



PE & Sport at TBS

Vision for PE & Sport at TBS:

Our Mission Statement:

'The Physical Education Department delivers a challenging, inclusive and innovative curriculum that focuses on the effective learning of knowledge, skills and understanding so that every student can strive for excellence in improving their sports performance and acquire the tools to become a lifelong physical practitioner.'

Vision for sport at TBS:

- Sport being open for all (empowerment, enrichment, participation)
- Competitive element (Chosen training squads, mastery, TBS representation)



Primary PE Curriculum at TBS

- Beyond the Physical - 'Power of 3'
- EYFS - Focus on fundamental movement skills and developing fine and gross motor skills through modified games.
- KS1 - Development of skills required to access sports e.g throwing, catching, kicking, striking, etc.
- KS2 - Introduction of modified games and sports to learn rules, aid the transition to Secondary and to align with FOBISIA Sports (T-Ball, football, etc.)

BEYOND THE PHYSICAL

kick

KEY SUCCESS CRITERIA
 Kicking on dominant and non dominant feet with increasing strength
 Stopping controlling a moving ball and manipulating it in preparation to kick
 Crossing the body's centre line when manipulating and kicking/trapping

ACTIVITY 1
Kick - Chase - Trap

Set up a space suitable for 4-6 pupils.
 In pairs one pupil stands facing away, while partner kicks the ball through their legs.
 Encourage use of both feet over a range of distances.
 Standing partner must 'kick, chase and 'trap' their ball using feet only, 'steer' using feet back to the start and swap roles.

ACTIVITY 2
Steer with your feet

Use a space suitable for 4-12 pupils with a large ball each.
 In the space place a number of obstacles and encourage pupils to 'steer' their ball using feet only.
 Pupils can count how many objects they pass. Award extra points for using both feet to steer.

ACTIVITY 3
Steer and steal

Set up a space suitable for 4-12 pupils.
 Pupils 'steer' at different speeds, with their feet only (keeping the ball close).
 Encourage pupils to attempt to kick someone else's ball while keeping control of their own. A point is scored when a ball is stolen.

MANAGING DIFFERENCE
SPACE
 Increase reduce kick distance; number of obstacles; playing space
TASK
 Use dominant non dominant foot; rotate roles across all three carousel activity areas
EQUIPMENT
 Use a range of balls; low bounce foam skinned; oversized; slightly deflated
PEOPLE
 Rotate pairs to compete with others; set challenges i.e. can you score more than 3 points?

CONNECT
 Which is the trickiest foot to kick with how does it feel? can you show me?
 How can you be sure not kick your ball at the obstacles?
 Can you show me how to steal someone's ball and keep yours safe?

SCHOOL
 How can you help others by steering away?
 Can you show someone how to stop the ball from hitting the obstacle?

BEYOND THE PHYSICAL

LEARNING THEME KS1

run jump throw

PURPOSE
 The 'run jump throw' learning theme gives children in Key Stage One an opportunity to develop key fundamental movement skills.
 An early introduction to the fundamentals of movement and fundamental movement skills will help support children's participation in physical activity as they grow older.

KEY SUCCESS CRITERIA

run

I can plan my journey through the playing area.
 I can use opposite arms and leg to run.
 I can be on the balls of my feet.

jump

I can spot where to take off.
 I can find where I am going to land.
 I can experiment with different jumping techniques - One leg Two legs...

throw

I can throw to my partner.
 I can follow through with my hands pointing towards my partner.
 I can consider how much force I'll need over different distances.

ASTORIA BASE CONNECTION SCHOOL

NATIONAL CURRICULUM

'Develop simple tactics for attacking and defending'
 'Engage in competitive and co-operative activities'
 'Develop balance, agility and coordination'
 'Develop fundamental movement skills.'

BEYOND THE PHYSICAL

LEARNING THEME KS2

aim strike retrieve

PURPOSE
 The 'aim strike retrieve' unit looks to use a range of modified practices and equipment to support the development of skills related to striking and fielding games.
 The pupils will have the opportunity to develop their knowledge of striking and fielding activities and transfer their learning across a range of activities that develop their ability to strike objects and effectively field in various contexts.

KEY SUCCESS CRITERIA

aim

Take part in sending and receiving activities
 Develop accuracy in our throwing
 Successfully hit a desired target

strike

Strike a ball with a range of equipment/body parts
 Identify a space to strike the object into in order to score points for their team
 Apply tactics and strategies to their striking to help their team

retrieve

Track and move in line with a ball/object
 Work as a team to retrieve a ball/object
 Move quickly in a range of directions to stop the ball/object

ASTORIA BASE CONNECTION SCHOOL

NATIONAL CURRICULUM

'Play competitive games, modified where appropriate... applying basic principles of attacking and defending'




Secondary PE Curriculum at TBS





- KS3
 - A focus on improving the key fundamental movement skills through a wide variety of sports/activities such as football, handball, basketball, badminton, athletics, hockey, rounders, volleyball, touch rugby, etc.
- KS4
 - Building on previous skills acquired in KS3 with the students taking a more central role in their learning, through the medium of TGfU and the Sport Education Model
- KS5
 - Students are allocated a pathway based on a TBS questionnaire, they democratically choose their sports/activities for the year from a list of traditional sports, modern/creative sports & the wider elements of PE: [KS5 Pathway Sports List](#)




Secondary PE Assessment at TBS

TBS Physical Education Assessment



<p>Teamwork </p> <p>Leadership Problem-solving Encouragement Humility</p> <p style="text-align: right;">CREATIVITY</p> <p style="text-align: center;">COMMUNITY</p> <p style="text-align: left;">COMPASSION</p>	<p>Organisation</p> <p>Equipped Punctual Asking & answering Participating</p> <p style="text-align: center;">COMMUNITY</p> <p style="text-align: right;">CONFIDENCE </p>
<p>Physical </p> <p>Co-ordination Speed Power Agility</p> <p style="text-align: right;">CONFIDENCE</p> <p style="text-align: left;">CHALLENGE</p>	<p>Skills </p> <p>Tactical awareness Core techniques Advanced techniques</p> <p style="text-align: right;">CREATIVITY</p> <p style="text-align: center;">CHALLENGE</p> <p style="text-align: left;">CONFIDENCE</p>



"Don't be afraid to dream big. It doesn't matter where you come from. You can show the world nothing is impossible."

Nirmal Purja (Nims Dai)





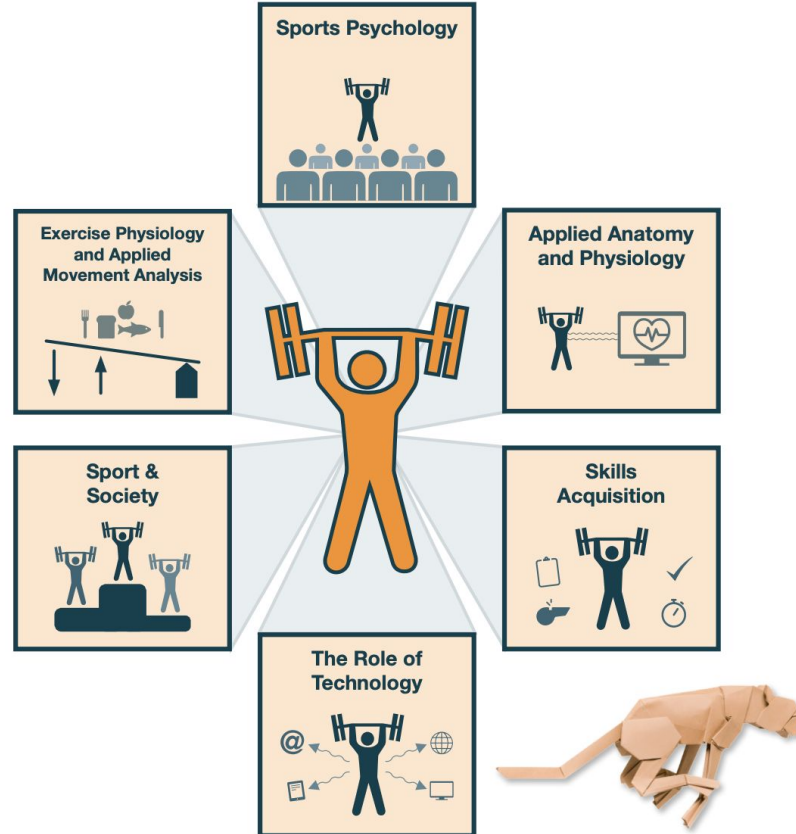
Academic PE at TBS

GCSE - **50%** practical & **50%** theory (**2022** results - 2 A*, 3 A, 3 B)

A-Level - **40%** scientific principles of PE, **30%** psychological and social principles of PE, **15%** practical & **15%** coursework.

Very **diverse** and **holistic** curriculum - aspects of biology, physics, psychology and sociology

Academic PE at TBS





Our vision for Clubs at TBS

- Clubs enable our learners to experience a wide range of activities which will help them grow into well-rounded, happy individuals.
- Learners should take them for additional challenge, social interaction and fun.
- Clubs and Activities at TBS are voluntary and are to enrich our learners' experiences
- TBS expectations for commitment, behaviour and attendance are the same during club times as they are during the rest of the day and all our coaches, teachers, and club leaders will expect the highest standards of behaviour.



Primary Clubs at TBS

Primary Clubs Information

Primary Clubs Information													
Monday	Lego Club	Tennis	Zumba	Keyboard Club	Table tennis	Chess Club	Crossfit (Girls Only)	Football	Dance	Basketball			
	Y1-Y2	Y1-Y3	Y3-Y4	Y5-6	Y3-Y4	Y4-Y5	Y4-Y6	Y3-Y4	Y2-Y4	Y5-6			
Tuesday	Ballet	Reading Club	Colouring club	Tennis	Dance	Gymnastics	Primary String Club	Primary Girls Football Development	Table tennis	Breakdance	Handwriting and Fine Motorskills		
	Y1-Y2	Y3 - Y4	Y3-Y4	Y4-Y6	Y5-Y6	Y1-Y3	Y5-Y6	Y4-Y6	Y5-Y6	Y3-Y4	Y3,4,5		
Wednesday	Zumba	Colouring Club	Karate	Ballet	Eco-Club(In vite Only)	Tennis	Painting Club	Primary Boys Football Development	Gymnastics	Table Tennis	Reading Club	Music Production	
	Y1-Y2	Y1 - Y2	Y1-Y3	Y3-Y4	Y5-6	Y4-Y6	Y1-Y2	Y4-Y6	Y4-Y6	Y3-Y4	Y1-Y2	Sec (Invite Only)	
Thursday	The Mighty Ants	Drawing Club	Ist Kathmandu cub scout	Cricket	Board Games	Lego Club	STEAM club	Tennis	Drawing	Y1-Y2 Football	Year 3 - 6 Swim Development	Table Tennis	Primary SongWriting Club
	Y5-Y6	Y1 -2	Y4-5	Y4-Y6	Y3 -Y4	Y3-Y4	Year 3 and 4	Y1-Y3	Y3-Y4	Y1-Y2 Football	Y3-Y6	Y5-Y6	Y5-Y6
Friday		Cricket	Karate	Breakdance	Repurposing club								
		Y3-Y4	Y2-Y6	Y5-Y6	Y3 -Y5								



Primary Clubs at TBS

Primary Sports Clubs Information

Monday	Tennis	Zumba	Table tennis	Crossfit (Girls Only)	Football	Dance	Basketball
	Y1-Y3	Y3-Y4	Y3-Y4	Y4-Y6	Y3-Y4	Y2-Y4	Y5-6
Tuesday	Ballet	Tennis	Dance	Gymnastics	Primary Girls Football Development	Table tennis	Breakdance
	Y1-Y2	Y4-Y6	Y5-Y6	Y1-Y3	Y4-Y6	Y5-Y6	Y3-Y4
Wednesday	Zumba	Karate	Ballet	Tennis	Primary Boys Football Development	Gymnastics	Table Tennis
	Y1-Y2	Y1-Y3	Y3-Y4	Y4-Y6	Y4-Y6	Y4-Y6	Y3-Y4
Thursday	Cricket	Tennis	Y1-Y2 Football	Year 3 - 6 Swim Development	Table Tennis		
	Y4-Y6	Y1-Y3	Y1-Y2	Y3-Y6	Y5-Y6		
Friday	Cricket	Karate	Breakdance				
	Y3-Y4	Y2-Y6	Y5-Y6				



Secondary Clubs at TBS

Monday	Secondary Music Band (invite only)	Ceramics Studio(Invite Only)							
	KS5	KS3							
Tuesday	Board Games and Strategy	LGBTQ+ Discussion	Music for Wellbeing (LUNCHTIME ONLY)	Philosophy	GCSE and A Level Rehearsals (invite only)	Homework Club	KS4 DT Studio	Catan club.	Ensemble (Body Percussion) & Aural Training
	KS3&4	KS4&5 + Y9	KS3	KS4&5	KS4&5	KS3	KS4 (Invite only)	Y7-Y13	KS3 & KS4
Wednesday	Y12-13 Chemistry - Resit, Intervention, Support	Book Club	Secondary String club	Totally Psyched	Senior Play Rehearsal (audition only)	Media	KS4 Art Studio	Maths Challenge Club	Maths Support Club(Invite Only)
	KS5	KS4 & KS5	Y7-Y13	ks4 and ks5	KS4&5	KS5(Invite Only)	KS4 (Invite only)	KS3 and KS4	KS4 and KS5
Thursday	Music for Wellbeing (LUNCHTIME ONLY)	Creative Writing	Debate/Public Speaking Club/Junior MUN	Model United Nations	Mandarin IGCSE Support	KS5 DT Studio	KS4/5 Music Studio	KS5 Art Studio	Homework Club
	KS3	7-13	Y7-9	Y10-13	KS4 (Invite only)	KS5 (Invite only)	4/5 Music students c	KS5 (invite only)	KS4 and KS5
Friday 2:30-3:30	Permaculture/gardening	Nepali reading	Art Therapy Session						
	7-13	7-9	KS5						



Secondary Open PE Clubs at TBS

Monday	Y7 - Y9 Tennis			
Tuesday	Y7-Y9 Table Tennis	Y7-Y8 Development Football	Y7-Y13 Swim Development	Y7 - 9 Boxercise
Wednesday	Y10-Y11 Table Tennis	Y7-Y13 Karate	Y7-Y9 Basketball	Y7-Y13 Swim Development
Thursday	Y10-Y11 Tennis	Y7-Y13 Dance Performance		
Friday 2:30-3:30	Y10-Y13 Tennis	Y7 - 9 Hockey	Y7 - 13 Cricket	



Sports Clubs at TBS

- Sports clubs are run with a **whole year focus**.
 - Inclusive KS clubs *e.g. KS3 basketball clubs*
 - Creative sports/activity clubs *e.g. karate, dance, boxing, etc.*
 - Externally coached clubs *e.g. tennis, gymnastics, cricket, etc.*
 - NISSA League *e.g. senior girls football*
 - FOBISIA U15, U13 & U11 *e.g. FOBISIA athletics club*



Swimming at TBS

Primary as part of the curriculum and clubs.

Secondary - Offered as clubs due to issues scheduling a double lesson into the secondary timetable. **Clubs finish later than usual (5pm return to TBS)**

All the pools within an acceptable range (distance and traffic to factor in) are outdoor pools, and not heated which means we swim in term 1 and term 4 only.



FOBISIA at TBS

FOBISIA structure and age categories

- **3 x FOBISIA** 'Friendly Games' a year held in Pattana Sports Resort near Pattaya in Thailand.
- **U15** (Year 9&10), **U13** (Year 7&8) & **U11** (Year 5&6)
- **U15** - Nov 1st-4th 2022
- **U13** - Feb 19th-23rd 2023 (*Trials approx. 8th Nov 2022*)
- **U11** - May 1st-4th 2023 (*Trials approx. 7th Feb 2023*)

Due to the time it takes to obtain a visa, we have to do the trials quite far in advance.



FOBISIA at TBS

FOBISIA trials and clubs:

- Selection process
 - Based on trials, prior knowledge of the student, PE lessons & clubs
 - Some of the students not chosen will also be invited to join some of the clubs
- Training schedule
 - For an international tournament with quite a short lead in, we ask for commitment to 4 x clubs a week (Football, Basketball, Athletics & Swimming)