadership roles and allow them to help others to tackle those issues confidently and in a spirit of cooperation. The programme enables them to productively analyse their own strengths and limitations and make informed decisions.

PHYSICAL EDUCATION CURRICULUM

Each week the students participate in the following:

- 3 x 50 minutes PE lessons (Yr 7, 8, 9)
- 2 x 50 minutes PE lessons (Yr 10, 11)

The activities include the following:

Invasion Games *Football, Hockey, Rugby, Netball, Basketball*

Striking and Fielding Games *Cricket, Rounders, Softball*

Racket Sports *Tennis, Badminton, Squash*

Aquatics *Swimming, Water Polo, Water based Activities*

Athletics

Gymnastics

Dance

Health Related Exercise

EXTRA CURRICULAR SPORT

Inter School: Senior School students have the opportunity to represent the school in the U13, U16 and Open age teams in various sports such as cricket, rounders, basketball, hockey, netball, football, water polo and athletics against other Mombasa Schools. Teams normally train once or twice a week.

Swim Team: The Senior School has a very active and successful swim team that trains between three and five times a week. The swim team caters for students of all abilities and participates in regular competitions both locally and nationally.

Clubs: Students are offered a diverse selection of sporting activities during Senior School Clubs that run once a week. Activities such as acrobatics, spring board diving, ultimate frisbee, break dancing and salsa are offered.

Inter House: Junior Senior School students are allocated houses coded in colors, such as Red, Blue, Green or Yellow. A number of Inter House events are held during the year, that include the Inter House Swimming Gala and the Inter House Athletics. Senior School students meet once a week for sport and recreation where they engage in activities as members of their respective houses.

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Visit the Academy website to learn more:

www.agakhanschools.org/academies/mombasa/