

PHE M/J Comprehensive PE 7/8
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	Change	Systems	GC: Identities and Relationships Ex: Lifestyle choices	Changes in lifestyle choices can lead to healthier body systems.	A, B, C, D: all strands	Fitness: skill related components of fitness, cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition, FITT principle, principles of training (overload, progression, specificity), warm-up, cool down, safety practices, target HR, nutrition, fact, fallacy, consumer BMI, healthy zone for FitnessGram, major muscle groups, individual fitness plan, health and wellness, risk factors, goal setting, obesity, dehydration, heat related illnesses, reps, sets, basic weight room equipment, plyometrics
Nutrition	Change	Balance Choice	Globalization and Sustainability Population and demography	Change in population and demographics may be affected by choice and balance.	A, B, C, D: all strands	-Students will continue to know the different changes in nutrition depending on population and demographics. -Students will continue to investigate the differences that occur in a body when there is a balance in calories in and out.

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						- Students will continue to investigate the effects of our body based on nutrition.
Team Sports	Communication	Functions Systems	CG: Identities and Relationships Ex: Teams	For a team to function effectively, all team members must communicate efficiently and clearly.	A, B, C, 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 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.