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**
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.	V. Reflection and III. Organisation	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.
Volleyball	**Relationships**	Refinement	Identities and Relationships	Relationships within sport are forever changing, as in life.	A: Knowing and Understanding & Applying and Peforming (C)	Written Test and Physical Skill Test of Taught shots via skill rubrics	Social - II. Collaboration	Rules, strategy, shots, teamwork, officiating	
Badminton	**Communication**	Systems	Fairness & Development	Life is full of set systems with their own rules and guidlines.	A: Knowing and Understanding, Planning for Performance (B)	#1: Written Test. #2: Students create a playbook of one offensive strategy and explain the role of each player during the play.	Research - VI: Information Literacy	Rules, offense/defense, formations, position player selection (student choice)	
Track & Field	**Form**	Movement	Orientation in Space and Time	Form has a direct affect on quality of movement.	Applying and Performing (C), Reflecting and Improving Performance (D)	Physical skill testing of 2 track events of student's choice. Graded via rubric. Students then reflect upon their form/movement and develop ideas that could have changed their outcome(s).	Reflection	Running (100m, 200m, relays), Jumping (long jump, triple jump), and Throwing events (shot put)	Bring in a high-school track & field coach to speak about how to get exposure for an athletic scholorship. What things should be recorded and presented? Who do send this information to? What programs would be best for video editing?