

MYP Subject Area: Physical & Health Education

Unit Title	Key Concept	Related Concepts	Global Context	Statement of Inquiry	Subject Objectives & Strands	Overview of Summative Assessment Task	Approaches to Learning Skill Clusters	Content	Service Learning Opportunity
Floor Hockey	Communication	Adaptation	Orientation in Space and Time	Being able to adapt to a changing environment is a necessary skill one should have.	A: Knowing and Understanding, D: Reflecting & Improving	Students write a narrative in the perspective of a sports analyst focusing on communication. Students will analyse and evaluate their performance as it pertains to the use of communication	Thinking Skills	Rules, strategy, teamwork, communication, throwing/catching	
Soccer	Change	Interaction	Fairness & Development	Communication while in a role of power must always be clear, fair, and concise.	Applying & Performing (C)	Students will be put into groups and officiate their own games of soccer utilizing rules learned in class and through research assignments. They will then reflect on the experience and write about ways they could have improved their own performance and the performance of the teams that played the game.	Collaboration	Passing, receiving, shooting, defense, goal keeper play, strategy	
Ultimate Frisbee	Form	Refinement	Orientation in Space and Time	Repetitive practice of form will help lead one to mastering said skill.	A: Knowing & Understanding, C: Applying & Performing	A: Written Test, C: Skills testing via critical elements rubric	Thinking Skills: VIII Critical Thinking	Rules, strategy, proper throwing technique	
Volleyball	Change	Refinement	Orientation in Space and Time	You must always be ready to adapt to changing environments	C: Applying & Performing	Skills testing via critical elements checklist/rubric	Thinking: X Transfer	Rules, etiquette, shots, officiating	
Adventure Education	Relationships	Interaction	Identities and Relationships	Your relationships and interactions with others will help further develop interpersonal skills.	D: Reflecting and Improving Performance	D: Students write a paper reflecting on the unit as a whole with a focus on identifying problems their team(s) had and ways to implement different styles or techniques to accomplish their goal without said problems.	V. Reflection	Team work, leadership, ability to follow directions, perseverance	A camp leader (Laredo Taft?) can come in and lead my classes in some activities and speak about their daily job functions.
Aerobics	Change	Balance	Personal & Cultural Expression	Changes to your physical activities can have a positive benefit on your self-perception.	B: Planning for Performance	Students design their own aerobics routine and lead the class in a portion of that routine.	Self Management: V: Reflection	Aerobic definition. Aerobic exercises, routines, balance, heart rate, upper, mid, lower body.	
Fitness Training	Change	Adaptation	Scientific and Technical Innovation	The human body will physically change and adapt when properly trained.	D: Reflecting and Improving Performance, B: Planning for Performance	Students develop their own fitness plan that ties into goals that were set at the beginning of the year.	III. Organization	Fitness principals (FITT), technique, muscle groups, planning	Students can create a free, fitness class of their choosing and implement it either at school or at the local park district.

