

Course Title: Physical Education MYP 4

Grade Level: 10EGB

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At Colegio Alberto Einstein, Physical Education is much more than playing sports. The Physical Education program aims to develop students physically, socially, mentally, and emotionally. During the 5 years of MYP PE, students will acquire knowledge, develop their skills and abilities, improve their reflection and critical thinking skills, and develop their sense of responsibility. Physical Education gives students the unique perspective of learning through movement of their bodies. It is through this movement and learning that they gain relevance and connection to the world.

Course Description

In the first unit, the students will learn about personal and social responsibility, and how that can be applied in volleyball and in more general settings. They will then explore the idea of communicating messages through dance movements, and will be creating an advertisement in small groups using dance and other movements. In the following unit, the students will learn about all the different roles that make up a community. They will be split into groups and be given specific roles to plan a basketball and soccer tournament. In the next unit they will learn about the role that the heart and heart rate play in achieving specific training. They will learn about continuous and interval training. In the next unit, through the means of an international game, the students will learn about basic biomechanical principles, and how these principles can be applied both in and out of sporting situations. Finally, the students will be learning about psychological skills, and how these can be applied in badminton. They will learn about the benefits of these skills on performance.

Objectives

KNOWING AND UNDERSTANDING

- Describe physical health education factual, procedural and conceptual knowledge
- Apply physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations
- Apply physical and health terminology effectively to communicate understanding.

PLANNING FOR PERFORMANCE

- Design and explain a plan to improve physical performance and health
- Explain the effectiveness of a plan based on the outcome.

APPLYING AND PERFORMING

- Demonstrate and apply a range of skills and techniques effectively
- Demonstrate and apply a range of strategies and movement concepts
- Outline and apply information to perform effectively.

REFLECTING AND IMPROVING PERFORMANCE

- Describe and demonstrate strategies that enhance interpersonal skills
- Outline goals and apply strategies to enhance performance
- Explain and evaluate performance.

Rules and Expectations in Physical Education

**All rules and expectations are meant to maximize learning and attention during the short time that we have together each class.*

- **Behavioral Expectations:** In PE classes, students are expected to:
 1. Maintain a positive attitude
 2. Follow all directions and school rules
 3. Pay attention in class.
 4. Respect the rights and feelings of others (students and teachers)
 5. Use appropriate language
 6. Take proper care of PE equipment
- **Clothing:** Students are expected to wear appropriate clothing for PE. Jeans are not permitted
- **Punctuality:** Students have 5 minutes after the bell to be seated in the area designated by the teacher.
- **Injury/Sickness:** If a student is unable to participate in PE, they must bring a note from either their parent, their doctor, or Rocio, the school doctor BEFORE their PE class.
- **Food:** Food/Drink is not permitted in the gymnasium at any time, except for the designated zones. Students may drink water.
- **Cellphones/MP3 players:** These are not permitted in PE class. If a student is seen using their device during class without permission, they will be taken for the class (1st time), the day (2nd time), the week (3rd time), or the month (4th time).
- **PE Folders:** It is the responsibility of the students to maintain their PE folders in a neat and organized manner.

Grading

Formative 1 (20%):	Personal Participation
Formative 2 (20%):	Group Participation
Formative 3 (20%):	Homework/Quiz
Formative 4 (20%):	Homework/Quiz
Summative (20%):	MYP Specific Criteria depending on unit