

PHE – MYP 2



* 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	Strategic Sport Evolution: Navigating Teen Terrain for Success in Adolescence	Development Adaptation Choice	Orientation in space and time Constraints	Growth and development require the ability to adapt to change, make informed choices, and think creatively in the face of constraints.	<p>Factual: How does regular participation in sports contribute to the physical health of teenagers?</p> <p>Conceptual: In what ways can playing sports serve as a platform for promoting overall well-being and healthy habits among teenagers during their journey into adolescence?</p> <p>Debatable: Should schools make Ultimate Frisbee a big deal in PE classes to help teens stay healthy and make friends as they grow up?</p>	<p>Criterion A: iii.</p> <p>Criterion B: i.</p> <p>Criterion C: i, ii, iii</p> <p>Criterion D: i.</p> <p>ATL Skills Communication Collaboration Critical-thinking</p>	<p>Ultimate Frisbee & Flag Football skills:</p> <ul style="list-style-type: none"> • Basic Attack Tactics • Basic Forehand • Hammer throw • Cutting • Marking • Defense • Spirit of the Game Endzone Awareness <p>Developing Movement Concepts and Strategies</p> <p>Rules and Fair Play</p> <p>Physical Health Benefits</p> <p>Ethical Considerations and Athlete Health</p> <p>Teamwork and Communication</p> <p>Texts/Resources: Ultimate discs Flag football Field markers/cones Goalposts</p>

							<p>Rulebooks/guides</p> <p>Scoreboards or scorekeeping materials</p> <p>Whistles.</p> <p>Practice drills and playbooks</p> <p>Coaching resources and instructional videos</p>
Unit 2	Slam Dunking Emotional Intelligence in Basketball	Relationship Interaction, Perspective	Identities and Relationships Health and wellbeing	Understanding and using emotions in sports improves the relationships and interactions with teammates and directly impacts our health and well-being.	<p>Factual: How does the practice of emotional intelligence in basketball contribute to improved communication and collaboration among teammates?</p> <p>Conceptual: To what extent does the development of empathy and emotional intelligence in sports contribute to an individual's overall well-being and success in life?</p> <p>Debatable: Is emotional intelligence more crucial for success in team sports like</p>	<p>Criterion A: ii., iii.</p> <p>Criterion B: i., ii.</p> <p>Criterion C: i., iii.</p> <p>Criterion D: ii., iii.</p> <p>ATL Skills: Collaboration Communication Affective Creative-thinking</p>	<p>Basketball skills:</p> <ul style="list-style-type: none"> Developing Basketball skills (dribbling, shooting, passing) Basic Gameplay strategies Communication, teamwork, sportsmanship on court. <p>Understanding emotions and their impact on interactions.</p> <p>Resolving conflicts and showing empathy.</p> <p>Managing stress and fostering positive relationships.</p> <p>Texts/Resources: Basketball hoops Basketball balls Cones Bibs/Pinnies</p>

					basketball than in individual sports, and why?		Whistle First Aid Kit Gymnastics mats Cones/markers Educational videos Computers/tablets
Unit 3	Redefining Strength: Building Resilience Through Substance Awareness	Change Function, Systems	Globalization and sustainability Health Equity	Change within functional systems directly influences health equity, emphasizing the importance of fostering resilience and substance awareness.	Factual: What are some examples of substances that people should be aware of, and how can these substances impact our health? Conceptual: How does understanding the systems and functions related to substance awareness contribute to making healthier choices? Debatable: Do you think promoting health equity globally is everyone's responsibility, and how can an understanding of substance	Criterion A: i. Criterion B: ii. Criterion C: i. Criterion D: ii., iii. ATL Skills Critical-thinking Communication Collaboration Reflection	Handball: <ul style="list-style-type: none"> Offensive Skills: Pivot, give-and-go, fakes. Developing Dribbling Skills Game Strategies and Tactics Developing Overhand Striking Pattern Interpersonal and Teamwork Skills Effective communication Cooperation <p>Concepts of Health Promotion</p> <p>Global Health Equity Substance Awareness</p> <p>Decision-Making Skills</p> <p>Texts/Resources: Handballs Coordination ladder Balance board Hurdles Hoops Goals</p>

					awareness contribute to this goal?		Cones Bibs/Pinnies Whistle First Aid Kit Educational videos Computers/tablets
Unit 4	Floorball and Unity in Diversity	Communication Energy, Movement	Personal and cultural expression Unity Exploration	Exploring unity through communication, energy, and movement fosters holistic well-being and collaboration.	Factual: What is unity? Conceptual: How does working together as a team promote unity and success in sports and health activities? Debatable: Should physical education classes focus more on individual improvement or team collaboration for overall success?	Criterion A: i. Criterion C: ii. Criterion D: i. ATL Skills Communication Information literacy Critical-thinking	Floorball: <ul style="list-style-type: none"> Rules and Regulations Basic tactics Passing, dribbling, shooting, defense Teamwork Collaboration Adaptability Performance reflection Individual and team development. <p>Identity exploration</p> <p>Effective communication</p> <p>Diverse perspectives Health topics</p> <p>Personal Wellness Plan</p> <p>Reflective evaluation</p> <p>Diversity understanding</p> <p>Texts/Resources: Floorball sticks</p>

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