THE BRITISH SCHOOL KATHMANDU
INVITES YOU TO JOIN OUR

LITTLE YETIS

LEARN THROUGH PLAY MORNINGS

AGE: 18 MONTHS TO 3 YEARS OLD
CHILDREN WITH THEIR PARENTS/CARERS

SEPTEMBER 6TH, 13TH, 20TH & 27TH
8:30 AM TO 10:30 AM

RS. 1000 PER SESSION - BULK BOOK THREE SESSIONS AND GET THE 4TH ONE FREE

SCAN THE QR CODE TO REGISTER NOW

015421794

www.tbskathmandu.org

PHYSICAL EDUCATION & SPORT @ THE BRITISH SCHOOL KATHMANDU

Meet the team

Mr Portsmouth

Mr Steenson

Mr Dawson

Meet the team

Ms Gurung

Mr Malla

01

WHY is PHYSICAL EDUCATION important?

The benefits of PHYSICAL EDUCATION

Motor skill development

Develops key skills to be successful in a range of activities

Reduces stress

Being active can improve your mood and lower anxiety

Improved focus

Students can concentrate better & therefore learn more

Cooperation

Games in PE help foster cooperation and teamwork

Self-confidence

Is increased through achieving goals

Active for life

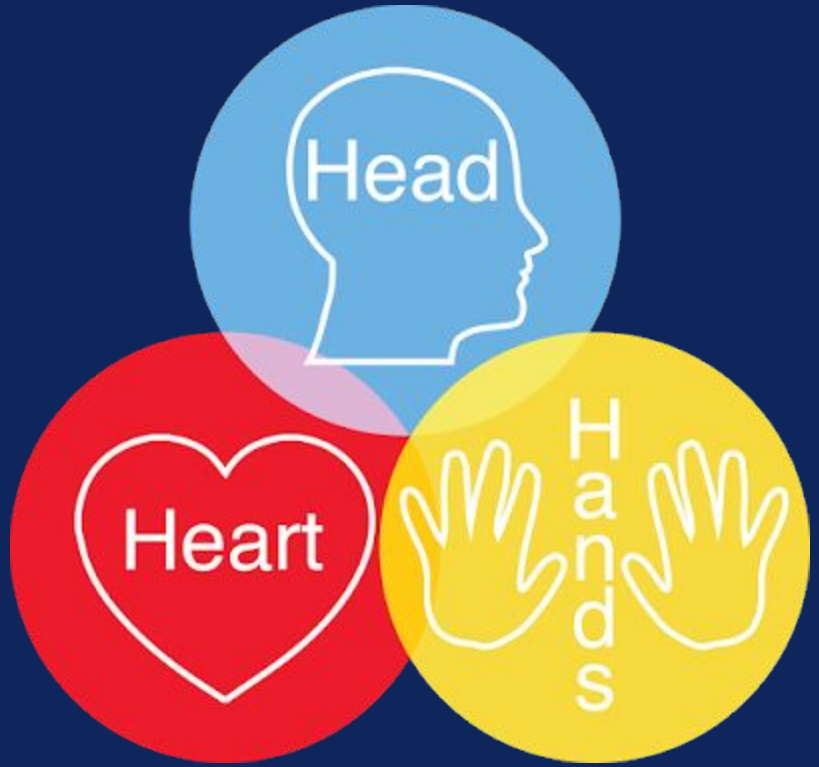
Encourages students to seek out physical activity options after leaving school

Physical Education 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."

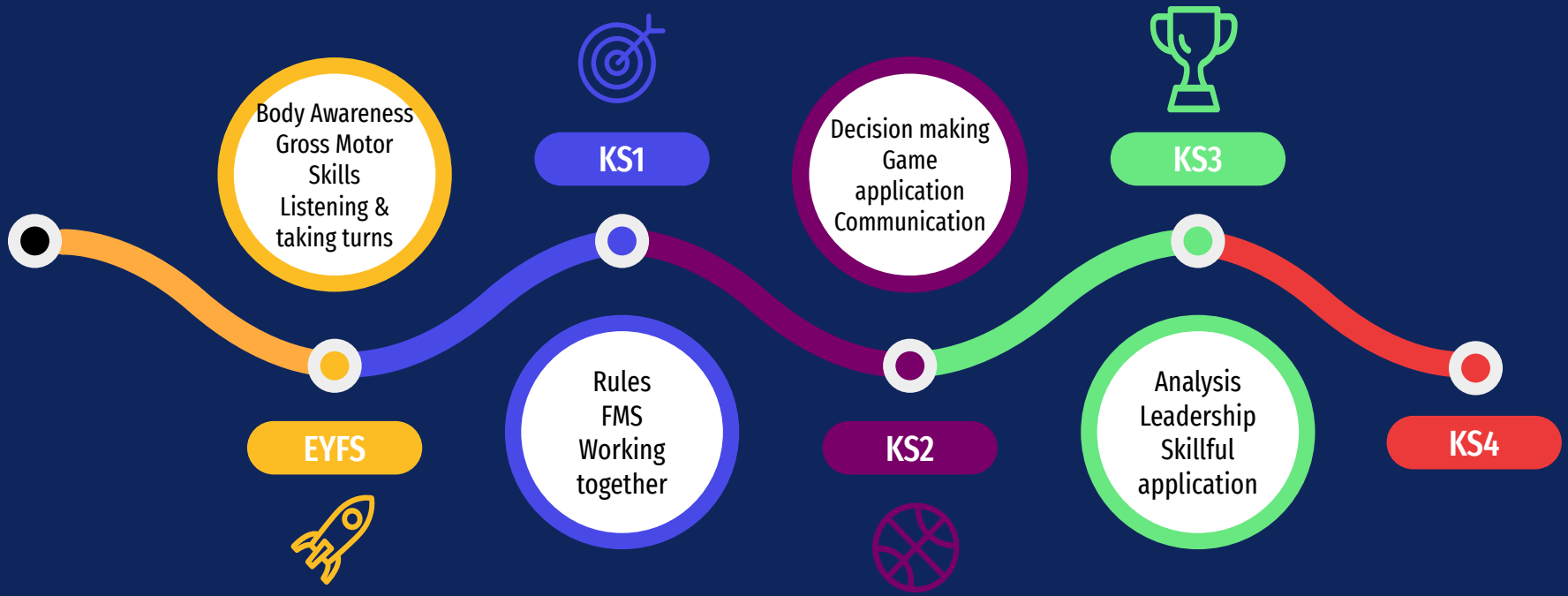
KNOWLEDGE &
UNDERSTANDING



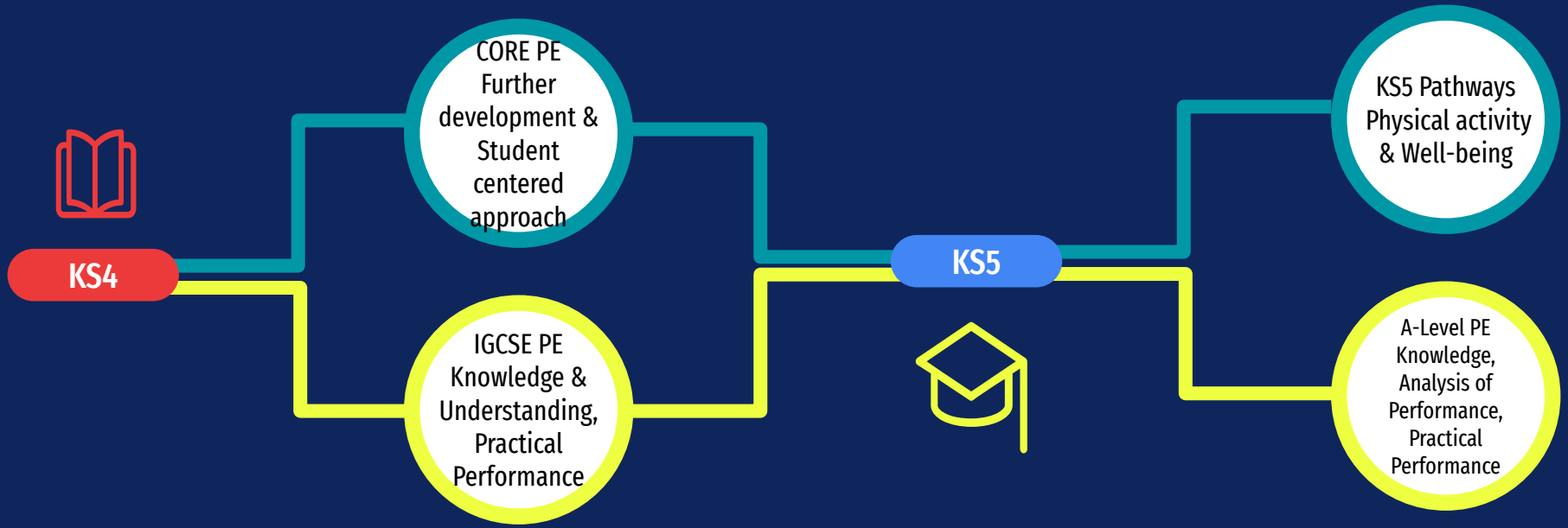
BEHAVIOURS &
ATTITUDES

SKILLS &
PERFORMANCE

Physical Education Curriculum



Physical Education Curriculum



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.

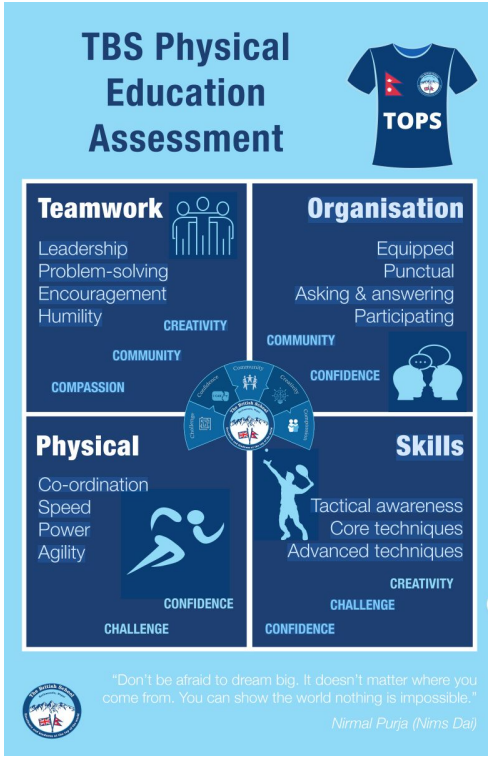
Primary PE Curriculum at TBS

Beyond the Physical - ‘Power of 3’

- 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.)

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

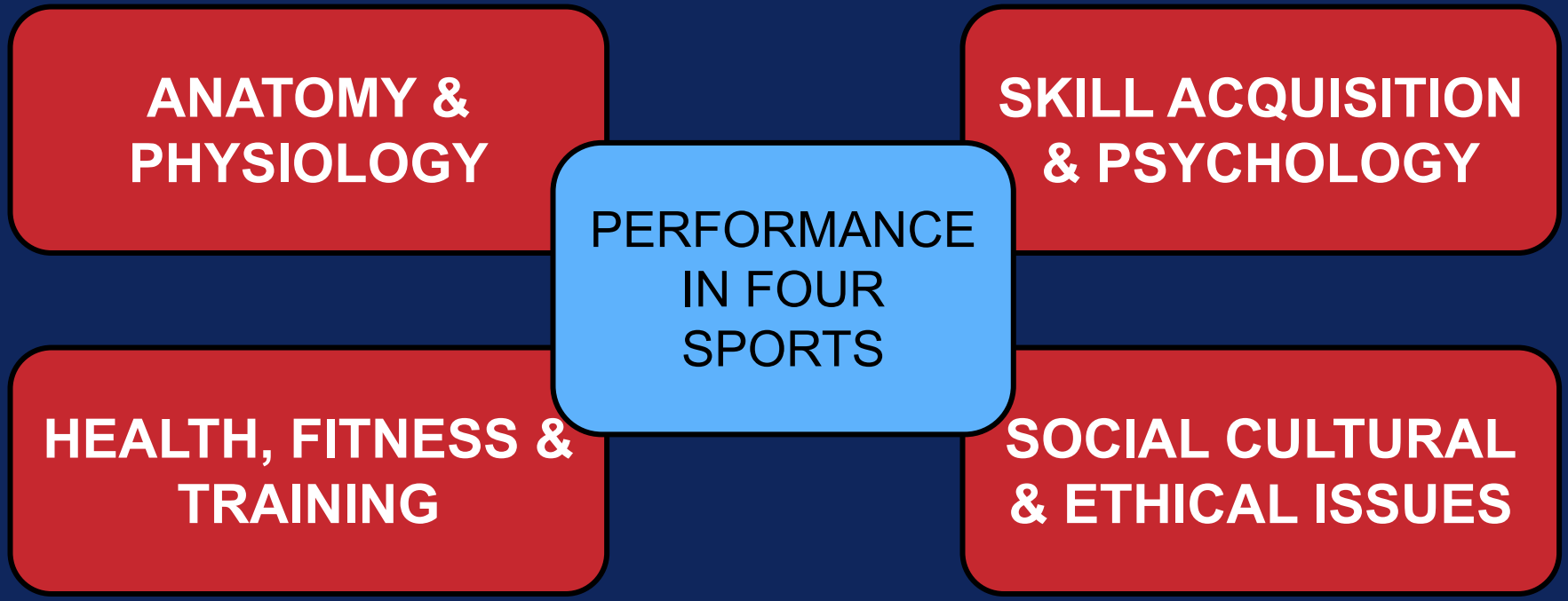
TOPS aims to provide a more holistic assessment of students skills, knowledge and attitudes towards learning in PE.

Secondary PE Assessment at TBS

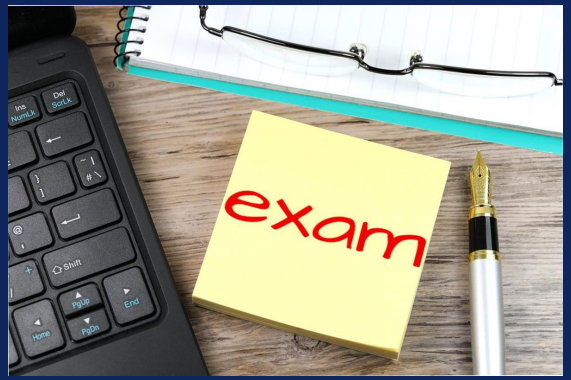
KS3 PE Assessment

Grades	**Year 7** 1-3 **Year 8** 1-2 **Year 9** 1	**Year 7** 4 - 6 **Year 8** 3 - 5 **Year 9** 2 - 4	**Year 7** 7 - 9 **Year 8** 6 - 8 **Year 9** 5 - 7	**Year 8** 9 **Year 9** 8 - 9
Teamwork	Are you **gaining confidence** in **leading a partner** to complete a task?	Are you **gaining confidence** to lead a **small group** of peers to complete a task?	Are you **competent** in leading a **small group** of peers to complete a task?	Are you **consistently** able to lead a **small group** of peers to complete a task?
	Do you **sometimes** offer **words of encouragement** to your peers?	Do you offer **words of encouragement** to your peers even when **things are not going well?**	Are you able to **win and lose well?**	Are you able to **win and lose well** and **support your team** to do the same?
	Are you **gaining confidence** in applying **strategies** and making **decisions?**	Are you **competent** in applying **strategies** and making **decisions?**	Are you **competent** in applying **strategies** and making **decisions** to succeed?	Are you **proactive** in applying **strategies** and making **decisions** to succeed?
Organisation	Are you **starting to show** a **willingness to participate** and to play to **the best of your ability?**	Do you show a **willingness to participate** and **play** to the **best of your ability?**	Do you **consistently** show a willingness to **participate** and play to the **best of your ability**?	Do you show a willingness to participate and play to the best of your ability **at all times**? Are you **proactive** in considering how to improve?
Physical	Are you **beginning to gain confidence** in some (**1-3**) of the components of fitness in isolation?	Are you **competent** in a range (**3-5**) of the components of fitness in isolation?	Are you **consistently** demonstrating the majority (**5-7**) of the components of fitness in isolation and game situations?	Are you **consistently** demonstrating the majority (**7-9**) of components of fitness in isolation and game situations to a **high standard**
Skills - Invasion games	Are you **attempting** to dribble, pass and shoot in insolation?	Can you dribble, pass and shoot with **some success** in isolation?	Can you **consistently** dribble, pass and shoot with success in isolation and can **attempt** this in **game situations**?	Can you consistently dribble, pass and shoot **with success** in game situations?
Skills - Invasion games	Are you **attempting** to defend and attack in **one to one situations**?	Are you **gaining confidence** in defending and attacking in **small sided games**?	Are you **consistently** defending and attacking in small sided games and **starting** to develop **game awareness**?	Are you **consistently** defending and attacking and demonstrating **game awareness**?
Skills - Net and wall games	Do you understand how your **grip** affects the **direction** of a ball's travel?	Are you **gaining confidence** in striking with **accuracy** and **power**?	Are you **gaining confidence** in striking with accuracy and power with a **partner**?	Are you **consistently** striking with accuracy and power in a **game situation**?
Skills - Striking Games	Are you **attempting** to **throw, catch and strike** in isolation?	Are you **gaining confidence** throwing, catching and striking?	Are you gaining confidence throwing, catching and striking in **small conditioned games**?	Are you **consistently** throwing, catching and striking in **game situations**?

IGCSE PE Curriculum



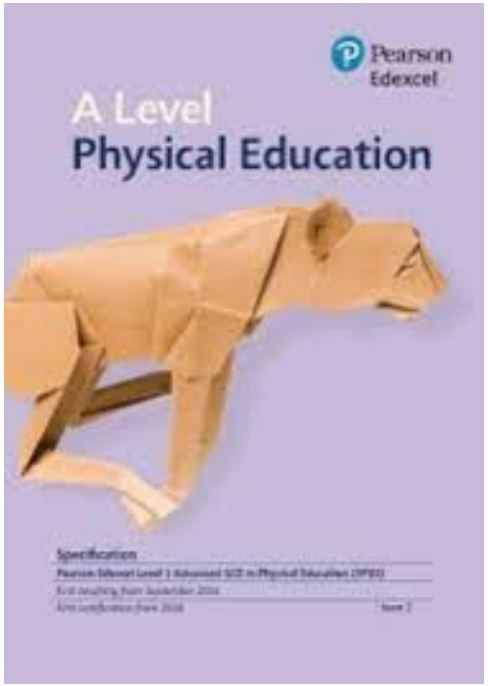
How is the grade calculated?



Exam is worth
50%

Student performance in
FOUR sports is worth
50%

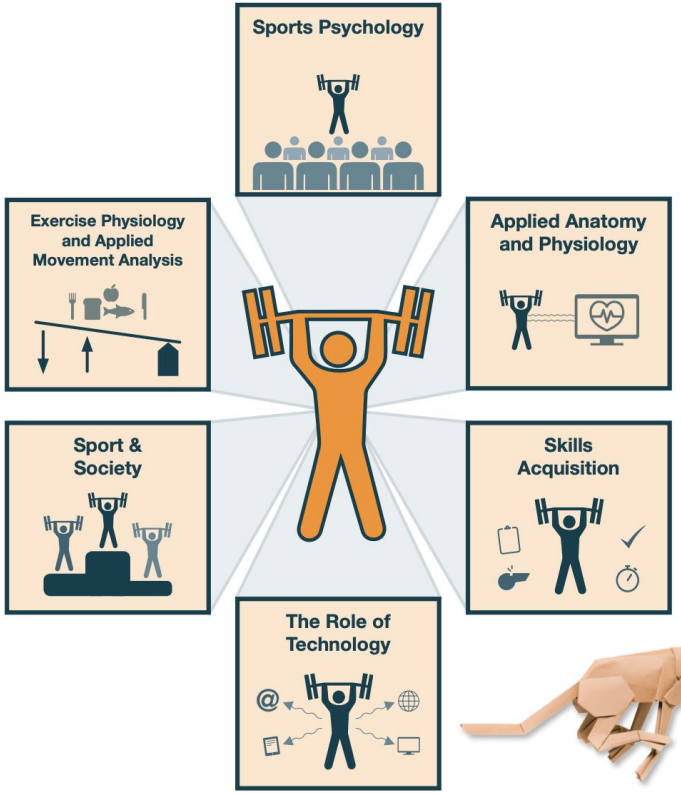
A-Level PE at TBS



Two year course

Examination = 70%

Coursework = 30%
Assessed in ONE sport as either performer or coach.



Academic PE at TBS

GCSE - **50%** practical & **50%** theory (**2022** results - 2 A*, 3 A, 3 B)(**2023** results - 1 A*, 4 A, 1 B)(**2024** results - 2 A, 1 B, 2 C)

A-Level - **40%** Scientific Principles of PE, **30%** Psychological and Social principles of PE, **15%** practical & **15%** coursework. (**2024** results - 1 A & 1 B)

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

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.

Secondary 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.

Swimming Safety

Thorough risk assessment

Training for staff

Hygiene and testing

Pool temperature

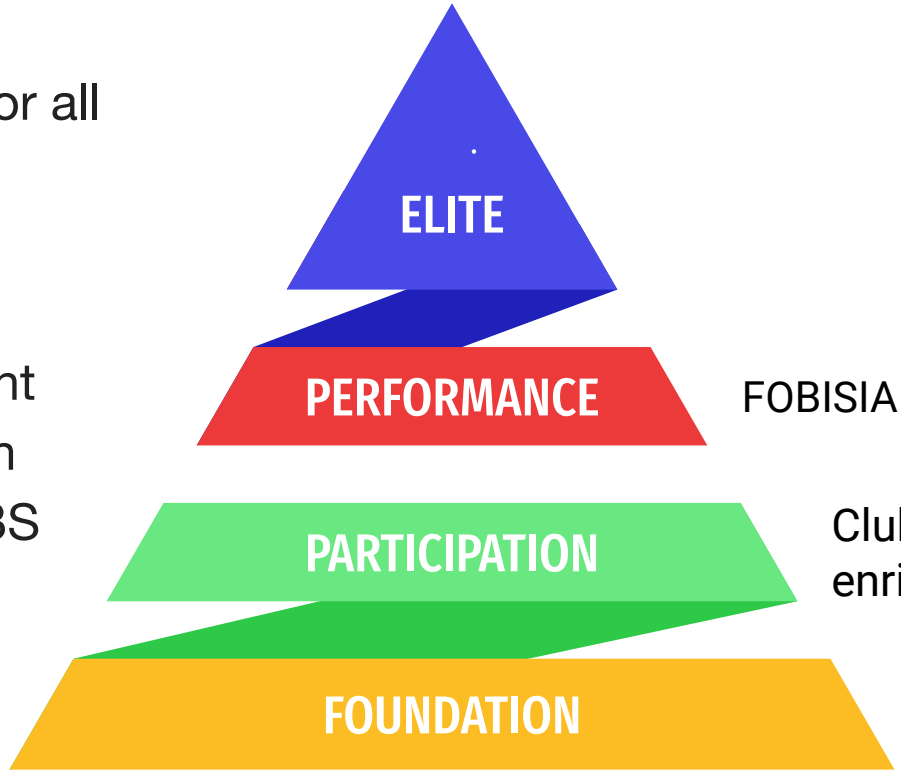
Weather

Student ability

Sport at TBS

Vision for sport at TBS:

- ★ Sport being open for all (experience, enrichment, participation)
- ★ Competitive element (Extension - chosen training squads, TBS representation)



FOBISIA & NISSA

Clubs - experience and enrich

PE Lessons and activities such as Sports Days

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.

Sports Clubs at TBS

PRIMARY		SECONDARY	
ONSITE	OFFSITE	ONSITE	OFFSITE
Basketball, football, badminton, tennis, karate, dance, gymnastics, cricket, table tennis	Swimming, golf	Basketball, football, handball, badminton, table tennis, volleyball, cricket, tennis, yoga	Swimming, golf, climbing

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, climbing, 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*

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 - Mon Nov 25th - Sat 30th**
  - **U13 - Sun Feb 16th - Fri 21st**
  - **U11 - Sun May 4th - Fri 9th**

Due to the time it takes to obtain a visa, we have to do the trials quite far in advance and information will be sent to parents in due course.

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 3 x clubs a week (Football, Basketball, Athletics & Swimming)