

Subject Group Overview

Unit title	Key concept	Related Concept(s)	Global context & Exploration	Statement of inquiry	MYP subject specific objectives and strands	Content (topics, knowledge, skills)
Health-Related Fitness Components	Relationships	Movement Refinement	CG: Identities and Relationships Ex: Health and well-being	The relationship between our refinement and movement influences our health and well-being.	A: All strands B: All strands C: All strands D: All strands	<p>Retrieval Using the target movement students can...</p> <ul style="list-style-type: none"> • Demonstrate movements specific to HR fitness • Apply safety and warm-up and cool down techniques • Perform activities to achieve target HR • Apply the principles of training and conditioning to a variety of health related fitness activities • Describe the long-term benefits of lifetime fitness • Discuss the types of heat-illnesses • Identify movements that will lead to improvement of HR fitness components • Analyze personal nutritional habits • Discuss safety procedures necessary to apply when participating in physical fitness activities • Categorize aerobic versus anaerobic activities • Participate in lead up games using a variety of relevant game skills.

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						<ul style="list-style-type: none"> • Use basic offensive and defensive strategies in modified games. • Demonstrate appropriate body awareness during game play. • Demonstrate sport specific skills. • Use equipment properly and safely. • Utilize technology to evaluate and improve skill performance. • Demonstrate correct skill techniques to play in team, individual and dual sports. • Explain the basic rules of the sport. • Compare/contrast different skills used in various sports and games. <p>Comprehension Using the target movement students can... use the learned skills in game situations.</p>
Team Sports	Communication	Functions Systems	GC: Identities and Relationships Ex: Cooperation and competition	Improved communication enhances healthy competition and cooperation within systems.	A: All strands B: All strands C: All strands D: All strands	<ul style="list-style-type: none"> • Participate in lead up games using a variety of relevant game skills. • Use basic offensive and defensive strategies in modified games. • Demonstrate appropriate body awareness during game play. • Demonstrate sport

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						<p>specific skills.</p> <ul style="list-style-type: none">• Use equipment properly and safely.• Utilize technology to evaluate and improve skill performance.• Demonstrate correct skill techniques to play in team, individual and dual sports.• Explain the basic rules of the sport.• Compare/contrast different skills used in various sports and games.
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