

Physical Health Education - Subject Group Overview

Unit Name	Key Concepts	Related Concepts	Global Context	Statement of Inquiry	Content	MYP Objectives	Approaches to Learning
Ultimate Frisbee	Communication	• Space • Movement	Identities and relationships	Movement can often be part of cooperation through communication and space.	Identify, Analyze and Evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Year 1 Objectives ■ Objective A: Knowing and understanding ■. outline physical and health education factual, procedural and conceptual knowledge ■ Objective C: Applying and performing ■. recall and apply a range of skills and techniques ■. recall and apply a range of strategies and movement concepts ■. recall and apply information to perform effectively. ■ Objective D: Reflecting and improving performance ■. describe and summarize performance.	Affective skills ■ Practise being aware of body–mind connections ■ Critical-thinking skills ■ Consider ideas from multiple perspectives
Basketball	Communication	• Movement • Interaction	Personal and cultural expression	Communication allows for interaction and movement to improve play.	Identify, Analyze and Evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.	Year 1 Objectives ■ Objective A: Knowing and understanding ■. outline physical and health education factual, procedural and conceptual knowledge ■. apply physical and health terminology to communicate understanding. ■ Objective C: Applying and performing ■. recall and apply a range of skills and techniques ■. recall and apply a range of strategies and movement concepts ■. recall and apply information to perform effectively.	Communication skills ■ Use a variety of speaking techniques to communicate with a variety of audiences ■ Interpret and use effectively modes of non-verbal communication
Football	Communication	• Adaptation	Fairness and development	When change occurs, communication allows for adaptation to enable conflict management within a team.	Participate in moderate physical activity on a daily basis. Identify, Analyze and Evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities. Exhibit responsible personal and social behavior that respects self and others in a physical education classroom activity setting.	Year 1 Objectives ■ Objective A: Knowing and understanding ■. outline physical and health education factual, procedural and conceptual knowledge ■ Objective B: Planning for performance ■. identify goals to enhance performance ■. construct and outline a plan for improving physical activity and health. ■ Objective C: Applying and performing ■. recall and apply a range of skills and techniques ■. recall and apply a range of strategies and movement concepts ■ Objective D: Reflecting and improving performance ■. identify and demonstrate strategies to enhance interpersonal skills ■. describe the effectiveness of a plan based on the outcome ■. describe and summarize performance.	Communication skills ■ Give and receive meaningful feedback ■ Structure information in summaries, essays and reports Affective skills ■ Practise dealing with change
Wiffleball	Change	• Choice • Movement	Fairness and development	Change bring choice in movement based on human capability and development.	Identify, Analyze and Evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities. Participate in moderate physical activity on a daily basis Exhibit responsible personal and social behavior that respects self and others in a physical activity setting	Year 1 Objectives ■ Objective A: Knowing and understanding ■. outline physical and health education factual, procedural and conceptual knowledge ■. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations ■. apply physical and health terminology to communicate understanding. ■ Objective B: Planning for performance ■. identify goals to enhance performance ■ Objective C: Applying and performing ■. recall and apply a range of skills and techniques ■. recall and apply a range of strategies and movement concepts ■. recall and apply information to perform effectively. ■ Objective D: Reflecting and improving performance ■. identify and demonstrate strategies to enhance interpersonal skills	Communication skills ■ Give and receive meaningful feedback ■ Use a variety of speaking techniques to communicate with a variety of audiences Collaboration skills ■ Help others to succeed
Healthy Lifestyles	Development, Connections	• Perspective • Balance	Personal and cultural expression	Connections are developed within physical, mental and emotional ways of life based on perspectives and balance.	Students will be learning: Understanding Health Mental and Emotional Health Managing Weight and Eating Behaviors Tobacco Use Students will be given terms and definitions to ensure understanding. And questions to answer to check for understanding.	Year 1 Objectives ■ Objective A: Knowing and understanding ■. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations ■ Objective B: Planning for performance ■. construct and outline a plan for improving physical activity and health. ■ Objective D: Reflecting and improving performance ■. describe the effectiveness of a plan based on the outcome	Collaboration skills ■ Take responsibility for one's own actions Transfer skills ■ Combine knowledge, understanding and skills to create products or solutions