

Course Title: Physical Education MYP 1

Grade Level: 7EGB

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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, increase 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

During this year, the students will learn about how communication can help their team function more effectively in a volleyball setting. They will then explore the idea of manipulating space in a gymnastics setting. In this unit, they will be creating their own gymnastics floor routine using all the principles that they learn. They will be studying the use of space in invasion games, and how a player can create space on the court. In this unit they will be assessed on their performance in Netball. They will inquiring about the body, and will not only learn about important bones and muscles, but they will also learn about the basic effects that exercise has on the body and on physical health in general. In the next unit, the students will be working in small groups to create their own modified game. They will then be teaching this game to the class who will play it. To finish the year, the students will be learning about the concepts of fair play and sportsmanship, and will be applying these concepts in a number of recreational games.

Objectives

KNOWING AND UNDERSTANDING

- Outline physical health education factual, procedural and conceptual knowledge
- Identify 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

- Construct and outline a plan for improving health or physical activity.
- Describe the effectiveness of a plan based on the outcome.

APPLYING AND PERFORMING

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

REFLECTING AND IMPROVING PERFORMANCE

- Identify and demonstrate strategies that enhance interpersonal skills
- Identify goals and apply strategies to enhance performance
- Describe and summarize 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 in 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

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| 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 |