

Physical Education for KS4 Students



The Physical Education Department at BISI aims to teach a variety of skills to help students develop physically, mentally, socially and emotionally.

Physical Education is not only about how well a child can practically perform in a certain activity, but equally important is how they contribute to the ethos of the subject. Students will take on a variety of roles and responsibilities (not only that of performer) and be expected to fully participate to the best of their ability at all times.

BISI Physical Education Philosophy and Ethos

As well as physical development, P.E. lessons allow students to experience a range of 'real life' interactions that can help shape their emotions, reactions and social skills such as:

- understanding winning and losing
- working under their own initiative
- working in small and large group situations
- leading small or large groups
- coping with stress
- knowing when to take the lead and when to step back
- understanding when to talk and when to listen
- appreciating the actions and contributions of others
- how their actions effect the work and overall atmosphere of the group
- developing effective and constructive communication (verbal and non-verbal)

Key Stage 4 PE lessons

KS4 students all have PE as a whole year group. When students come as a year group there will be 2 members of staff teaching the lesson

Year group lessons tend to involve activities that are played in teams with large numbers or can be broken down into parts such as:

- Football
- Hockey
- Basketball
- Athletics
- Cross Country



Individual class activities are also offered when the class is split up into smaller numbers. These activities are:

- Fitness
- Swimming
- Volleyball
- Badminton
- Gymnastics / Dance
- Judo

All practical lessons involve a warm up activity, main activity and a cool down / stretch where appropriate.

Aims and Objectives of the BISI Physical Education Curriculum

All BISI students will be given the opportunity to achieve their full potential in physical education reflecting the school's mission statement. We will structure lessons where students are able to:

- participate in a range of indoor and outdoor activities that promote the physical skills and development essential for a healthy lifestyle
- understand how to develop aspects of physical and mental fitness and the importance of maintaining a healthy lifestyle
- learn how to transfer skills learned through participation in sport to other subject areas, everyday life and social interactions outside the school community
- participate in a broad, balanced and challenging curriculum with the flexibility to take advantage of the local environment and culture, reflecting the international nature of the student body
- be given Individual attention within small classes to maximize opportunities for a variety of teaching and learning styles
- become independent critical thinkers, problem solvers, decision makers, effective communicators, team players, and active participants in a global society
- acquire the necessary knowledge, skills and self esteem to have the vision and courage to set and achieve their own realistic goals
- accept, embrace and celebrate cultural diversity and promote the values of respect, honesty and kindness, appreciating themselves and others as individuals with rights and responsibilities, independent of race, culture, gender and religion
- discover the types of physical activities they enjoy and find out how to fully participate in these
- find enjoyment in activities they may not initially feel comfortable with
- take part in physical activities that involve competing with and outwitting opponents, accurate replication of actions, optimum performance and creative problem solving
- swim, with the hope of completing the minimum distance of 25m (with the exception of EYFS)
- experience a variety of roles such as coach, referee, supporter, assistant, choreographer, analyser and motivator (to name but a few)
- share responsibility for their own development by discovering how they learn best and by acquiring good habits of learning, thus equipping them with the skills essential for success at university level and beyond