

**Course Title:** Physical Education MYP 5

**Grade Level:** 1EGB

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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 of the year, the students will learn about different roles in a team. They will be assigned these roles in a small team and will train together and then play in a volleyball tournament. They will then learn about specific dance patterns and will choose and perform a musical theatre styled dance in small groups. In the next unit, the students will explore the idea of ethics in sport. They will examine different ethical situations in basketball and soccer, and will write an essay on a current ethical issue in sport. Next, the students will look into training methods and goals, evaluate their current fitness levels, and will then create their own training program according to their fitness goals. In the next unit, they will use biomechanical principles to help them improve in a number of different athletic events, such as shot put, javelin etc. In the final unit, the students will be assessed on their performance in a doubles badminton tournament.

### **Objectives**

#### KNOWING AND UNDERSTANDING

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

#### PLANNING FOR PERFORMANCE

- Design, explain, and justify a plan to improve physical performance and health
- Analyse and evaluate 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
- Analyse and apply information to perform effectively.

#### REFLECTING AND IMPROVING PERFORMANCE

- Explain and demonstrate strategies that enhance interpersonal skills
- Develop goals and apply strategies to enhance performance
- Analyse 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 (1<sup>st</sup> time), the day (2<sup>nd</sup> time), the week (3<sup>rd</sup> time), or the month (4<sup>th</sup> time).
- **PE Folders:** It is the responsibility of the students to maintain their PE folders in a neat and organized manner.

### **Grading**

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