

# PE NEWSLETTER

Theme: "Celebrating Sportsmanship and Team Spirit!"









Students celebrated their love for sports by dressing up as their favorite athletes. The day was filled with excitement, creativity, and smiles - a perfect way to honor sporting legends while inspiring our young players!













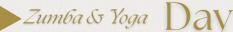






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KG and Elementary students enjoyed a morning of movement, balance, energy! With Zumba and simple yoga poses, they learned that exercise can be both fun and relaxing.







EVEN OUR **VICE** PRINCIPAL JOINED THE YOGA **SESSION** 



**GREAT** FLEXIBILITY AND SPIRIT. MR. KHALED! 🔥





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#### Competitions &

The Third Bowling Championship 2025

Under the slogan

'I am a bowling champion'

Our students proudly represented the school in The Third Bowling Championship 2025 under the inspiring slogan "I am a Bowling Champion." It was a day of focus, teamwork, and unforgettable achievements.



- Saeed Reyad 6B
- Raid Saeed 4B
- ► Hamad Nayef 4A
- Ahmed Mohamed

Ghannam - 10B



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## Competitions &

► Teachers vs Seniors

Friendly Match

day full of laughter, teamwork, and school spirit!

Our senior students challenged their teachers in football and badminton - and both sides showed great energy and sportsmanship.

It was amazing to see the excitement across the field and gym, proving that PE connects everyone - students and teachers alike! 🙌





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### Competitions &

Ajyal International School

Fírst Chess Champíonshíp

Our young minds showed strategy and patience during the Ajyal International School – Al Falah First Chess Championship. Competing with confidence, they demonstrated that PE is not only about movement — but also about mental strength and concentration!





Rashed Abubaker First Place

Roy Salah - Third
Place



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#### Announcement



#### 14 November – SAIS Diabetes Walk

Join us as we take steps for a healthier future! Our PE department invites all students and staff to participate in the SAIS Diabetes Walk — promoting awareness, wellness, and community spirit. Every step counts!