

## Physical and Health Education

Unit	Key Concepts	Related Concepts	Global Contexts	Statement of Inquiry	Objectives & Strands	ATL Skills	Content	Summative Assessment(s)	Learner Profile	International-mindedness	Service Learning
<b>MYP Year 1 (6th Grade) Physical and Health Education</b>											
<b>3 Weeks</b>											
Fitness Testing	Change	Space, Movement	Orientation in Space and Time	For a team to function effectively, teammates must adapt to changing environments, challenges, and situations through the use of movement and space within the game.	B: i., ii.	Communication and Thinking skills	6.1-6.3	Create a FITT plan to improve fitness test scores	Balanced		
<b>3 Weeks</b>											
Team Sports - Rugby	Relationships	Choice, Function	Identities and Relationships	Supportive and encouraging interactions with teammates and opponents shows respect for their perspectives and results in a positive playing environment.	C: i., ii., iii. D: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2	Applying skills during a game Evaluating skills after a game	Communicator		
Floor Hockey	Relationships	Interaction & Energy	Fairness & Development	Successful team relationships are built through positive interactions and energy to develop a fair environment for all	C: i., ii., iii. D: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2	Applying skills during a game Evaluating skills after a game	Risk-taker		
Health - Nutrition & Body Systems	Communication	Interaction, Choices	Identities and Relationships	Making informed decisions based on benefits, risks, and consequences of choices promotes healthy relationships.	A: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2 6.5	Create a poster to show others how the muscular and skeletal system	Principled		
<b>3 Weeks</b>											
Ultimate Frisbee	Communication	Space, Movement	Identities and Relationship: Competition and cooperation;	Students will build relationships through communication about space and movement.	D i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2	Applying skills during game, Evaluating skills after a game	Communicator		
<b>3 Weeks</b>											
Net Sports - Volleyball	Communication	Space, Function	Identities and Relationships	Supportive and encouraging interactions with teammates and opponents shows respect for their perspectives and results in a positive playing environment.	C: i., ii., iii. D: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2	Applying skills during a game Evaluating skills after a game	Thinker		
Team Sports -Team Handball	Change	Space, Movement	Orientation in Space and Time	For a team to function effectively, teammates must adapt to changing environments, challenges, and situations through the use of movement and space within the game.	C: i., ii., iii.	Communication and Thinking Skills	6.1-6.2	Applying skills during a game	Balanced		
Fitness Routines & Fitness Planning	Communication	Movement, Refinement	Personal & Cultural Expression	To change and maximize energy exertion, movement patterns should be enjoyable and motivating.	B: i., ii.	Communication and Thinking skills	6.4.-6.5	Creating a Fitness Routine	Knowledgeable		

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Unit	Key Concepts	Related Concepts	Global Contexts	Statement of Inquiry	Objectives & Strands	ATL Skills	Content	Summative Assessment(s)	Learner Profile	International-mindedness	Service Learning
Net Sports - Badminton	Space	Movement, Change	Orientation in Space and Time	For a team to function effectively, teammates must adapt to changing environments, challenges, and situations through the use of movement and space within the game.	C: i., ii., iii.	Communication and Thinking skills	6.1-6.2	Applying and Performing Badminton	Communicator		
Health - Substance Abuse and Medications	Communication	Interaction, Choices	Identities and Relationships	Making informed decisions based on benefits, risks, and consequences of choices promotes healthy relationships.	A: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2	Create a product to help kids understand the risk of substance abuse	Inquirer		
Health - FLE	Communication	Interaction, Choices	Identities and Relationships	Making informed decisions based on benefits, risks, and consequences of choices promotes healthy relationships.	A: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2 6.3-6.5	Unit Test	Principled		
Multicultural Games & Sports	Relationships	Choice, Function	Identities and Relationships	Supportive and encouraging interactions with teammates and opponents shows respect for their perspectives and results in a positive playing environment.	D: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2	Evaluate self on use of interpersonal skills	Open-minded		
Soccer	Time, Place, & Space	Adoption & Movement	Orientation in Space and Time	It takes time to adapt to different movement strategies to recognize and orient oneself on the field while playing	C: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2	Applying and Performing Soccer	Balanced		
Football	Communication	Choice, Interaction	Personal & Cultural Expression( Creativity in group planning)	Pre- Planning for multiple creative options facilitates effective communication in the movement	C: i., ii., iii. D: i., ii., iii.	Communication, Social and Thinking Skills	6.1-6.2	Applying skills during a game Evaluating skills after a game	Communicator		

### MYP Year 2 (7th Grade) Physical and Health Education

#### September

Team Sports-Hockey and Fitness Testing	Change	Space, Movement	Orientation in Space and Time	For a team to function effectively, teammates must adapt to changing environments, challenges, and situations through the use of movement and space within the game.	B: i., ii.	Communication and Thinking skills	7.1-7.2 7.3-7.5	Create a FITT plan to improve fitness test scores	Balanced		
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#### October

Team Sports - Rugby	Relationships	Choice, Function	Identities and Relationships	Supportive and encouraging interactions with teammates and opponents shows respect for their perspectives and results in a positive playing environment.	C: i., ii., iii. D: i., ii., iii.	Communication, Social and Thinking Skills	7.1-7.2	Applying skills during a game Evaluating skills after a game	Communicator		
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#### November-December

Health - Social and Emotional	Communication	Interaction, Choices	Identities and Relationships	Making informed decisions based on benefits, risks, and consequences of choices promotes healthy relationships.	A: i., ii. iii.	Self-management Skills	7.1-7.2 7.3-7.5	Creating a Cartoon About Stress	Principled		
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#### December

## Physical and Health Education

Unit	Key Concepts	Related Concepts	Global Contexts	Statement of Inquiry	Objectives & Strands	ATL Skills	Content	Summative Assessment(s)	Learner Profile	International-mindedness	Service Learning
Net Sports - Volleyball	Communication	Space, Function	Identities and Relationships	Supportive and encouraging interactions with teammates and opponents shows respect for their perspectives and results in a positive playing environment.	C: i., ii., iii. D: i., ii., iii.	Communication, Social and Thinking Skills	7.1-7.2	Applying skills during a game Evaluating skills after a game	Risk-taker		
<b>December to January</b>											
Team Sports -Team Handball	Change	Space, Movement	Orientation in Space and Time	For a team to function effectively, teammates must adapt to changing environments, challenges, and situations through the use of movement and space within the game.	C: i., ii., iii.	Communication and Thinking Skills	7.1-7.2 7.3-7.5	Applying skills during a game	Open-minded		
<b>January</b>											
Health - Substance Abuse and Medications	Communication	Interaction, Choices	Identities and Relationships	Making informed decisions based on benefits, risks, and consequences of choices promotes healthy relationships.	A: i., ii., iii.	Communication, Social and Thinking Skills	7.1-7.2 7.3-7.5	Create a product to help kids understand the risk of substance abuse	Thinker		
<b>January to February</b>											
Fitness Routines & Fitness Planning	Communication	Movement, Refinement	Personal & Cultural Expression	To change and maximize energy exertion, movement patterns should be enjoyable and motivating.	B: i., ii.	Communication and Thinking skills	7.1-7.2 7.3-7.5	Creating a Fitness Routine	Knowledgeable		
<b>February to March</b>											
Net Sports - Pickleball	Space	Movement, Change	Orientation in Space and Time	For a team to function effectively, teammates must adapt to changing environments, challenges, and situations through the use of movement and space within the game.	C: i., ii., iii.	Communication and Thinking skills	7.1-7.2	Applying and Performing Pickleball	Thinker		
<b>March</b>											
Health - FLE	Communication	Interaction, Choices	Identities and Relationships	Making informed decisions based on benefits, risks, and consequences of choices promotes healthy relationships.	A: i., ii., iii.	Communication, Social and Thinking Skills	7.1-7.2	Unit Test	Balanced		
<b>April</b>											
Multicultural Games & Sports	Relationships	Choice, Function	Globalization and Sustainability	Supportive and encouraging interactions with teammates and opponents shows respect for their perspectives and results in a positive playing environment.	D: i., ii., iii.	Communication, Social and Thinking Skills	7.1-7.2	Evaluate self on use of interpersonal skills	Open-minded	Students will play a variety of games from around the world.	
<b>May to June</b>											
Health - Nutrition & Body Systems	Communication	Interaction, Choices	Identities and Relationships	Making informed decisions based on benefits, risks, and consequences of choices promotes healthy relationships.	A: i., ii., iii.	Communication, Social and Thinking Skills	7.1-7.2 7.3-7.5	Create a poster to show others how the muscular and skeletal system	Caring		

### MYP Year 3 (8th Grade) Physical and Health Education

September

## Physical and Health Education

Unit	Key Concepts	Related Concepts	Global Contexts	Statement of Inquiry	Objectives & Strands	ATL Skills	Content	Summative Assessment(s)	Learner Profile	International-mindedness	Service Learning
Fitness Testing/Football	Change	Function, Adaptation	Scientific and Technical Innovation	For a team to function effectively, they must adapt to the various game strategies applied by the opposing team	A: i., ii., iii. B: i., ii. D: i., ii., iii.	Social, Self-Management and Thinking skills	8.1: a,c,e,g 8.2 :a,b,c,d,e 8.4:a,b,c,d,e,f,g 8.5: a,b,d	Applied modified rules and game strategies Create an individualized FITT Plan Self-Evaluation	Risk-Takers	Olympic and Professional Sport.	
<b>October</b>											
Health: Social and Emotional Health	Communication	Interaction, Choices	Identities and Relationships	Making appropriate choices and exercising positive communication and interactions promotes healthy relationship	A: i., ii., iii.	Communication skills	8.1:e,i,m,q,r,s,t,u 8.2: b,k,m,o 8.3:i,j,k,m,o,p	Create a Children's Story about a Stressed an Animal	Communicator	Social Networking	
<b>October to November</b>											
Volleyball	Change	Function, Adaptation	Identities and relationships	For an individual to function effectively on a team they must communicate and move within an isolated location	C: i., ii., iii. D: i., ii., iii.	Social and Self-Management skills	8.1: a,c,d,f,h 8.2: a,b,c,d,e,f,g,h 8.4: a,b,c,e,f,g,h,i	Applying and performing volleyball skills Evaluation of interpersonal skills	Balanced	Developed in US in Springfield	
<b>November to December</b>											
Badminton	Relationship	Interactions, Choices	Identities and relationships	For an individual to function effectively on a team they must communicate and move within an isolated location.	C: i., ii., iii. D: i., ii., iii.	Communication, Social, and Self-Management	8.1: a,c,d,f,h 8.2: a,b,c,d,e,f,g,h 8.4: a,b,c,e,f,g,h,i	Applying and performing badminton skills Evaluation of interpersonal skills	Reflective	Olympic and professional sport	
<b>December</b>											
Health: Family Life Education	Communication	Interaction, Choices	Identities and relationships	Making appropriate choices and exercising positive communication and interactions promotes healthy relationship.	A: i., ii., iii.	Research skills	8.1 f,g,i 8.2:i, n,o,p m 8.3:	Create an Assertive Sexual Pressure question and answer flip chart	Principled	Communicable Diseases STDs Worldwide	
<b>January</b>											
Team Handball	Change	Function, Adaptation	Scientific and Technical Innovation	For a team to function effectively, they must adapt to the various game strategies applied by the opposing team.	A: i., ii., iii. D: i., ii., iii.	Social, Self-Management and Thinking skills	8.1: a,c,e,g 8.2 :a,b,c,d,e 8.4:a,b,c,d,e,f,g 8.5: a,b,d	Applied modified rules and game strategies Evaluation of interpersonal skills	Open-minded	Originated in Europe. Over 140 countries are members of the International Handball Federation	
<b>February</b>											
Basketball	Change	Function, Adaptation	Scientific and Technical Innovation	For a team to function effectively, they must adapt to the various game strategies applied by the opposing team	A: i., ii., iii. C: i., ii., iii. D: i., ii., iii.	Social and Thinking Skills	8.1: a,c,e,g 8.2 :a,b,c,d,e 8.4:a,b,c,d,e,f,g 8.5: a,b,d	Applied modified rules and game strategies Apply a range of skills Evaluation of interpersonal skills	Balanced	Invented in US. Professional leagues worldwide.	
<b>February to March</b>											
Health: Substance Abuse and medications	Communication	Interactions, Choices	Identities and Relationships	Making appropriate choices and exercising positive communication and interactions promotes healthy relationship.	A: i., ii., iii. B: i., ii.	Communication skills	8.1:i,j,k h,j 8.3: j 8.2:	Create a alcohol wheel to show the effects of alcohol on body organs	Knowledgeable	Epidemics of Drug Use	
<b>March</b>											
Hockey	Change	Function, Adaptation	Scientific and Technical Innovation	For a team to function effectively, they must adapt to the various game strategies applied by the opposing team.	A: i., ii., iii. C: i., ii., iii.	Social and Thinking Skills	8.1: a,c,e,g 8.2 :a,b,c,d,e 8.4:a,b,c,d,e,f,g 8.5: a,b,d	Applied modified rules and game strategies Apply a range of skills	Open-minded	Developed in Canada. Started as Ice Hockey. Played worldwide.	
<b>April</b>											

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Unit	Key Concepts	Related Concepts	Global Contexts	Statement of Inquiry	Objectives & Strands	ATL Skills	Content	Summative Assessment(s)	Learner Profile	International-mindedness	Service Learning
Recreational games: Scooter Ball	Change	Function, Adaptation	Scientific and Technical Innovation	For a team to function effectively, they must adapt to the various game strategies applied by the opposing team.	A: i., ii., iii. D: i., ii., iii.	Social, Self-Management and Thinking skills	8.1: a,c,e,g 8.2 :a,b,c,d,e 8.4:a,b,c,d,e,f,g 8.5: a,b,d	Applied modified rules and game strategies Evaluation of interpersonal skills	Inquirers	Developed in Canada. Started as Ice Hockey. Played worldwide.	
<b>May</b>											
Health: Nutrition	Communication	Interaction, Choices	Identities and relationships	Making appropriate choices and exercising positive communication and interactions promotes healthy relationship.	A: i., ii., iii.	Research skills	8.1:a,b,d,e,f,h,j,v 8.2:b,c,e,f,g,n,o 8.3:d,e,f,g	Create a food fast analyzation chart	Balanced	Dietary Fads and Healthy vs Unhealthy eating in different areas.	
<b>June</b>											
Soccer/Fitness Testing	Change	Function, Adaptation	Scientific and Technical Innovation	For a team to function effectively, they must adapt to the various game strategies applied by the opposing team	A: i., ii., iii. C: i., ii., iii. D: i., ii., iii.	Social, Self-Management and Thinking skills	8.1: a,c,e,g 8.2 :a,b,c,d,e 8.4:a,b,c,d,e,f,g 8.5: a,b,d	Applied modified rules and game strategies Evaluate F.I.T.T. plan and analyze how it improved overall fitness and health Evaluate self on use of interpersonal skills	Reflective	Traced back to Ancient China, Greece, Rome and parts of Central America. Played worldwide.	
<b>MYP Years 1-3 (6th-8th Grade) Physical and Health Education (Social Skills)</b>											
<b>September to June</b>											
<a href="#">Social Skills</a>	Communication	Perspective, Interaction	Identities and Relationships	Managing conflict requires cooperation between differing perspectives.	A: i., ii., iii. B: i., ii. C: i., ii., iii. D: i., ii., iii.	Communication, Social, Self-Management, Research and Thinking skills	8.1-8.5	Real World Social Interaction Skits VCU Social Skills Inventory	Caring, Communicator, Open-Minded		