

PHE – MYP 1



* All units taught in MYP Years 1-5 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 document may occur as a result of planning done throughout the academic year.

	Unit	Concepts	Global Context	Statement of Inquiry	Inquiry Questions	MYP Objectives ATL Skills	Content
Unit 1	FitFoot: Journey to Personal Wellness	Communication Interaction Movement	Identities and relationships Physical development	Effective communication enhances interaction, movement, and fosters physical development in the wellness journey.	<p>Factual: How does effective communication impact the success of a team?</p> <p>Conceptual: How does the concept of fair play influence the dynamics of teamwork and relationships in team sports?</p> <p>Debatable: Should strategic play take precedence over fair play in competitive team sports?</p>	<p>Criterion A: ii.</p> <p>Criterion C: i, ii, iii</p> <p>Criterion D: iii</p> <p>ATL Skills: Collaboration Active listening Decision-making</p>	<p>Football Skills:</p> <ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Receiving • Goalkeeping • Positioning <p>Movement Concepts and Basic Strategies</p> <p>Rules and Fair Play</p> <p>Health and Fitness Components</p> <p>Teamwork and Communication</p> <p>Texts/Resources: Footballs Goals Cones Bibs/Pinnies Agility Ladders Whistles First Aid Kit Stopwatch/Timer</p>
Unit 2	Mindful Moves: Exploring	Relationship Balance,	Personal and cultural expression	Balance and perspective within team relationships influence	<p>Factual:</p>	<p>Criterion A: i, ii</p> <p>Criterion B: i.</p>	<p>Handball & Dodgeball skills:</p> <ul style="list-style-type: none"> • Passing

	Mental Health through Handball & Dodgeball	Perspective	Ritual and play	rituals and play across different personal and cultural expressions.	<p>How do playing team sports like Handball and Dodgeball help with building balance and understanding in relationships?</p> <p>Conceptual: How do our routines and fun activities show how we feel inside, and do they mean different things to different people and cultures?</p> <p>Debatable: How much do our friendships affect how we handle things, and does this change how helpful our routines and fun activities are for feeling good in our minds?</p>	<p>Criterion C: i, ii., iii.</p> <p>Criterion D: i., iii.</p> <p>ATL Skills Organization Collaboration Affective skills Communication</p>	<ul style="list-style-type: none"> • Shooting • Dribbling • Defense • Goalkeeping • Throwing • Dodging • Catching <p>Understanding Basics of Mental Health</p> <p>Cultural Influences</p> <p>Critical Thinking</p> <p>Teamwork and Communication</p> <p>Texts/Resources: Handballs & Dodgeballs Goals Cones Bibs/Pinnies Whistle First Aid Kit Mats Stopwatch/Timer Storage Containers</p>
Unit 3	Frisbee Fusion: Developing Skills, Strategies, and Preventative Care in Ultimate	Development Adaptation, Function	Fairness and development Strategic Thinking	Strategic thinking and teamwork develop as a team consistently adapts and functions together.	<p>Factual: What are the basic rules of Ultimate Frisbee?</p> <p>Conceptual:</p>	<p>Criterion A: iii.</p> <p>Criterion B: ii.</p> <p>Criterion C: i..</p> <p>Criterion D: i.,iii.</p>	Ultimate Frisbee skills: <ul style="list-style-type: none"> • Rules and Regulations • Throwing • Catching • Cutting • Marking

				<p>Why is teamwork important in Ultimate Frisbee, and how does it contribute to our personal development?</p> <p>Debatable: Is it better for everyone on the team to have the same job, or is it smarter to have different jobs for different players in Ultimate Frisbee? Why do you think so?</p>	<p>ATL Skills Communication Collaboration Organization Affective Reflection</p>	<ul style="list-style-type: none"> • Defense • Spirit of the Game Endzone Awareness <p>Physical and Mental Benefits of Ultimate Frisbee.</p> <p>Understanding the importance of sports for Health.</p> <p>Setting Health-related Goals.</p> <p>Texts/Resources: Frisbees Cones Bibs/Pinnies Whistle First Aid Kit Cones/markers Educational videos Computers/tablets</p>
<p>Unit 4</p>	<p>Empowerment Through Movement: Basketball, Gymnastics, and Personal Growth</p>	<p>Change Systems, Refinement</p>	<p>Scientific and technical innovation Global Dynamics</p>	<p>Global dynamics influence change and refinement within interconnected systems.</p> <p>Factual: How has technology impacted the way we train and play basketball and gymnastics today?</p> <p>Conceptual: How do changes in our body during</p>	<p>Criterion A: i.,iii Criterion B: i.,ii. Criterion C: i. Criterion D: ii.</p> <p>ATL Skills Affective Reflection</p>	<p>Basketball & Gymnastics:</p> <ul style="list-style-type: none"> • Basketball basics: dribbling, shooting, passing. • Gymnastics: balancing, tumbling, floor exercises.

				<p>puberty affect our performance and participation in sports like basketball and gymnastics?</p> <p>Debatable: Should schools prioritize funding for sports programs over other extracurricular activities, considering their impact on students' physical and mental well-being?</p>			<ul style="list-style-type: none"> • Rules, teamwork, sportsmanship. • Coordination, agility, fitness. <p>Puberty, emotions, management.</p> <p>Body image, media.</p> <p>Respectful relationships.</p> <p>Texts/Resources: Basketball hoops Basketball balls Cones Bibs/Pinnies Whistle First Aid Kit Gymnastics mats Cones/markers Educational videos Computers/tablets</p>
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