



# ***IGS ACADEMY INFORMATION PACK***

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# WE PROVIDE PHYSICAL EDUCATION AT INTERNATIONAL STANDARDS



## ABOUT US

IGS Academy is an independent physical education school, which focuses on providing high quality PE lessons in English. Lessons are designed using our original coaching method ("IGS Method") recognized by SHAPE AMERICA (The Society of Health and Physical Educators), and we strive not only to improve students' physical/motor skills but also to teach holistic skills needed to succeed in life, including: individuality, communication skills and ability to make decisions.

### WE...

- Were established in **April, 2019**
- Taught **over 80 students** in total
- Have **4 campuses around Tokyo**



# "IGS METHOD"

RECOGNIZED BY  SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

"IGS Method" is our **original coaching method** developed throughout the years in order to **teach children a set of skills that are valued in global society through physical education**. We consider physical education to be the opportunity to allow students to grow further as a person, and therefore we aim to improve students ability as a whole rather than focusing just on their physical skills.

## ***FOUR PILLARS OF IGS METHODS***

### ***BODY***

We seek to **improve basic physical skills** of students that can be applied to any sports.

### ***INDIVIDUALITY***

We strive to **value unique traits of each student**, rather than treating them as a big uniform group.

### ***COMMUNICATION***

We encourage students to **learn how to communicate** themselves effectively in English.

### ***DECISION MAKING***

We **respect each student's independence**, and let them make decisions for themselves.



# HOW ARE WE DIFFERENT?

## ***NORMAL PHYSICAL EDUCATION***

- Encourages competition and ranks students
- Treats students as a group rather than an individual
- Gives answers and step-by-step instruction to memorise
- Thoroughly focuses on motor/physical skills

## ***IGS METHOD***

- **Never ranks students** and work to **compliment every student**
- **Values each student's preferences**, choices and opinions
- **Encourages students to think** on their own
- Enable students to **grow variety of skills** such as confidence and resilience.

## ***OTHER SKILLS THAT CAN BE LEARNED:***

### ***SELF-ESTEEM***

Confidence is another basis of success. Students will grow to be confident about themselves by being respected, valued and encouraged.

### ***SPIRIT***

We teach children that there is no need to be scared of failures. We motivate students to tackle any obstacles, providing them a safe space to keep trying.

### ***THINKING***

Learning what is taught will be no good if students cannot apply them in other circumstances. We provide time within lessons to deliberately make students think about what we learn.



# SAMPLE LESSON PLAN



## 1 WARM UP

We greet and start the lesson by giving an overview of what we are going to do, followed by a warm up for the body & brain.

### Objectives

- To help students learn effectively
- To provide a safe environment for exercise

## 2 TRAINING

Students will practice the basic skill of the day e.g. agility, ball handling using activities that are familiar to them.

### Objectives

- To improve students' physical skills
- To understand and assess each student

## 3 GAME SESSION

Students are split up into teams to participate in a game in order to apply the skill learned in training phase.

### Objectives

- To build students' team work skills
- To boost students' decision making skills

## 4 REVISION

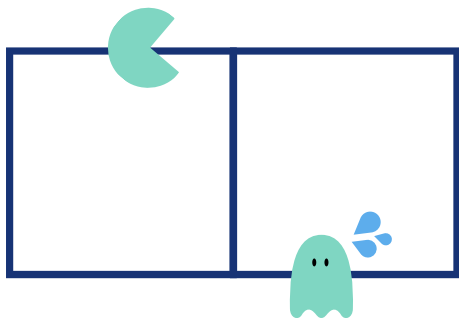
We conduct a Q&A session to revise what we did in class.

### Objectives

- To let students think
- To allow students to practice voicing their opinions

# EXAMPLE ACTIVITIES

## "LINE CHASE" TAG



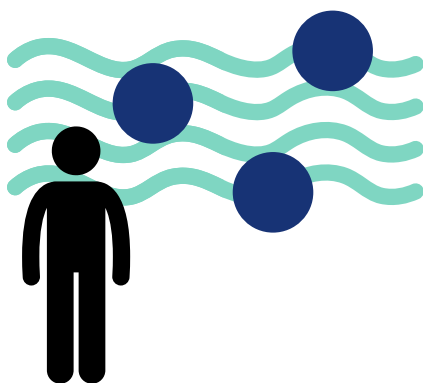
### **RULES**

1. Players are separated into two roles. One person will become the chaser, while the other needs to run from the chaser.
2. The rules are almost like the normal game of tag, but both players are **ONLY** allowed to move on the lines drawn on the floor.

### **OBJECTIVE**

It is one step more complicated and difficult than the usual game of tag because students are required to think strategically about the next move on both sides. This game also requires students to become skilled at many body movements such as quickly changing direction of movement, pivoting and making feints, while developing brain skills such as critical thinking, problem solving and decision making skills.

## "CROSSING THE RIVER"



### **RULES**

1. Students are provided with markers which will be the "islands" during the game.
2. Students will play this game in a group with shared objective to cross the river using the provided "islands".
3. Students can only hop on placed "islands" or otherwise they will fall. They have to communicate within the group to tactically place the "islands" so they can cross the river without falling into it.

### **OBJECTIVE**

It is a group game that requires students to cooperate through intensive communication. To successfully cross the river, students need to be able to share their opinions in clear and effective manners as well as to respect others' opinions, decide on the next move,

# COMING SOON PARKOUR



## WHAT'S PARKOUR?

Parkour is an activity enjoyed by both kids and adults, performed solo or in group. The performer uses his/her entire body to jump, dodge and climb obstacles typically while running.

## WHY ARE WE INTRODUCING IT?

We believe that Parkour fits and aligns with our vision and into our curriculum perfectly for following reasons:

- It is a **full body workout** that allow students to improve his/her bodily skills
- It has many benefits to students' bodily function including **increased bone strength** and **improved cardiovascular endurance**
- Not only that Parkour improves students' body, it also **fosters creativity** by making choreographies
- It also **boosts students' confidence** and ability to **think the next move on the spot**





# CLIENTS

Our curriculums and methods are already in use in several institution including international schools and sports club.

## APPLE IKEGAMI NURSERY



### Nursery

Independent nursery in Ikegami, Tokyo.

## BEARS



### Regional Sports Club

Nonprofit organisation based in Ohta-ku, Tokyo providing various sports activities for kids/adults.

## TOKYO WEST INTERNATIONAL SCHOOL



### International School

International school based in Hachioji, Tokyo.

## TOKYO YMCA INTERNATIONAL SCHOOL



### International School

International school based in Koto-ku, Tokyo.

# VOICES OF PARENTS

Here are some of the many positive responses that we receive from parents of our students!

**"HE OFTEN GAVE UP [CHALLENGING], BUT HE CHANGED HIS ATTITUDE TO TRY WHILE SAYING "I CAN DO IT!"."**

**- Y.Y / KINDER COURSE**

**"I THINK HE IS ABLE TO CULTIVATE AN ATTITUDE OF TAKING ON CHALLENGES WITHOUT BEING ASHAMED OF ERRORS AND MISTAKES."**

**- H.N / KINDER COURSE**

**"I CAN SEE THAT COACHES ARE THINKING ABOUT DIFFERENT MENU EVERY TIME IN ORDER TO LET STUDENTS USE THEIR WHOLE BODY."**

**- K.O / ELEMENTARY COURSE**

**"THE LESSONS SEEMED TO GIVE A SENSE OF ACCOMPLISHMENT TO THE CHILDREN..."**

**- H.M / ELEMENTARY COURSE**



# MEET OUR TEAM



**TAKAYUKI FUJIMURA**

CEO / Founder Representative  
English Physical Education Head Coach Manager

Taka's world changed drastically when he went abroad to homestay, where he had his first opportunity to communicate in English. His passion to learn English sparked from the experience, leading him to pursue education in Canada and the US, where he also found a passion to become a PE teacher. IGS Academy was founded upon his unique combination of his two passions: physical education and English education.



**HUGO PRIES**

English Physical Education Director  
Curriculum Developer

Hugo is the brain of IGS Academy who is responsible for curriculum development unique to IGS. He is an experienced physical education coach with 7 years+ experience with many expertise including swimming, gymnastics, volleyball and rugby. He has been teaching PE in Hong Kong for years before he came to Japan, and he has variety of certificates such as swimming coach and rugby coach up his sleeves.



**KEITA SAWADA**

Physical Education Coach

Keita is well versed in soccer the most, but his strength does not end there as a physical education coach. Graduating from Japanese university with a degree in Human Care, he has an academic understanding of how human body works with national certificate in judo therapist. On top of this, he has worked towards certificates as soccer coach in England which made him a strong physical education coach.

## AMBASSADORS



**MAX FOURACRE**

Soccer Coach  
Chelsea Football Club

**"[IGS ACADEMY'S PROGRAM] WILL BE A STARTING POINT FOR ANY SPORT YOUR CHILD CHOOSES IN FUTURE."**

"The IGS Academy has a program for children to learn basic physical movements. It is also the basis for acquiring various motor functions. The IGS Academy's excellent foundation program is effectively designed to provide full support and athletic performance for coaches. It will be a starting point for any sport your child chooses in the future.

The IGS Academy's sports and adventure programs are very interesting with learning methods made by new research. At the same time, it promotes a healthy lifestyle and teaches children what the world is like by interacting with foreign teachers and conducting the latest and most effective programs.

**"[THE PROGRAM] TEACHES CHILDREN WHAT THE WORLD IS LIKE."**

**CHRIS ANDERSON**

TESOL  
University of Melbourne





## ***CONTACT US***

 **070-1306-6286**

 **INFO@IGSACADEMY.ORG**

***OR VISIT EN.IGSACADEMY.INFO***

Address:  
6-19-19-202 Ikegami, Ota-ku, Tokyo 146-0082

