

Physical & Health Education - SGO



MYP 1

MYP 1 PHYSICAL AND HEALTH EDUCATION							
Unit title	Key concept	Related concept(s)	Global context	Statement of inquiry	MYP subject group objective(s)	ATL skills/ Learner Profile	Content (topics, knowledge, skills)
Title-Kho-Kho 50 sessions @ 40 min.	Communication	Adaptation Movement	Personal and Cultural Expression Exploration- History, Rules and Techniques of Kho Kho	To establish a sport on global map to promote our culture, the scope for its adaptability requires proper communication.	A:Knowing and understanding B:Planning and Performin C-Applying and Performing D- Reflecting and improving performance	Communication Skill through interaction and language Social-Collaborative LP- Communicator	1-History of Kho Kho- its origin. 2-Information about rules and regulation of the game 3-Identifying different techniques of runners and chasers. 4- Game sessions on the ground
Title-Athletics 80 sessions @ 40 min.	Change	Energy Refinement	Fairness and development Exploration- Exploring different aspects of sports and possibility of positive and negative impact of judgement on young athletes.	Energy is the main source to perform and refine the movements of Athletics which will bring change in the mental and physical strength.	B:Planning and Performing C:Applying and Performing D: Reflecting and improving performance	1-Self management- Organization and Affective skills- Mindfulness, perseverance and emotional management 2-Research skill LP- Principled, Caring.	1-Information about Athletics and its rules and regulation. 2-Identifying different events in Athletics. 3-Improvement of the basic techniques of Long Jump, High Jump, Discuss Throw, Shot Put, running events including relay. 4- Impact of athletics on the minds of children. 5- Practical sessions on the ground. 5- Practice in the field 6- Competitions
Title-Swimming 50 sessions @ 40 min.	Relationships	Systems Function	Globalization and Sustainability Exploration- Interconnectedness of human systems and performance	To achieve perfection in any sport, there should be connection between health, reflex action, logic and scientific thinking.	A:Knowing and understanding C:Applying and Performing D: Reflecting and improving performance	Self-management - Affective skills- Mindfulness, self-motivation, Perseverance Thinking- Critical thinking LP- Thinker, Communicator	1-Swimming as of the life saving skills. 2-Information about Swimming and different stroke 3-Identifying different techniques in each swimming stroke 4-Swimming as an exercise to improve fitness. 5-Performance of the strokes. 6-Demonstration of different ways by which we can be safe in the water without using any equipment's 7- Practical lessons in the pool 8- Practice sessions.

MYP-2

MYP 2 PHYSICAL AND HEALTH EDUCATION							
Unit title	Key concept	Related concept(s)	Global context	Statement of inquiry	MYP subject group objective(s)	ATL skills/ Learner Profile	Content (topics, knowledge, skills)
Title- Basketball 50 sessions @ 40 min	Communication	choice Interaction Systems	Identities and Relationships Exploration- Connection between mental, physical and social health for effective game play	Effective game play relies on participants' ability to make a choice instantly on the spot and understand the multiple systems working together which are often dynamic and frequently needs to be changed according to the circumstances.	A:Knowing and understanding B:Planning and Performing C:Applying and Performing D- Reflecting and improving performance	Communication skill- verbal and non verbal skills of communication Reflection skill LP- Communicator, Reflective	1-Discussion on Basketball 2-Rules and regulation of the game. 3-Applying Basketball terminology to communicate. Technical terms will be used while playing the game. 4- Non verbal communication to execute team movement. 5-Health related information.6- Knowledge about the workout program and chart on healthy diet. 7-Skills of basketball 8-Drills to improve the movement with the ball. 9- Drills to improve the stamina.10- Practical sessions on the basketball court. 11- Practice matches with teams.
Title- Athletics 80 sessions @ 40 min	Change	Energy Refinement	Fairness and development Exploration- Exploring different aspects of sports and possibility of positive and negative impact of judgement on young athletes.	Energy is the main source to perform and refine the movements of Athletics which will bring change in the mental and physical strength.	B:Planning and Performing C:Applying and Performing D- Reflecting and improving performance	1-Self management- Organization and Affective skills- Mindfulness, perseverance and emotional management 2-Research skill LP- Principled, Caring.	Detail information on track events. 1-Information about track events and its rules and regulation. 2-Identifying different track events. 3-Performing the events of 100m, 200m, 400m, 800m and 4 x 100m relay. 4-Training session to improve fitness, skills and techniques of running. 5- Practical on athletic ground 6- Practice sessions. 7- Competitions
Title- Swimming 50 sessions @ 40 min.	Relationships	Systems Function	Globalization and Sustainability Exploration- Interconnectedness of human systems and performance	To achieve perfection in any sport, there should be connection between health, reflex action, logic and scientific thinking.	A:Knowing and understanding C:Applying and Performing D: Reflecting and improving performance	Self-management - Affective skills- Mindfulness, self-motivation, Perseverance Thinking- Critical thinking LP- Thinker, Communicator	1-Detail study on free style and breast stroke.2-Inquiry session on swimming using different source like group discussion, Quiz, Charts, books, demonstration and videos. 3-Identifying different techniques in free style and breast stroke. 4-Performance of the strokes in the pool. 5-Practice sessions on body movement of free style and breast stroke. 6- Competitions.

MYP-3

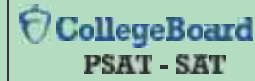
MYP 3 PHYSICAL AND HEALTH EDUCATION							
Unit title	Key concept	Related concept(s)	Global context	Statement of inquiry	MYP subject group objective(s)	ATL skills/ Learner Profile	Content (topics, knowledge, skills)
Title-Cricket 50 sessions @ 40 min	Communication	Balance Environment Space	Globalization and sustainability Exploration- Planning, Strategy and infrastructure	For effective performance, team members must work together and get used to verbal and nonverbal communication to develop interconnected, balanced and responsive movements as required by the circumstances or conditions.	A- Knowing and understanding B- Planning for Performance C- Applying and performing D- Reflecting and improving performance	Communication- (interaction and language) Self-management- Organization and Affective skills LP- communicator, thinker, open minded and principled.	1-Verbal and Nonverbal signals used in cricket. 2-Dimension of Pitch, Team size, Field area. 3-Technical terms used while playing the game. 4-Planning strategies for a match.5- Rules and regulation of the game. 6-Knowledge about the workout program and chart on healthy diet. 7-Practice of playing different types of strokes.8-Playing matches in team
Title- Athletics 80 sessions @ 40 min.	Change	Energy Refinement	Fairness and development Exploration- Exploring different aspects of sports and possibility of positive and negative impact of judgement on young athletes.	Energy is the main source to perform and refine the movements of Athletics which will bring change in the mental and physical strength.	B:Planning and Performing C:Applying and Performing D: Reflecting and improving performance	1-Self management- Organization and Affective skills- Mindfulness, perseverance and emotional management 2-Research skill LP- Principled, Caring, communicator, inquirer.	1-Information about field events and their rules and regulations.2- Codes of conduct of an athlete in the ground. 3-Knowing different popular field events of India and other countries. 4- Ground preparation for the events like - long jump, high jump discusses throw and Shot put. 5-Techniques of the events- long jump, high jump discusses throw and Shot put. 6- Safety measures while performing. 7- Performance practice sessions on the ground. 8- Competitions (Individual event) 9-Improvement in strength and stamina through various exercises and healthy diet.
Title- Swimming 50 sessions @ 40 min	Relationships	Systems Perspective	Scientific and technical innovation Exploration- Opportunity, risk, and consequences	Availability of latest innovative techniques helps in making oneself aware of the different perspectives of a sport which is essential for best possible performance by	A:Knowing and understanding C:Applying and Performing D: Reflecting and improving performance	Self-management Affective skills- Mindfulness, self-motivation, Perseverance, Resilience LP- Thinker, Communicator	1-Inquiry session on modern swimming techniques using different source like group discussion, Quiz, Charts, books, demonstration and videos. 2-Identifying different techniques in back stroke, breast stroke and butterfly. 3-Focus on body movements. 4-Practice sessions in the pool. 5-Performance of the strokes.6- Competition. 7- Reflection on performance

				connecting health, reflex action, logic and scientific thinking.			6- Identifying the important muscles used for breast and back strokes. 7- Physical exercises relevant for swimming.
--	--	--	--	--	--	--	---

MYP-4-5

MYP 4-5 PHYSICAL AND HEALTH EDUCATION							
Unit title	Key concept	Related concept(s)	Global context	Statement of inquiry	MYP subject group objective(s)	ATL skills/ Learner Profile	Content (topics, knowledge, skills)
Title- Football 50 sessions @ 40 min	Communication	Perspective, Interaction	Identity and relationship	For a team to function effectively, all team members must communicate efficiently to eliminate any misunderstanding that might arise due to differing perspectives.	Objective A- Knowing and understanding Objective B- Planning for Performance Objective C- Applying and performing Objective D- Reflecting and improving performance	Social Skill- Collaboration Reflection skill LP- Risk Taker, Principled, Balanced	1-Inquiry session on Football. 2-Live matches to be shown to the students for techniques. 3-Rules and regulation of the game. 4-Practice sessions to develop different skills of football. 5-Verbal/Technical terms for communication. 6- Nonverbal signals for communication. 7- Matches to observe the affective skills of the players. 7- Drills to enhance the skills and stamina. 8- Diet chart.
Title- Athletics 80 sessions @ 40 min.	Change	Energy Refinement	Scientific and technical innovation	Innovative Technical support helps in enhancing the athletic skills and also to become aware of the global competitions in the field of sports.	Objective A- Knowing and understanding Objective C- Applying and performing Objective D- Reflecting and improving performance	1-Self management- Organization and Affective skills- Mindfulness, perseverance and emotional management 2-Research skill LP- Principled, Caring, communicator, inquirer.	1-Research information about the global sports events 2-Research information about the renowned athletes and their records 3-Biographies of selected athletes 4-Practice sessions of triathlon (swimming, cycling, running) Interschool competition 5-Track and field events 6-Exercises to build stamina 7-Diets suggested for healthy life style.
Title- Swimming 50 sessions @ 40 min	Relationships	Systems Perspective	Scientific and technical innovation Exploration- Opportunity,	Availability of latest innovative techniques helps in making oneself aware of the different	Objective –A Knowing and understanding Objective- C	Self-management Affective skills- Mindfulness, self-motivation, Perseverance, Resilience	1-Inquiry session on modern swimming techniques using different source like group discussion, Quiz, Charts, books, demonstration and videos. 2-Identifying different techniques in back stroke, breast stroke and butterfly

			risk, and consequences	perspectives of a sport which is essential for best possible performance by connecting health, reflex action, logic and scientific thinking.	Applying and Performing Objective D- Reflecting and improving performance	LP- Thinker, Communicator	3-Focus on body movements 4-Practice sessions in the pool 5-Performance of the strokes. 6- Competition. 7- Reflection on performance 6- Identifying the important muscles used for breast and back strokes. 7- Physical exercises relevant for swimming.
--	--	--	------------------------	--	---	---------------------------	---



Navrachana International School, Vadodara

Vasna-Bhayali Road, Vadodara - 391410 Gujarat, India.
Tel. : +91 - 265 - 2253851/2/3/4, Fax : +91 - 265 - 2253855,
E-mail : nis@navrachana.ac.in ; www.navrachana.edu.in

