Physical Education

Physical Education is an important part of the total educational program. The ISM Middle School Physical Education program provides each student with the opportunity to participate in a comprehensive curriculum of activity.

The program has two primary focal points. The first is to equip students with levels of motor skills that enable safe, satisfying participation in lifelong activities. They will acquire the language and knowledge they need to participate successfully. The second focal point is to equip students with the knowledge and skills essential to monitoring and managing their own health-related levels of fitness.

Students participate in physical activities that allow them to develop an understanding of the physical abilities of themselves and others. Students become aware of the social benefits of physical activity through participation. The program promotes the spirit of cooperation, leadership, fair play and friendly competition.

Students receive instruction in skill development, the application of rules and strategies in the following different movement forms: health-related fitness activities, aerobic exercise, team sports, individual and dual sports, gymnastics, outdoor pursuits, aquatics, dance, and recreational games. Ongoing assessment includes both written and performance-based skill evaluations.

Our mission is to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life.

In addition to the core Physical Education program, students in Middle School at ISM also have the opportunity to choose from a variety of PE-based electives:

Content/Skills

In Grades 5 and 6, students develop their understanding of sports and fitness-related concepts through participation in numerous competitive and noncompetitive situations. The focus is on the continued development of basic skills that can be incorporated into a variety of activities instead of specific sports. Team and individual values are also developed as students evaluate their interactions with others on a regular basis. Additionally, students have the opportunity to select Adventure-Based Games or Team Sports elective courses for one semester.

In Grade 7 and 8, students have the opportunity to transfer their knowledge into more realistic sports and game situations. They also gain a greater understanding of their social responsibility, fitness development and knowledge of rules through participation in competitive team and individual activities, evaluation and feedback sessions together with research projects. Students have the opportunity to select Fun, Fast and Fit elective for one semester.
Grade 5 and 6

Motor Skill Development in the courses:
- Invasion Skills
- Movement Skills
- Aquatic Skills
- Net Skills
- Striking and Fielding Skills

Overarching Themes:
- Teamwork
- Cooperation
- Competition
- Communication
- Healthy Lifestyles

Adventure-Based Games
For Grade 5 students, this semester-long elective course is aimed at developing: personal confidence, cooperation in a group, increased levels of agility and coordination, self-joy in one's physical self and in being with others. Students will have the opportunity to engage in activities that have an element of surprise, that challenge, have a risk and are FUN and SAFE. They will be guided through activities that will enhance their team-building, problem-solving and communication skills. They will experience being leaders, followers and observers and learn how to perform such roles effectively so that the group can reach its goal.

Team Sports
For Grade 6 students, this semester-long elective course is aimed at those who wish to further their abilities in a wide variety of team sports such as Basketball, Soccer, Water Polo, Touch Rugby, Volleyball, Flag Football and Floor Hockey, among others. By playing fun and competitive games against opponents, students will explore advanced skills and tactics. Through teamwork, communication and cooperation, the students will make collaborative efforts to devise and incorporate existing skills, tactics and strategies to gain an advantage over and to pressure opponents. This will be a very active course that will promote high levels of activity and fitness with an aim to develop a positive attitude towards lifelong participation in sports and exercise.

The Grade 7 and 8 Physical Education program will provide the opportunity for students to incorporate the motor skills developed in Grades 5 and 6 into cooperative and competitive situations and games. The focus will change to increased participation in enjoyable and physically demanding lessons. Students will develop skills and team tactics, together with their social interaction, leadership, personal management and communication skills.
Grade 7 and 8

Activities will include the following (and potentially others):

- Basketball, Soccer, Touch Rugby, Hockey
- Climbing, Gymnastics, Fitness, Track & Field
- Swimming, Survival, Water Polo
- Volleyball, Pickleball, Table Tennis, Badminton
- Softball, Cricket

Fun, Fast and Fit
This is a fun PE elective created for Grade 7 and 8 students. It uses music, movement and the power of fitness to boost energy, increase skill level and generally make you feel awesome. Best of all, there are a number of different types of fitness activities to suit everyone. The music and activities change regularly, so there’s always new stuff to look forward to.

The aim of this course is to promote an interest in physical activity, which will lead to participation and involvement in and out of school and throughout life. This course has been designed for individuals who have an interest in physical activity as a lifestyle. A wide variety of activities are covered; students will be introduced to fun and challenging activities including movement, martial arts, sports conditioning, team challenges, dance, yoga and pilates. Students will develop the spirit of success both as individuals and as a group while feeling motivated to work harder each time. The course will focus on the importance of an active lifestyle and the benefits of regular physical activity. Students will be provided with the opportunity to develop their own fitness lessons and will be expected to maintain a high level of effort and participation.

Resources
ISM houses some of the best sports facilities in the Philippines. Throughout the Physical Education program, students have access to two floodlit synthetic turf sports fields, a six-lane running track, three indoor gyms, three swimming pools, eight covered tennis courts, a nine-line climbing facility, a fitness suite, two air-conditioned fitness rooms, a fully equipped Olympic gymnastics area and a covered utility area.