



## **Physical Education (Year 5 to 9) 2025 - 2026**

### **Purpose of Study**

Students will build on the physical development and skills acquired in Key Stages 1 and 2, becoming more proficient, confident, and versatile in their techniques. They will apply these skills across various sports and activities, gaining an understanding of effective performance and how to evaluate and improve their own and others' work. The curriculum encourages students to develop a lifelong interest in sports and physical activities, emphasizing the long-term health benefits of staying active.

### **Aims**

#### **1. Individual Sports:**

Students will enhance their physical abilities and techniques through individual sports like swimming, badminton, and athletics in both competitive and non-competitive settings.

#### **2. Team Sports:**

Students will develop their teamwork and physical skills through team sports, including basketball, football, softball and volleyball, engaging in both competitive and non-competitive environments.

#### **3. Competition and Events:**

Students will acquire the necessary skills to compete in local, national, and international events, such as the TIS Sports Day, TIS Swimming Gala, Thailand International Schools Activities Conference (TISAC), Federation of British International Schools in Asia (FOBISIA), and other regional and international competitions.

#### **4. Understanding the Body and Sports World:**

Through various sports, students will learn about the human body and engage with current issues in the sports world, building a foundation for further study in Physical Education at IGCSE level.

#### **5. Lifelong Fitness:**

Students will deepen their understanding of physical education, health, fitness, and sports, equipping them to lead active, healthy lives as lifelong participants in individual and team sports.