

Physical and Health Education 2016

	Unit title	Key & Related Concepts	Global context	Statement of Inquiry	MYP objectives	ATL skills	Content (topics, knowledge, skills)
Unit 1	Jump Rope	Key: Relationships Related: Interaction Choice	Identities & Relationships (Cooperation)	For a team to function correctly, all team members must understand that cooperation affects a team's relationship.	Criterion Bi Criterion Cii	Social Skills	Work cooperatively with peers with different backgrounds.
Unit 2	Fitness Assessment	Key: Change Related: Choice Movement Energy	Identities & Relationships (Health and Well-being)	Students will understand how choosing to move can change his or her health and well-being.	Criterion Diii	Research Skills	Compare personal fitness goals with research based standards.
Unit 3	Football	Key: Communication Related: Interaction Function Movement	Orientation in Space and Time (Exchange and interaction)	For a team to function effectively, all members must communicate and interact clearly in order to coordinate movement.	Criterion Ciii	Thinking Skills	Demonstrate offensive and defensive skills and strategies.
Unit 4	Nutrition	Key: Relationships Related: Choice Balance Refinement	Identities & Relationships (Lifestyle choices)	Students understand that making healthy lifestyle choices will affect his or her life-long health.	Criterion Aii	Research Skills	Explain the relationship between physical activity, nutrition, adequate rest and weight management.
Unit 5	Volleyball	Key: Communication Related: Movement Systems Space	Identities & Relationships (Cooperation)	Team members must work together to coordinate movements in order to cover all space.	Criterion Ci	Communication Skills	Use basic understanding of the knowledge of strategies in activity settings to move to open spaces.
Unit 6	Basketball	Key: Communication Related: System Interaction Refinement	Fairness & Development (Inequality, difference and inclusion)	Team of different skill levels must communicate about movement to create a system in order to be successful.	Criterion Diii	Communication Skills	Analyze and correct errors in movement and provide feedback from a peer.
Unit 7	Olympics	Key: Relationships Related: Refinement Function Choice	Identities & Development (Role Models)	Our role models inspire the trial of new activities and the refinement of techniques build relationships among team members.	Criterion B ii	Thinking Skills Communication Skills	Work Cooperatively and productively in a group.
7 <sup>th</sup> Grade	Unit title	Key & Related Concepts	Global context	Statement of Inquiry	MYP objectives	ATL skills	Content (topics, knowledge, skills)
Unit 1	Dance	Key:	Identities and	A dance can be created	B: ii	Communication:	Prior knowledge about the different

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		Communication Related: Movement Interaction	Relationships-Cooperation	through group communication and cooperation	C i-iii	Communication skills  Creative Thinking: Create original ideas and dance steps.  Reflection skills: students will reflect on dance routine.	types of dance..  Combine the critical elements of movement (traveling, balancing, and weight transfer into smooth, sequences, with changes in direction, speed and flow.  PE Standard 1: Movement Competence and Understanding in Physical Education  Design and perform a dance sequence.
Unit 2	Health Education	Key: Change Related: Adaptation, Choice	Identities and Relationships-lifestyle choices	The food choices you make may change how your body adapts when being active.	B:i	Critical Thinking Skills Creative Thinking Transfer	Prior Knowledge- Students will take an online survey about their basic knowledge Food Choices Fuel body  PE Standard 2: Physical and Personal Wellness in Health  Demonstrate the ability to make healthy food choices  Students will keep a food journal
Unit 3	Fitness Testing	Key: Change Related: Choice	Identities and Relationships-health and well being	The choices we make may change our health and well being	A: iii	Self Management- set goals that are challenging and realistic  Reflection skills:	Prior knowledge – students will evaluate fitness levels.  Students will keep track of their fitness results, goals, and reflections in online fitness portfolios.  Students will apply a range of movement to maximize personal fitness  PE Standard 2: Physical and Personal wellness  Identify activities that will help to improve the components of physical fitness ( cardiovascular, muscular endurance, muscular strength, flexibility, speed and agility).
Unit 4	Team Sports	Key: Communication	Orientation in time and space	For a team to function effectively within	A i	Communication Thinking	Prior knowledge- students will share ideas how a team should function.

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		Related: Function and System	(People, Boundaries, exchange and interaction)	boundaries all team members must communicate and exchange ideas efficiently and clearly			PE Standard 1: Movement Competence and Understanding  Students will demonstrate positive and appropriate interpersonal skills while participating in a team sport.
Unit 5	Leadership through action	Key: Relationships Related: Interaction Balance	Fairness and development (Responsibility)	Leaders interact with groups and have responsibilities to themselves and others	D		
8 <sup>th</sup> grade	Unit title	Key & Related Concepts	Global context	Statement of Inquiry	MYP objectives	ATL skills	Content (topics, knowledge, skills)
Fitness testing	Change  Choice, Energy, Movement	Identities and relationships: (physical, mental and spiritual health)	By exerting energy, students will understand how the choice to move will change their overall health	Criterion B: Planning for performances: i, ii	Self-management	Standard 2: Physical and personal wellness Plan and implement an extended personal fitness plan in collaboration with an instructor	Standard 2: Physical and personal wellness Plan and implement an extended personal fitness plan in collaboration with an instructor
Ultimate ball	Communication  Movement, Space	Orientation in Space and Time (Exchange and interaction)	We must <b>communicate, move</b> and work together to use the <b>space</b> effectively.	Criterion C: applying and performing: i-iii	Social skills: collaboration Thinking skills:	Standard 1 Movement Competence and Understanding: #2 Designated offensive and defensive space	Standard 1 Movement Competence and Understanding: #2 Designated offensive and defensive space
Hockey	Communication  Function Systems	Identities and relationships (competition and cooperation)	For a team to function effectively all team members must communicate efficiently and clearly	Criterion C: applying and performing: i-iii	Social skills: collaboration Thinking skills:	Standard 1 Movement Competence and Understanding: #2 Demonstrate defensive and offensive skills and strategies in sport	Standard 1 Movement Competence and Understanding: #2 Demonstrate defensive and offensive skills and strategies in sport
Volleyball	Relationships  Interaction Adaptation	Identities and relationships (competition and cooperation)	You must adapt to your team's dynamics and interact effectively to have a strong relationship on the court	Criterion D: reflecting and improving performance: i,ii, iii	Social/Collaboration Thinking Communication	Standard 1/2a. Demonstrate defensive and offensive skills and strategies in sport	Standard 1/2a. Demonstrate defensive and offensive skills and strategies in sport
Bowling	Relationships  Interaction Adaptation	Scientific and technical innovation (adaptation)	While building relationships during a casual team sport, students learn to adapt to changes in the game.	Criterion A	Social	Students learn the rules and game of bowling which culminates with a field trip to the local bowling alley	Students learn the rules and game of bowling which culminates with a field trip to the local bowling alley
Basketball	Key: Communication Related:	Fairness & Development (Inequality,	Team of different skill levels must communicate about	Criterion Diii	Communication Skills	Analyze and correct errors in movement and provide feedback from a peer.	Analyze and correct errors in movement and provide feedback from a peer.

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	System Interaction Refinement	difference and inclusion)	movement to create a system in order to be successful.				
Dance			Movement functions as a form of communication				
9 <sup>th</sup> grade	Unit title	Key & Related Concepts	Global context	Statement of Inquiry	MYP objectives	ATL skills	Content (topics, knowledge, skills)
Unit 1	Synch and Swim	Key: Change Related: Space, movement, and interaction	Orientation	Participants develop and refine patterns as a team to maximize their performance energy and aesthetic appeal	B, C, and D	Thinking skills-Recognize personal and team strengths and weaknesses and organize strengths to better the team's performance. Social skills- Actively listen to verbal and physical cues to work with teammates and improve the performance	Colorado State Standards. WSI Stroke development guidelines. Peer teaching and refinement of skills. Youtube for ideas to further spark creativity.
Unit 2	Fueling a Healthy Lifestyle	Key: Change Related: Choice, environment, and energy.	Personal and cultural expression	Making healthy food choices to change our nutrition is dependent on our current surroundings.	A, B, C, and D	Thinking Skills- Recognize strengths and weaknesses in one's diet. Self-Management Skills- Develop and implement a healthier diet that can improve health. Research Skills- Connect how food and activity choices can influence personal health.	Colorado State Standards
Unit 3	Me. You. Who?	Key: Relationships Related: Interaction Perspectives	Identities and Relationships	Our relationship with our self shapes all the relationships we are involved in.	D	Self-management skills- Practice positive thinking to improve mental strength. Social skills- Give specific feedback to improve the performance of others.	Colorado State Standards PURSUE Program
Unit 4	Tobacco Choices	Key: Communication Related: Choice Interaction	Identities and Relationships	Informed choices about tobacco use will affect many aspects of our life and the life of those around us.	A & D	Communication skills- develop systems of verbal and non-verbal communication to execute meaningful interactions. Research skills- Make connections between the various aspects of health and how they impact well-being.	Colorado State Standards Debate skills
Unit 5	Just Smash!	Key:	Orientation in Space and Time	Can you play a doubles game of badminton	A & C	Thinking Skills- Evaluate the benefits and	National Badminton Association website.

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		Change Related: Movement Refinement		according to the rules?		limitations of set plays (choice of shot). Communication skills- Develop systems of non- verbal communication to execute team movement effectively.	
Unit 6	First Aid/CPR	Key: Relationships Related: Interaction Function	Orientation in space and time	Do you have the skills and knowledge to provide care to an individual that is in need of care?	A	Thinking skills- Evaluate the benefits and limitations of knowledge about CPR and First Aid.	American Red Cross
Unit 7	Volleyball-Intro to P.E.	Key: Communication Related: Adaptation Interaction Movement	Identities and relationships	For a volleyball team to function effectively, all team members must communicate efficiently and clearly.	C & D	Communication skills- Develop systems of non- verbal communication to execute team movement effectively.	
Health	Unit title	Key & Related Concepts	Global context	Statement of Inquiry	MYP objectives	ATL skills	Content (topics, knowledge, skills)
Unit 1	Alcohol	Key: Relationships Related: Choice Environment	Personal and Cultural Expression	The effects of alcohol on a teenager and our reflection on that will enhance our relationships and choices.	A & D	Thinking skills- Evaluate the benefits and limitations of our choices. Self-management skills- Practice positive thinking to improve mental strength.	Colorado State Standards.
Unit 2	Basketball	Key: Communication Related: Interaction Refinement Adaptation	Identities and Relationships	Effective communication is important for a team to effectively adapt strategies in the game of basketball.	D	Communication skills-	Colorado State Standards
Unit 3	Fitness	Key: change Related: Choice Refinement, energy	Identities and Relationships	Students will identify how physical fitness is an important choice to leading a healthy lifestyle.	B & D	Research skills	Colorado State Standards
Unit 4	Swimming	Key: Change Related: Movement Space Refinement	Orientation in Space and Time	How to swim in and around the water safely and correctly for a lifetime.	B & C	Reflective skills	Colorado State Standards