

Physical & Health Ed: Year 1

Unit Title	Key Concept	Related concept(s)	Global Context	Statement of Inquiry	MYP subject-group objectives	ATL skills	Content (topics, knowledge, skills)
<u>Unit 1</u> Manipulative Skills	Change	Adaptation	Identities and Relationships	Change is shaped by adaptation which impacts physical, psychological and social development.	A C	Affective	Manipulative skills through gross motor skills such as throwing a frisbee, swinging a golf club, throwing a football, serving a volleyball.
<u>Unit 2</u> Life Skills Training Choices	Relationships	Interaction Choice	Identities and Relationships	Positive relationships and help promote healthy lifestyle choices.	A	Affective Communication	Self-image, smoking/alcohol/marijuana myths and realities, violence and the media, coping with anxiety and anger, resolving conflict
<u>Unit 3</u> International Games	Change	Environment Adaptation	Globalization Sustainability	Performers respond and adapt to changing environments, challenges and situations.	A B C D	Affective Communication	Balance between mind and body, collaborative teams, and individual skills; soccer, golf, basketball, hockey.
<u>Unit 4</u> Aesthetic Movement Routine (completed throughout semester)	Development	Movement Refinement	Scientific and Technical Innovation	If we explore the evolution and innovation of exercise, we can refine our daily routines and better develop our fitness and overall health.	B C D	Critical and Creative Thinking Communication	Technique, movement, balance, performance routines

Physical & Health Ed: Year 2

Unit Title	Key Concept	Related concept(s)	Global Context	Statement of Inquiry	MYP subject-group objectives	ATL skills	Content (topics, knowledge, skills)
<u>Unit 1</u> Fitness	Change	Balance Energy	Identities and Relationships	Lifestyle influences our health and well-being	A B C D	Affective	Recognizing and appreciating the importance of maintaining a healthy lifestyle; the body's response to exercise including the interaction of body systems and the development of physical fitness.
<u>Unit 2</u> Life Skills Training Choices	Relationships	Interaction Choice	Identities and Relationships	Positive relationships and help promote healthy lifestyle choices.	A	Affective Communication	Self-image, smoking/alcohol/marijuana myths and realities, violence and the media, coping with anxiety and anger, resolving conflict
<u>Unit 3</u> Invasion Games	Communication	Space Choice Systems	Orientation in time and space	Teams with strong game sense and effective communication gain a competitive advantage.	C D	Communication Affective Thinking	Participate in scaled-down or adapted versions of the recognized sports, for example invasion games, fielding and striking games, net games and target games
<u>Unit 4</u> Aesthetic Movement Routine (completed throughout semester)	Development	Movement Refinement	Scientific and Technical Innovation	If we explore the evolution and innovation of exercise, we can refine our daily routines and better develop our fitness and overall health.	B C D	Critical and Creative Thinking Communication	Technique, movement, balance, performance routines

Physical & Health Ed: Year 3

Unit Title	Key Concept	Related concept(s)	Global Context	Statement of Inquiry	MYP subject-group objectives	ATL skills	Content (topics, knowledge, skills)
<u>Unit 1</u> Manipulative Skills	Form	Refinement Movement Patterns	Personal and cultural expression	Changes to technique are determined by an awareness of how the body moves when performing athletic skills.	B C	Affective skills Thinking	Practise specific techniques for jumping, throwing, running in athletic events.
<u>Unit 2</u> Life Skills Training Choices	Relationships	Interaction Choice	Identities and Relationships	Positive relationships and help promote healthy lifestyle choices.	A	Affective skills Communication	Self-image, smoking/alcohol/marijuana myths and realities, violence and the media, coping with anxiety and anger, resolving conflict
<u>Unit 3</u> International Games	Relationships	Interaction Perspective	Personal & Cultural Expression	Interactions help to foster relationships and a sense of belonging.	A D	Affective skills Communication	Communication and collaboration in team sports and activities from all over the world.
<u>Unit 4</u> Aesthetic Movement Routine (completed throughout semester)	Development	Movement Refinement	Scientific and Technical Innovation	If we explore the evolution and innovation of exercise, we can refine our daily routines and better develop our fitness and overall health.	B C D	Critical and Creative Thinking Communication	Technique, movement, balance, performance routines through activities and routines.

