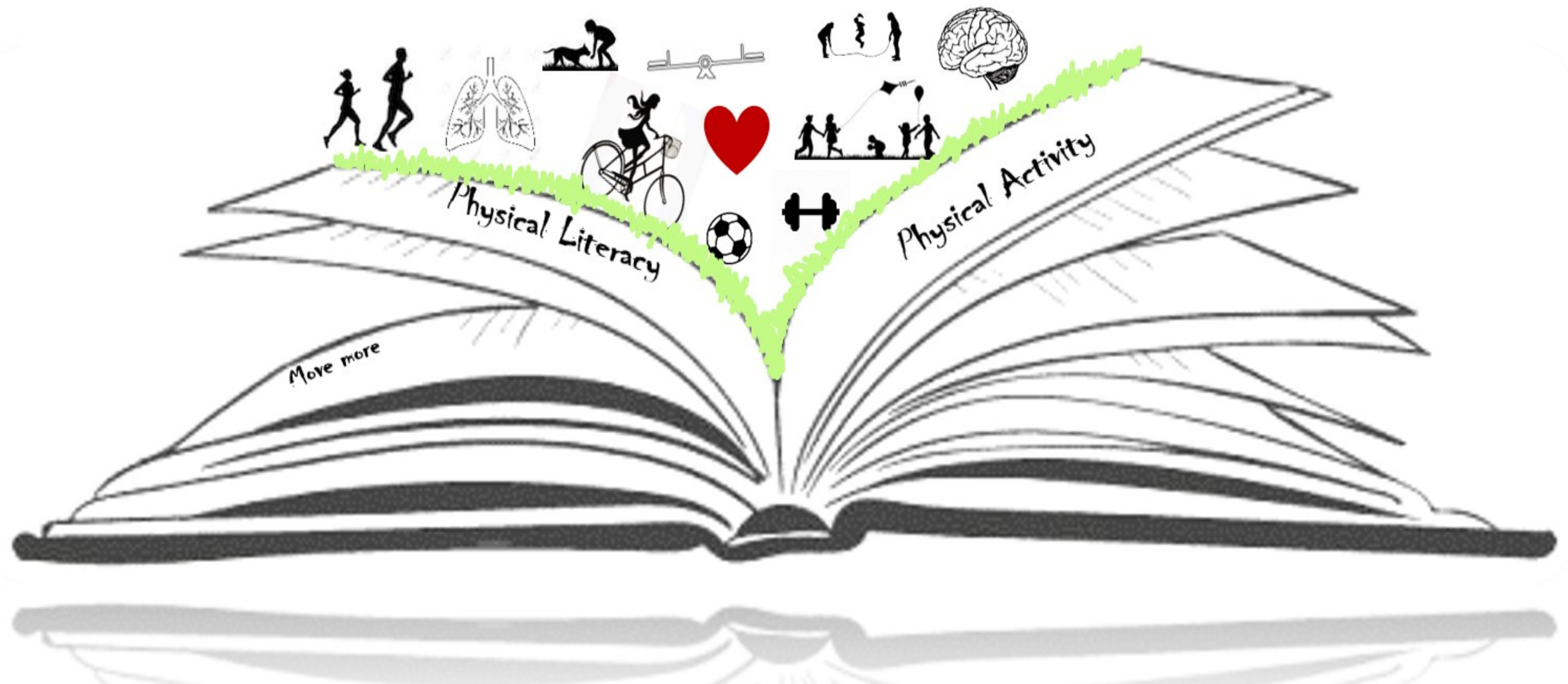
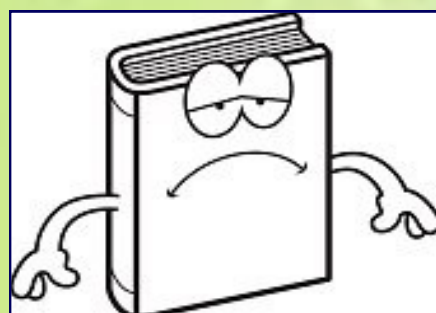


**UAE 2018 Report Card  
on Physical Activity for  
Children & Youth**



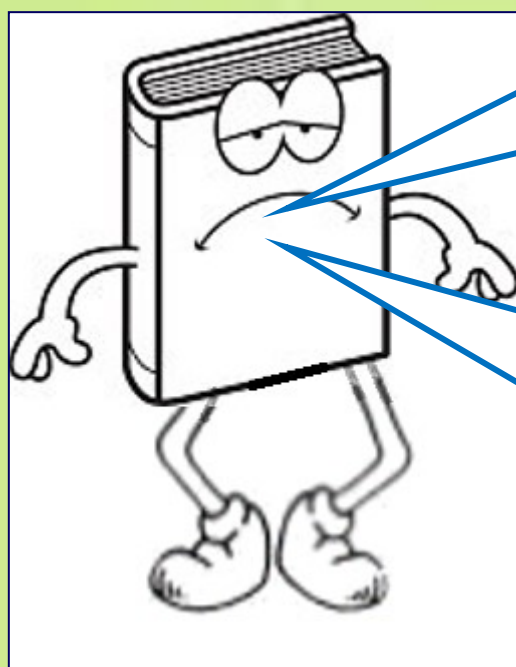
**Learning to *Move* is as Important as Learning to *Read*!**

**Developed by the UAE Active Healthy Kids Research Team**



**ALI**

**Ali** was about to leave the house and walk to school when he finds his younger sister **Noura** sitting outside on the stairs.

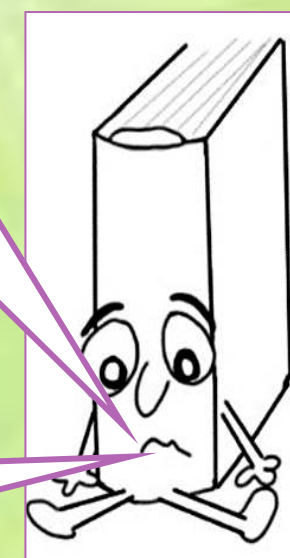


**Noura!** What is wrong? Why do you look so sad?

**Oh!** I understand, but don't be sad. Let's walk to school together!

**Hi Ali!** I was trying to do my homework, but I could not find information on the physical activity levels of UAE children!

**Sure!** Let's walk to school!



**NOURA**

But **Ali** is also sad and concerned about physical activity in the UAE. He is thinking "***We must do something...but what?***"



OMAR

**Ali** and **Noura** walk to school together. **"Ali! Noura! Wait for me!"** When they look back they see their neighbour **Omar**, who starts running to catch them up.

**Omar** says **"Salam alaykum!"**.

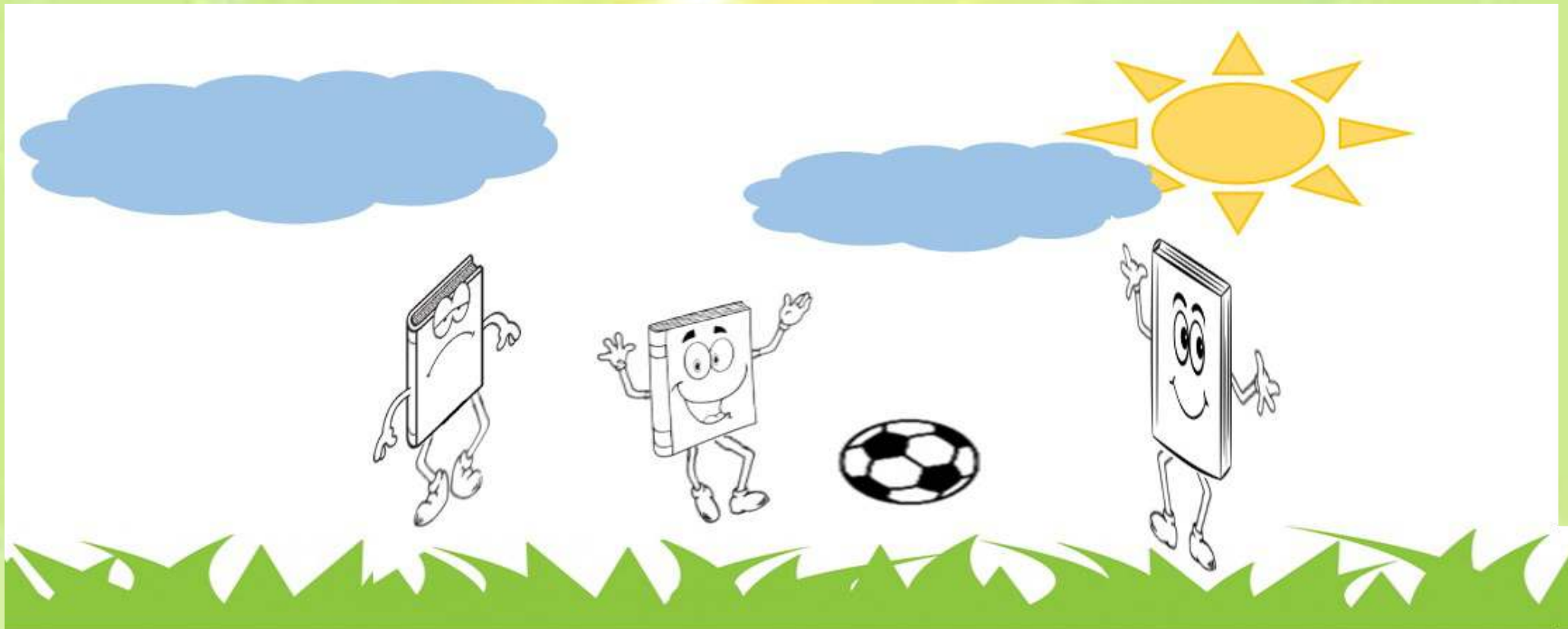
**"Wa alaykum as-salam!"** reply **Ali** and **Noura**.

**"Do you want to come and play football at my house after school?"** asks **Omar**.

**"Sorry, I have homework to do!"** answers **Noura** sadly.

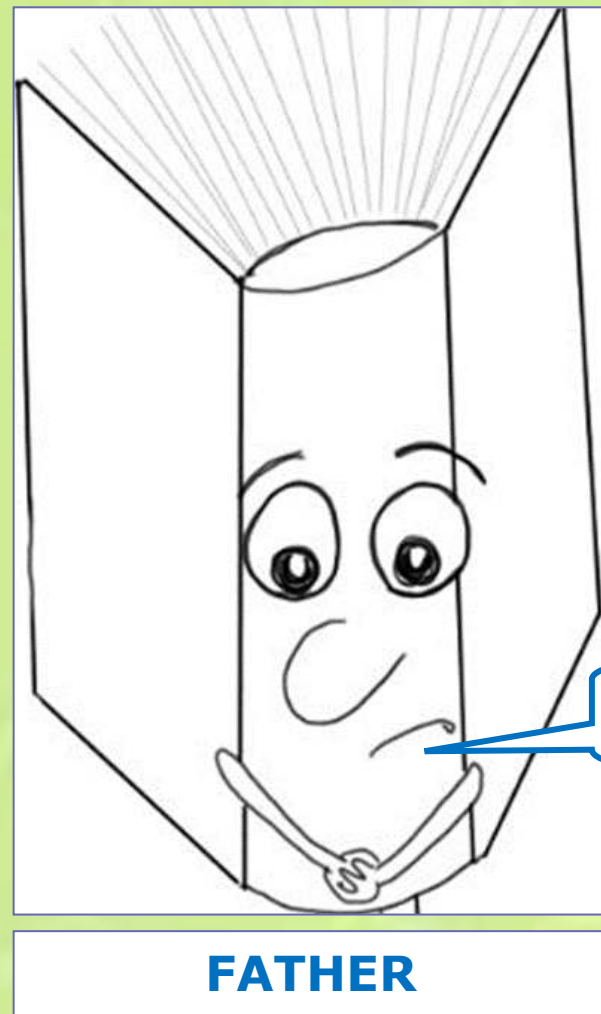
**"I can!"** shouts **Ali** with great happiness.

**"Ok, see you after school!"** says **Omar**.



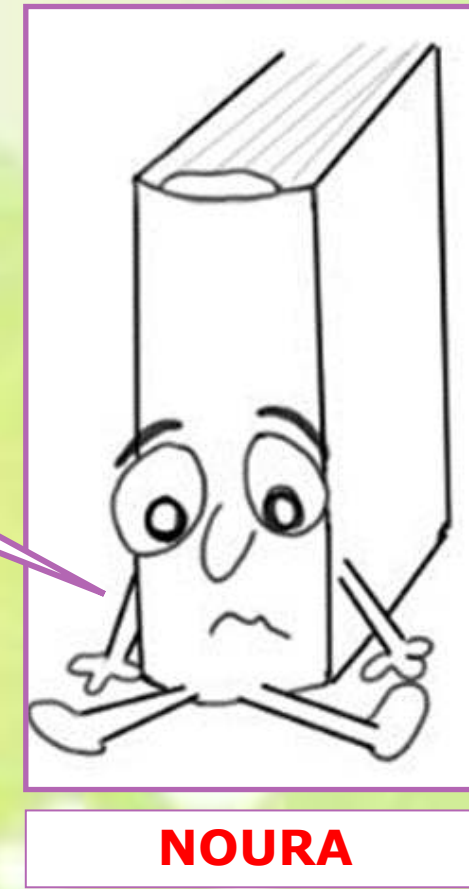


Whilst **Ali** and **Omar** have fun playing football, **Noura** is trying to do her homework. She decides to seek advice from her **Father** about her concerns.



**Baba**, do you have one minute?

Yes, **habibti**.



**Noura** follows her **Father** into the sitting room.

**"Tell me, what is the problem?"** asks Noura's **Father**.

**Noura** says **"I have to write a project on physical activity amongst UAE school children for my homework and I don't know where I can find the information."**

***"Don't worry. I read in the newspaper that there is a group of scientists grading the levels of physical activity in UAE children like a school report card" says Noura's Father.***

***"Ok, great! But where have they found this information?"*** replies **Noura**.

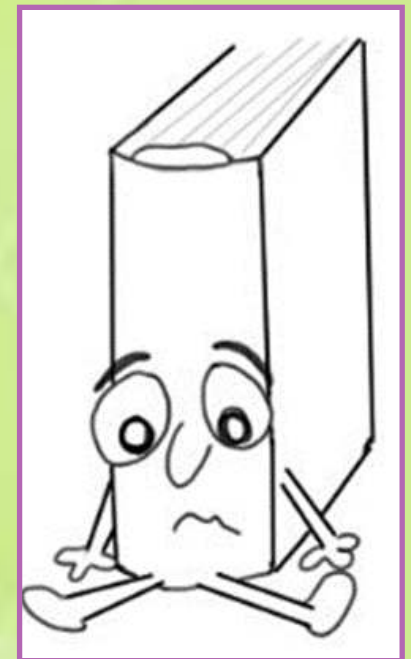
***"They are using data from a World Health Organization study which asked nearly 6000 children from all over the UAE about their levels of physical activity. Come on we can have a look together"*** says Noura's **Father**.

But **Noura** does not seem very happy. ***"Is this the only thing that you want to talk to me about?"*** asks Noura's **Father**.

***"I am worried because I heard that children in the UAE are not very physically active. Why? What can we do Baba?"*** says **Noura**.

***"Have you not heard about the Big Physical Activity Book?"*** says Noura's **Father** with excitement.

***"No, please tell me more!"*** shouts **Noura** with delight.



**NOURA**

***"It is in the library. Go and have a look!"*** says Noura's **Father** feeling quite excited for his young daughter.

***"Thank you Baba!"*** says **Noura** with a big smile on her face.

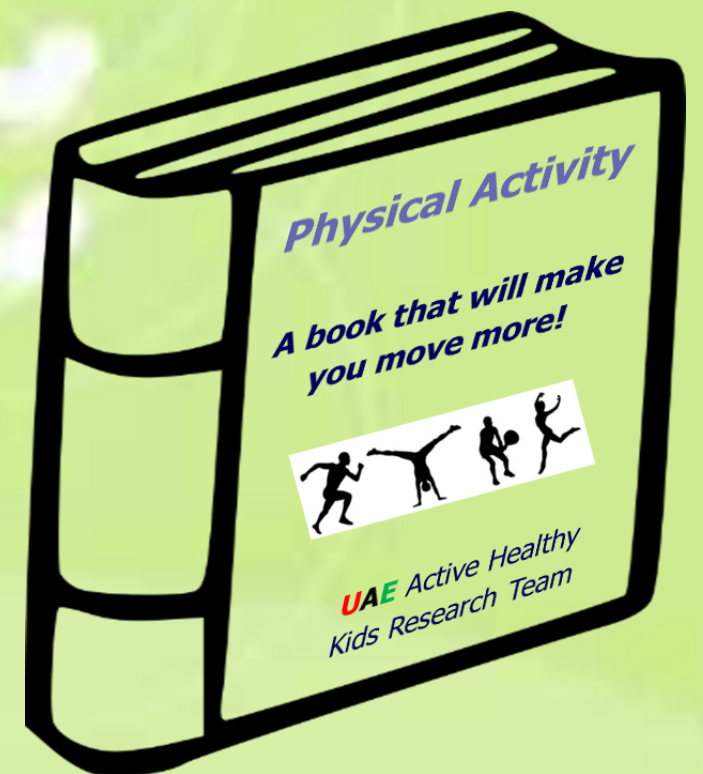
**Noura** stands up quickly and hugs her **Father**. She is on her way to the library when she realises that her brother **Ali** is not at home and it will be more fun if she can look at the book with him.

So, **Noura** decides to wait for **Ali** to come back from **Omar's** house.

As soon as **Ali** enters the house **Noura** calls him and they run into the library to open the **Big Physical Activity Book**.

Once they open the book they both say **"WOW"** and then start laughing and feeling much happier.

Do you want to see what is inside the **Big Physical Activity Book**?







**Ali** starts explaining to **Noura**: ***"If we move more and become more physically active, then we will improve the health of our heart, lungs, and brain! Being active outdoors is very good for your mind and body!"***

**Noura** is very excited with the idea of what she is hearing and seeing.

***"Why is there someone playing with a kite and even a dog?"*** asks **Noura**.

**Ali** concentrates and reads the book: ***"Oh! It is the idea of active play when children run, jump, crawl, and climb! Active play is all about moving and having fun with your friends! It helps to connect your mind with your body and strengthens your bones, heart, lungs, and brain!"***





Later that evening, **Noura** came out of her bedroom with a big smile on her face. She was so excited and asked her family to listen to her homework project on physical activity amongst UAE children.

**Noura** said ***"Before I tell you the main results, I want to say that there was a lack of data in some areas so we don't know the number of UAE children that..."***

***...Participate in organised sport or physical activity programmes...***

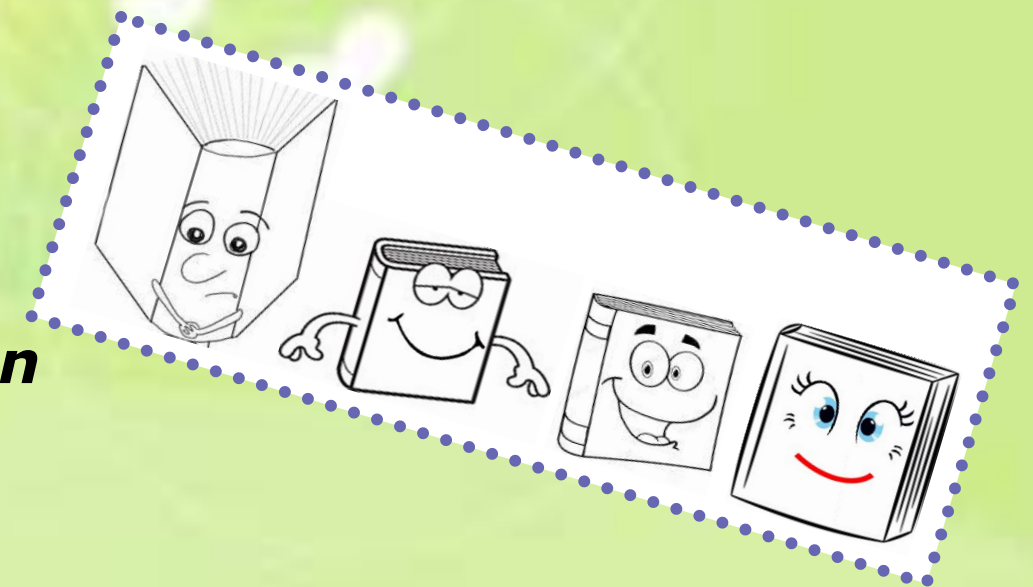
***...Engage in unstructured active play for several hours a day...***

***...Walk or cycle to school (active transport) at least once a week...***

***...Have parents that are physically active...***

***...Live in a community with access to parks...***

***...Are physically fit compared to other children around the world..."***

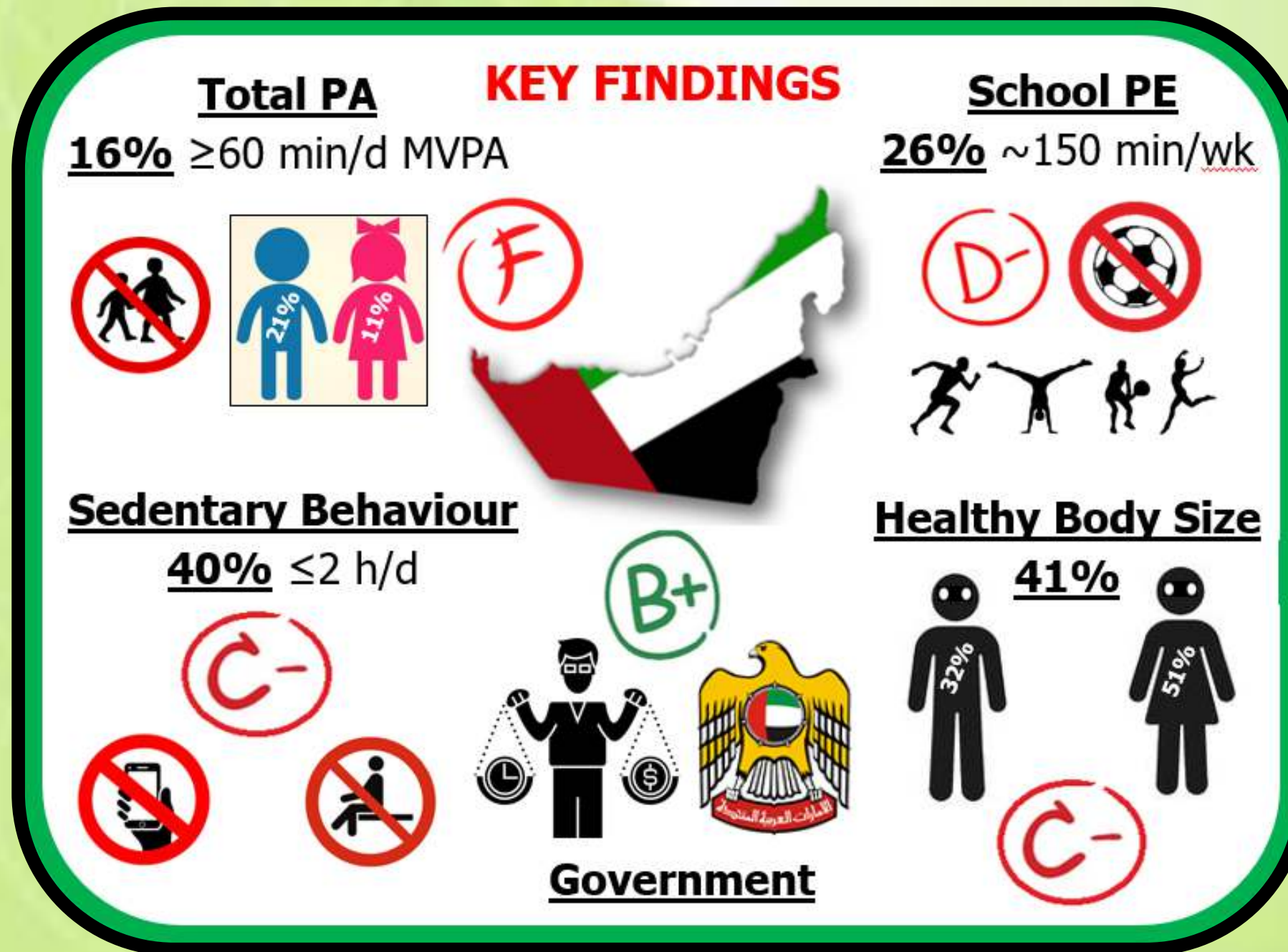


# ***UAE Report Card Grading***

The **Active Healthy Kids Global Alliance** uses specific benchmarks for each physical activity indicator to allow a grade to be awarded corresponding to the proportion (%) of children achieving the benchmark:

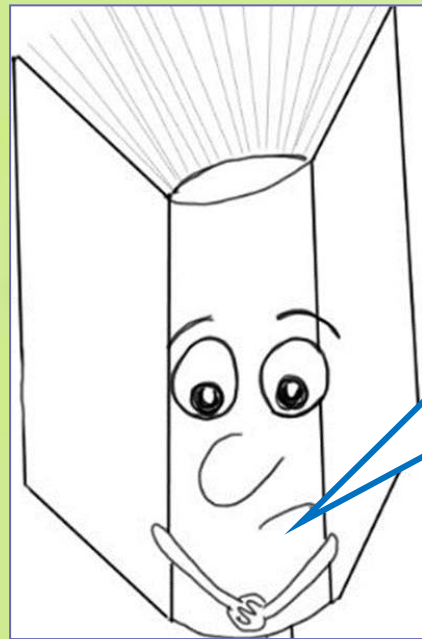
Grade	Percentage	Interpretation
A+	94-100%	Large majority of UAE children achieving
A	87-93%	
A-	80-86%	
B+	74-79%	More than half of UAE children achieving
B	67-73%	
B-	60-66%	
C+	54-59%	Approximately half of UAE children achieving
C	47-53%	
C-	40-46%	
D+	34-39%	Less than half of UAE children achieving
D	27-33%	
D-	20-26%	
F	<20%	Very few UAE children achieving
INC	Incomplete	Insufficient information to assign a grade

# ***Noura's Project on Physical Activity Amongst Children in the UAE***



Data from World Health Organization 2016 UAE Global School-based Student Health Survey in 5,849 students (aged 13-17 years) across all seven emirates in both government and private schools.

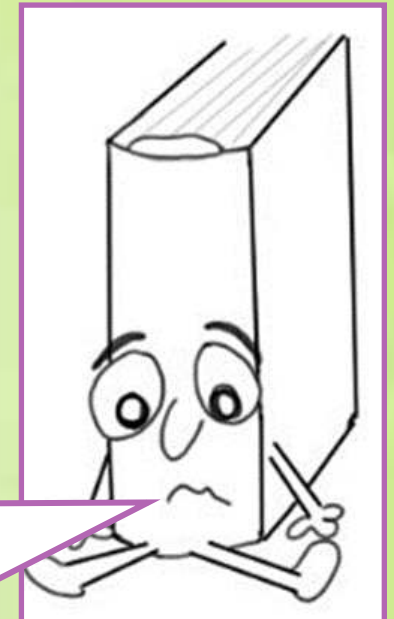




**FATHER**

Well done **habibti!** But now I have a question. How can we improve this?

Thank you **Baba!** The UAE Government has invested significant funds and resources into improving the levels of physical activity across the entire UAE population. But I have some suggestions.....



**NOURA**

### **Noura's Top 3 Suggestions for Active Healthy Kids in the UAE**

1. Physical education curriculums could focus on developing physical literacy whilst offering fun activities for both boys and girls.
2. A wider variety of physical activity-based extracurricular clubs and school sports teams that participate in inter-emirate leagues.
3. Continued development and maintenance of accessible green active spaces and active transport infrastructure (e.g. safe walking and cycling paths) within communities, districts, and cities.



**ACTIVE HEALTHY KIDS**  
GLOBAL ALLIANCE

[www.activehealthykids.org](http://www.activehealthykids.org)



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