



This feature will highlight the programs, resources, and activities we use at CISB along with interviews of those who organize, implement and design them. Keep an eye for our new #CISBeInTheKnow hashtag and let us know if there's anything you're curious about!



Matthew Thompson  
PE Elementary  
(Preschool-G2)

PE K-2 teacher Matthew Thompson describes how he and his colleagues help CISB students have fun, stay fit and find fulfillment with sports and physical activity.

#### 1. What subjects do you teach at CISB? Could you introduce your team??

The P.E. department here at the Elementary School Grades K-5 consists of Carlos Estrada, who teaches Grades 3-5 and myself. I have the pleasure of teaching our kindergarten, Grade 1, and Grade 2 students.



#### 2. What are some sport actives you have in your class?

Our school curriculum consists of both the International Baccalaureate (IB) and Canadian New Brunswick frameworks and standards. Units that we work on throughout the year consist of adventure challenge, movement concepts, individual pursuits, games, and health and fitness.

#### 3. Which are the most fun for you and the students to carry out?

My favorite to teach and carry out is the adventure challenge unit. The students enjoy solving problems from simple to complex in different environments and situations. I enjoy watching them work cooperatively, creatively, and logically to solve problems.



#### 4. How do you motivate and engage your students in PE class?

I have found in my time teaching that the best way to motivate students is to create a relationship of trust, respect, and practical expectation with each student. Furthermore, students need to feel safe and yet challenged at a level they can be successful at and encouraged to grow.



#### 5. Tell us about the importance of PE class these days, considering how so many of us live sedentary lifestyles.

I can't stress the need for quality physical education enough. Especially in our current society where most people are sitting on screens for a large portion of their day. A comprehensive physical education program like ours gives students choices and exposes them to sports and activities where they can be successful throughout their lives. The skills and strategies learned here help shape the framework for students' success physically, emotionally, spiritually, cognitively, and socially throughout the rest of their lives.



#### 6. Tell us more about CISB's elementary sports teams and clubs.

Here at CISB in Grades 3-5 we are proud to offer our Jr. Bobcats athletic program. The Jr. Bobcats participate in the Junior International School Athletic Conference, JISAC, in both under 9 and under 11 exhibitions against 13 other international schools right here in Beijing.

Over the course of four different athletic seasons we offer ten different sports teams: soccer (football), cross-country, swimming, mini-volleyball, table tennis, badminton, basketball, softball, t-ball, and track and field. Students can even participate in multiple sports in the same season in an attempt to maximize student exposure to different sports, participation, and activity time for kids.

