

WHS Subject –Group Overview

Subject: Physical Education

Year: 4

Unit Title	Key Concept	Related Concept (s)	Global Context	Statement of Inquiry	MYP Subject-group objectives	ATL Skills	Content (topics, knowledge, skills)
Physical Fitness	Relationships	Functions Systems	Identities and Relationships	There is a relationship between exercise function and increasing the health of muscular systems	A- Knowing and Understanding B- Planning for Performance C- Applying and Performing D- Reflecting and improving performance	Research- Collect, record and verify data Collect and analyze data to identify solutions Thinking- Interpret data	Flexibility, Endurance, Muscular Strength, Aerobic capacity, fat composition, target heart rate, BMI, aerobic activities, anaerobic
Individual Sports: Running	Change	Energy Movement	Globalization and Sustainability	The proper application of energy and movement allows for change and sustainability	C- Applying and Performing D- Reflecting and improving performance	Self-Management: -Practice focus and concentration- Demonstrate persistence and perseverance Social: Take responsibility for one's own action	Various running forms/mechanics, long/short distances, interval training, breathing techniques, perseverance, proper footwear

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Dual Sports: Racquet Sports	Communication	Interaction Balance	Fairness and Development	A successful team interacts peacefully and communicates effectively.	A- Knowing and Understanding C- Applying and Performing	<u>Social:</u> -Encourage others to contribute -Exercise leadership and take on a variety of roles within a group <u>Self-management:</u> Demonstrate persistence and perseverance	Grip, forehand/backhand, stance/footwork, follow- through, strategies, serving, receiving, score keeping,
Rhythm	Communication	Balance Refinement Movement	Personal and Cultural Expression	Refined movement patterns can communicate creativity and self-expression.	B- Planning for Performance C- Applying and Performing	<u>Communication:</u> - give and receive meaningful feedback - use a variety of speaking techniques to communicate with a variety audiences <u>Social:</u> - manage and resolve conflict and work collaboratively in teams - encourage others to contribute	Aerobics, jump rope/double- dutch,

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Year: 5

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Fitness	Relationships	Movement Interaction	Scientific and Technical Innovation	Group interactions create valuable relationships	A- Knowing and Understanding B- Planning for Performance C- Applying and Performing D- Reflecting and improving performance	Communication Use a variety of speaking techniques to communicate with a variety of audiences Social Encourage others to contribute	Demonstrate knowledge of fitness concepts, principles, and strategies Identify and achieve levels of excellence in physical fitness Assess fitness levels Develop a fitness program
Combatives (kickboxing)	Communication	Environment Refinement	Fairness and Development	An intelligent analysis of one’s surroundings along with appropriately adjusting techniques, will aid in effectively conveying information.	B- Planning for Performance C- Applying and Performing	Social Take responsibility for one’s own actions Self-Management Demonstrate persistence and perseverance Thinking Evaluate and manage risk Identify obstacles and challenges	Learn the different types of kicks and punches Benefits of engaging in kickboxing How it could be used for self-defense The culture that stated kickboxing Understanding the different ways the body moves
Tumbling	Relationships	Systems Space	Orientation in Space and Time	By adequately utilizing the performance area and incorporating various systems, one can discover	D- Reflecting and improving performance	Self-Management Set goals that are challenging and realistic Practice being aware of body-mind connections	Skills related: balance, reaction, time, agility, And speed Students will learn the basic tumbling

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				relationships between sequences and progression			skills Tumbling progression levels
Team Sports: Basketball	Change	Function Movement	Globalization and Sustainability	The success of a unit greatly relies in their ability to function efficiently, effectively and progress toward a common goal.	A- Knowing and Understanding B- Planning for Performance C- Applying and Performing	Research Collect, record and verify data Process data and report results Thinking Combine knowledge, understanding and skills to create products and solutions	Offensive/defensive Strategies Shooting Ball handling Passing Team strategies Leadership skills Establishing and creating rules The role of a team player