

# QF SCHOOLS get into the National Sport Day spirit

**QATAR** Foundation (QF) schools, under QF's Pre-University Education Office (PUE), organized a number of events to mark National Sport Day. From football to basketball, and horse riding to water sponge dodgeball, the students participated in activities that emphasized the importance of a healthy and active lifestyle.

Talking about the Sport Day Activities at the QF Schools, Buthaina Al Nuaimi, President, PUE, said: "National Sport Day is celebrated at all of our schools, with the active participation of the students, teachers, and parents. At the schools, we believe in placing an emphasis on physical well-being, fitness, and adopting healthy lifestyles, and our students are involved in various sporting activities throughout the year."

She added: "Participating in National Sport Day helps us build a generation of future leaders who understand the value of physical activity. It reflects our commitment to creating and shaping a healthy, physically active society, while inspiring Qatari citizens to make positive, long-lasting changes in line with the Qatar National Vision 2030."



**Mohammed Al Sayed, Grade 5, Qatar Academy Al Wakra**  
"National Sport Day is important because it encourages us to be active."

We can participate in many activities, which helps us maintain our weight, and keep our body healthy. It has been a very exciting and fun day."



**Maha Al Attiya, Grade 5, Qatar Academy Doha**

"I enjoyed the National Sport Day celebrations because I got to play a lot of fun games, and we all participated in physical activities. It was a memorable day."



**Rashid Al Madheed, Renad Academy**

"I love being with horses and riding them. We rode the brown, black, and white horses."



**Cameron Ferguson, Grade 10, Qatar Academy Sidra**

"I believe it is extremely important to be involved in sports. I have been playing basketball all my life. Sport is a part of me, and I love it. It is important that you love to do something."

## Renad Academy

Renad Academy celebrated its first National Sport Day event, which saw the participation of students, staff, and parents. All the students participated in various activities at the school including a themed walk. Some of the children also rode horses at the AL SHAQAB Arena. Shuaa Al Maadheed, a parent, told *QF Telegraph* that she was delighted with the celebrations, and was proud of how the academy was engaging with the students. She said: "Renad Academy has been a great blessing for parents like us. Now that my son is in the care of the excellent teachers at Renad Academy, I am no longer worried about his education. Participating in National Sport Day is important to us, as he is a citizen of this country. Being with horses makes my son feel calm and comfortable, and the facility at AL SHAQAB is great."



## Qatar Academy Doha

It was a morning of laughter and excitement at QA Doha with games such as Time Trial, Chuck the Chicken, and Crazy Football. The National Sport Day celebrations also saw students get involved in activities including Bean Bag Blitz, Rocket Fuel, and Top Team.

## Qatar Academy Al Khor

National Sport Day was celebrated over four days at QA Al Khor at the school premises. The students competed in teams, representing their houses named after famous Qatari fishing boats: *Jalboot*, *Sambook*, *Bateel*, and *Umalhanaya*. They participated in many interesting sporting activities, including obstacle courses, football, basketball, and golf.



## Qatar Leadership Academy

The cadets at QLA showcased their sporting abilities and competitive spirit in friendly matches of basketball, football, and futsal. Table tennis, badminton, and volleyball matches also saw good participation.



## Awsaj Academy

The bean bag toss, sack race, and three-legged race were some of the highlights of the National Sport Day celebrations at Awsaj Academy. The students also participated in football matches and foam board relays.

## Qatar Academy Sidra

The primary school students geared up for National Sport Day by preparing flags and cheers, and also took part in a parade and tug-of-war. For students of grades 1-5, the activities included Moving Target, Mat Relay, and Fill the Bucket. The Middle School students participated in games such as football and basketball. The activities at QA Sidra aimed to highlight four themes: power, agility, accuracy, and speed.



## Qatar Academy Al Wakra

For the students from grades Pre-3 to Grade 7, it was a busy three hours of celebrations at QA Al Wakra with unique and interesting games such as water sponge dodgeball, pass the ball, pop the balloon relay, basketball relay, cloths hanging relay, cloths pin tag, and spongebob relay.



## Qatar Academy Msheireb

From a nutrition awareness workshop to ring toss and relay races, the students at QA Msheireb marked National Sport Day in a vibrant manner. The focus of the celebrations was to highlight the importance of having a healthy lifestyle by being active and maintaining a nutritious diet.



**Hamad Al Thani, Grade 10, Qatar Leadership Academy**

"National Sport Day is important; it allows people from all over the country to come together to celebrate health and fitness. Personally, I enjoyed the football match between the students and teachers. It was entertaining to see them play against each other."



**Ahmed Yousef AISiddiqi, Grade 4, Qatar Academy Msheireb**

"I look forward to our school Sports Day every year, because it's a great day where we play lots of sports with our friends and show our talents in front of everyone."



**Engy Ashraf, Grade 3, Qatar Academy Al Khor**

"We celebrated National Sport Day at our school with a lot of activities. It is the best day of the year, because we get to do sports all day, and not just competitive sports but also fun activities."



**Hamad Khalifa Al Mannai, Grade 11, Awsaj Academy**

"National Sport Day encourages students to participate and compete in physical activities. This helps them to start thinking about a healthy lifestyle. This is also effective for competitive students. Pain is temporary, but pride is forever."