

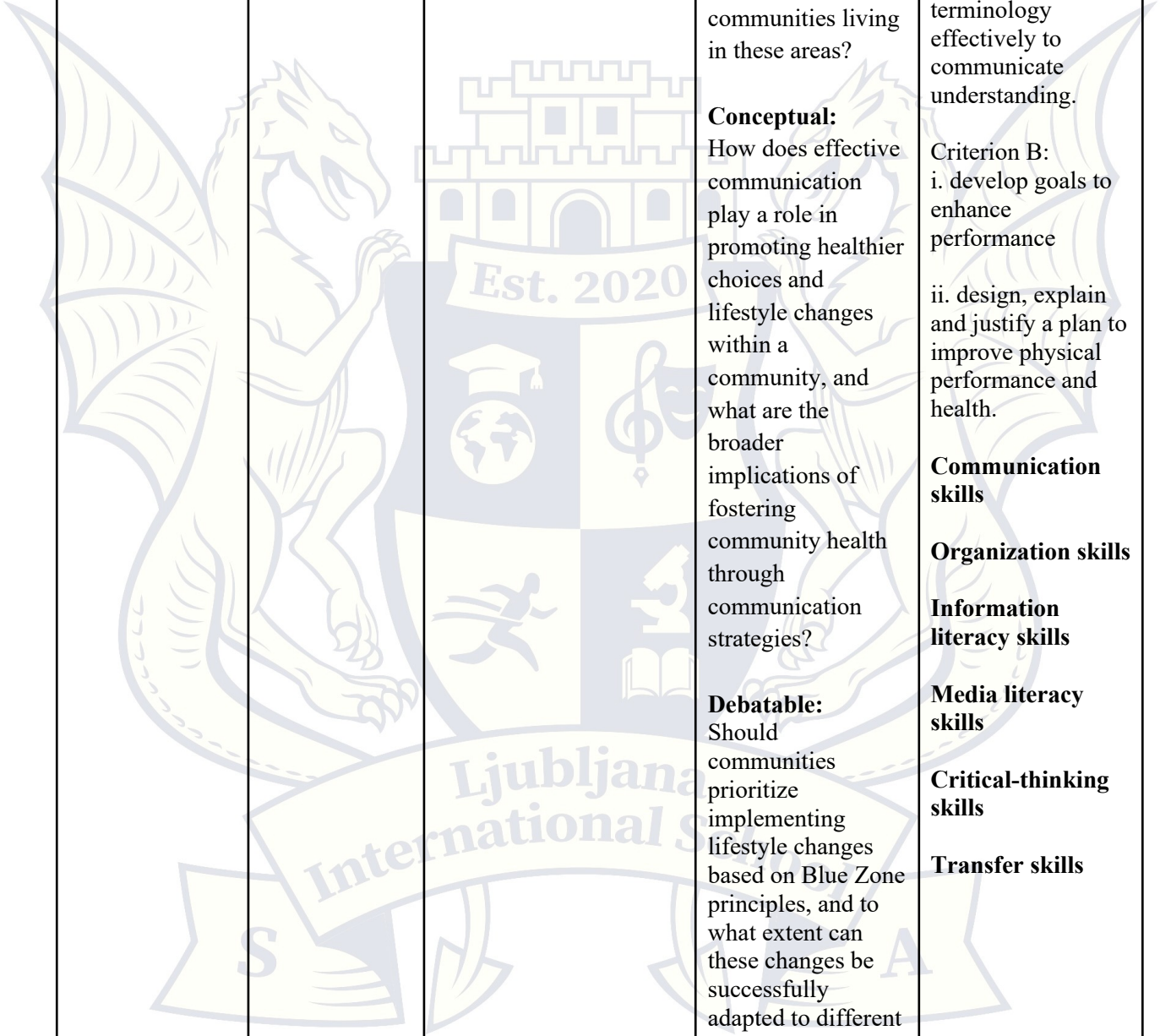
Physical Education - Subject Overviews – MYP 5



* All units taught in grades 6 to 10 are continuously being developed and improved to best meet the needs of the students at LIS. Therefore, the following Subject Overview is only a reflection of current plans for the course. Some changes to this Scope and Sequence may occur as a result of planning done throughout the academic year.

MYP 4	Unit	Concepts	Global Context	Statement of Inquiry	Inquiry Questions	MYP Objectives ATL Skills	Content
Unit 1	Yoga	<p>Development</p> <p>Balance</p> <p>Energy</p>	<p>Identities and relationships</p> <p>Lifestyle choices</p>	<p>Healthier lifestyle choices are necessary for developing a balanced approach to self-care which improves energy and overall quality of life.</p>	<p>Factual: What are the health benefits of yoga?</p> <p>Conceptual: How are self-care, balanced lifestyle choices, and the concept of personal development related to physical health?</p> <p>Debatable: To what extent does the practice of yoga lead to improved energy levels and a better quality of life compared to other forms of physical activity?</p>	<p>Criterion C: i. demonstrate and apply a range of skills and techniques effectively</p> <p>ii. demonstrate and apply a range of strategies and movement concepts effectively</p> <p>Criterion D: iii. analyze and evaluate performance.</p> <p>Communication skills</p> <p>Organization skills</p> <p>Affective skills</p>	<p>Dynamic stretching</p> <p>Flexibility and balance and their roles in health, athletic performance, and injury prevention</p> <p>Yoga and its physical, mental, and emotional health benefits</p> <p>Mindfulness</p>
Unit 2	Badminton	<p>Change</p> <p>Adaptation Perspective</p>	<p>Fairness and Development</p> <p>Imagining a</p>	<p>Seeing challenges from different perspectives and adapting to change improves personal well-</p>	<p>Factual: What are the major types of shots performed in</p>	<p>Criterion C: i. demonstrate and apply a range of skills and</p>	<p>Badminton rules</p> <p>Basic strokes & serving techniques</p>

			<p>hopeful future</p> <p>being and gives hope for a better future.</p>	<p>badminton?</p> <p>What are some strategies for improving agility?</p> <p>Conceptual: How does agility training improve performance in badminton?</p> <p>Debatable: What is more important for improving athletic performance: physical fitness or technical skill development?</p>	<p>techniques effectively</p> <p>iii. analyze and apply information to perform effectively.</p> <p>Criterion D:</p> <p>Communication skills</p> <p>Collaboration skills</p> <p>Affective skills</p>	<p>Single and double play</p> <p>Court positioning</p>
Unit 3	<p>Building Community Health for Lifelong Wellness</p>	<p>Communication</p> <p>Choice</p> <p>Movement</p>	<p>Globalization and sustainability</p> <p>Community health</p>	<p>Building healthier communities requires effective communication about the importance of healthy lifestyle choices and daily physical movement.</p> <p>Factual: How does daily moderate-to-vigorous physical activity help reduce the risk of various lifestyle diseases and improve individual health?</p> <p>What are the key characteristics of Blue Zones, and how do they contribute to the</p>	<p>Criterion A:</p> <p>i. explain physical and health education factual, procedural and conceptual knowledge</p> <p>ii. apply physical and health education knowledge to analyze issues and solve problems set in familiar and unfamiliar situations</p>	<p>Community health</p> <p>Blue Zones & longevity</p> <p>Healthy People 2030</p> <p>Lifestyle diseases</p> <p>Data-driven decision making</p> <p>SMART Goals</p>

					<p>well-being and longevity of the communities living in these areas?</p> <p>Conceptual: How does effective communication play a role in promoting healthier choices and lifestyle changes within a community, and what are the broader implications of fostering community health through communication strategies?</p> <p>Debatable: Should communities prioritize implementing lifestyle changes based on Blue Zone principles, and to what extent can these changes be successfully adapted to different cultural and social contexts?</p>	<p>iii. apply physical and health terminology effectively to communicate understanding.</p> <p>Criterion B: i. develop goals to enhance performance ii. design, explain and justify a plan to improve physical performance and health.</p> <p>Communication skills</p> <p>Organization skills</p> <p>Information literacy skills</p> <p>Media literacy skills</p> <p>Critical-thinking skills</p> <p>Transfer skills</p>	
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Unit 4	3x3 Basketball	Relationships Refinement Space	Orientation in space and time Respectful exchange of ideas and beliefs	Progress is made by refining our understanding of the relationships we have through respectful exchange within a shared space.	Factual: What are the key rules of 3x3 Basketball? Conceptual: How does the spacing of players on the court impact offensive and defensive strategies in 3x3 Basketball? Debatable: Should 3x3 Basketball be included as an official Olympic sport alongside traditional 5x5 Basketball?	Criterion C: ii. demonstrate and apply a range of strategies and movement concepts effectively iii. analyze and apply information to perform effectively. Criterion D: ii. analyse and evaluate the effectiveness of a plan based on the outcome iii. analyse and evaluate performance. Affective skills Collaboration skills	Dribbling skills Shooting Types of passes 3x3 offensive and defensive techniques Half-court positioning
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