



IB MYP PHYSICAL and HEALTH EDUCATION

Department: Mrs. Lambie, Mr. Zambon, Ms. Plunkett, Mr. Armstrong, Mr. Kim , Mr. McNiven, Mrs. Cameron

To enhance learning opportunities, we frequently plan activities in the community close to the school. This includes roadways and local parks/forests in the neighborhood. These outings will occur during Physical Education classes. It is each student's responsibility to be aware of the boundaries, rules and safety expectations outlined by the teacher. All injuries or incidents must be reported to the teacher.

Students are expected to leave phones and other electronic devices in their locker unless otherwise requested.

Objectives of Physical Education:

- To promote a positive attitude and awareness towards an active and healthy lifestyle in the pursuit of lifelong health.
- To assist students in developing and maintaining a healthy level of physical activity and fitness.
- To develop efficient and effective motor skills as well as knowledge and understanding involved in attaining competence in a variety of athletic and recreational pursuits.
- To offer an environment, which encourages cooperation, teamwork, responsibility, sportsmanship and self-confidence.

Course Content:

Students will acquire the knowledge, skills, rules and strategies necessary to participate at a safe and functional level in a variety of physical activities from the following three categories: individual and dual activities, games, and movement activities. Lessons will incorporate a balance of individual, cooperative, recreational and competitive environments.

ASSESSMENT: Units will be graded based on a combination of the following assessment criteria

| | |
|--|--|
| MYP Criterion A Knowledge and Understanding | <p>Knowledge and understanding of sport concepts, rules and strategies as well as fitness and healthy living terminology and concepts As well as Application to analyze situations and solve problems.</p> <p>**MYP** 2 pieces of written work required **</p> |
| MYP Criterion B Planning for Performance | <p>Design and Explain a plan for improving physical performance and health Analyze and evaluate the effectiveness of a plan based on the outcome</p> <p>**MYP** Grade 10 video evidence required* May be given in as a written assignment</p> |
| MYP Criterion C Applying and Performing (Engagement, Skill, fitness and Movement) | <p>Assesses the student's ability to perform and demonstrate a range of basic to complex motor skills, application of tactics, strategies and rules in individual and group situations. Fitness Scores fall under this category</p> <p>**MYP***. Must be performance/playing situation - Video evidence of performance required</p> |
| MYP Criterion D Reflecting and improving performance | <p>Develop goals and apply strategies to enhance performance, analyze and evaluate performance. Explain and demonstrate Interpersonal Skills such as; preparedness, work ethic, leadership, social awareness and accountability</p> <p>**MYP***- written assignment</p> |
| PSRE: Personal Social Responsibility and Engagement | <p>Demonstration of Daily engagement/involvement and responsibility in all activities.</p> |

WRITTEN ASSIGNMENTS AND TEST MAY BE REQUIRED FOR MYP ASSESSMENT PLEASE MAKE SURE YOUR CHILD COMPLETES THESE ASSIGNMENTS AS IT WILL BE INCLUDED AS PART OF THEIR PE GRADE. IF STUDENTS ARE AWAY FOR ANY OF THESE ASSESSMENTS IT IS THEIR RESPONSIBILITY TO SEE THE TEACHER.

SAFETY AND EXPECTATION: PLEASE HAVE THIS TRANSLATED IF NEEDED

In PE students are provided with opportunities to practice and develop skills under a variety of supervision levels. Given the nature of some games and activities students are not directly supervised at all times. Rules and expectations are clearly outlined at the beginning of each term and are reinforced throughout the year. It is the student's responsibility for the safety of themselves and others to follow these expectations at all times. Activities will occur in the school facilities, on the field, and in the school forest. We will also extend the classroom to the surrounding neighbourhood for hikes, runs and Outdoor pursuits such as orienteering, geocaching, and various Outdoor Team Games. Accidents can be the result of the nature of the activity and can occur with or without fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. Safety is of upmost importance to the PE staff but when accidents occur they are to be reported to the teachers present or the office immediately. Please see the attached list for a sample of the safety rules covered in class.

Rules of Conduct on the Field, in the Weight Room, the Gym and surrounding neighbourhood

1. Play safely, fairly and according to the rules outlined by your teacher or class
2. Safety is everyone's responsibility. Play and be active with this in mind
3. During free time be involved and be aware what is happening around you
4. Do not throw or kick a ball into or over a group of people
5. Refrain from horseplay, unsupervised combative or contact activities in all areas
6. No equipment including basketballs, soccer balls, frisbees, footballs and rugby balls are to be thrown around the gym, unless a supervising teacher has given permission
7. Handle and Respect Equipment – Do not hang on the Basketball rims
8. Follow directions in all activities
9. Wear appropriate and safe clothing
10. Do not run or walk through any class or game in progress
11. Equipment rooms are out of bounds for students
12. **No food or drink in the gym area**, report fluid on the floor to a teacher
13. Be aware of obstacles such as, tables, chairs, volleyball standards, nets, bleachers, moving dividing wall – Report safety concerns to a teacher
14. Keep the Weight Room door closed at all times. Bring a towel and water bottle
15. Students in the weight room must have permission from a supervising teacher and must be with a partner.
16. Stay within the boundaries outlined at beginning of the game
17. When off school property, remain with a partner
18. Use sidewalks, pass on the sidewalk NOT the road, watch for traffic, DO NOT WEAR EARPHONES
19. Leave phones, i-pods or other musical devices in your locker unless otherwise specified by your teacher
20. REPORT any safety concerns to teaching staff immediately

Physical Education is an experiential, participation based course therefore regular attendance, participation and punctuality are essential. Students are expected to participate in every activity. Alternate activities will be provided for students with extenuating circumstances.

Attendance and Lates:

Regular attendance is mandatory. Make-up assignments may be given to students who miss classes.

At the beginning of class, students are expected to get changed within the allotted time and report to their teacher for attendance. Continual tardiness and absenteeism will affect achievement level. Please bring a note from home if a student is late or has missed a class.

Dismissal: Students are to remain in the gym or the change room until the bell goes at the end of the period.

Medical excuses:

As PE is a participatory class, in order to be successful students are always expected to attend classes. If a student is unable to participate in physical activity they must bring a note explaining the nature of their illness or injury outlining what they can and cannot do. Students are always expected to report to the teacher and engage in a curriculum related activity assigned at the teacher's discretion. If a student is unable to participate for an extended period of time, a medical statement from a physician is requested and alternate curriculum related activities will be assigned.

If a student does not feel well or has a minor injury, they are expected to report to class in strip and will be encouraged to participate within their capabilities

PE Strip:

Coming to class prepared means coming to class with a change of appropriate clothes and supportive footwear (for safety reasons no sandals, flats or dance shoes, flip-flops or bare-feet will be permitted). ***Please do not wear long pants that drag on the ground, tie your laces, remove your jewelry.*** Some units require students to participate outside so please dress appropriately. Students that are not coming to class prepared will be treated seriously. Achievement will be directly affected and consequences will be discussed with the PE teacher.

Lockers: Gym lockers are available for PE students and school athletes only. Students need to provide their own lock and daily use is encouraged to prevent thefts. Locks left on these lockers will be removed. **THEFT OCCURS! BE PREPARED!**

All injuries should be reported to the teacher. Parents should always notify the teacher if a student has received medical treatment of any kind for a PE related injury. If there are any factors that limit a student's ability to perform physical activity it is essential that the PE teacher is fully informed. This will enable the student and teacher to make appropriate choices within the curriculum to enable the student to be successful and meet the learning outcomes.

If someone is injured in class:

1. Report to a teacher
2. Go with a partner to the office to see a first aid attendant
3. Complete an accident form
4. Bring the form back to the teacher
5. If a student goes to the office to see a first aid attendant for ice or treatment they must report back to the teacher to notify them of the outcome.
6. If condition gets worse later in the day or after school see a local doctor and report back to the teacher. Keep your teacher informed!

See below for a SAMPLE of what MYP units may look like. THIS IS A GUIDELINE ONLY.

Concepts will vary and are subject to change based on availability of space, class sizes as well class composition and scheduling.

| Key Concepts: | Unit Title (Unit Grouping): And Related Concept | Criteria/ Group Objectives: Possible Criteria assessed, will vary with grade level |
|----------------------------------|---|--|
| Relationships | Social Dance | B: Planning for performance C: Applying and performing (Engagement) D: Reflecting and improving |
| | <i>Adaptation/movement/interaction</i> | |
| Communication | Safety, Body and Mind | C: Applying and performing (Engagement) B: Planning for performance A: Knowing and Understanding |
| | <i>Environment/movement/balance</i> | |
| | Unit Ideas: Wrestling/Gymnastics/Aerobics/Yoga/ Self Defense/Fitness Routine | |
| Change (Systems) | Creating and Using Space through Invasive Games | A: Knowing and Understanding C: Applying and performing (Engagement) |
| | <i>Space and Systems</i> | |
| | Part 1: Basketball/Netball/ Handball Part 2: Goalie Games Soccer, Hockey, Handball, FloorBall, Ringette | |
| Communication | Throwing to passing | C: Applying and performing (Engagement) B: Planning for performance |
| | <i>Refinement, Function (mechanics), Choice Passing (catching, running) Games: (Technical)</i> | |
| | Part 1: Endzone Games: Ultimate, Football, Rugby , handball, field, disc golf, dodgeball, benchball Part 2: Fielding Games: Softball, cricket, track and Field | |
| Change / relationship | Striking | A: Knowing and Understanding C: Applying and performing (Engagement) |
| | <i>Refinement/Function(role of a player)/choice</i> | |
| | Non-invasive Sports : Volleyball/ Badminton/ Pickleball/ Striking Softball | |
| Change | Principles Of Fitness (WR) | A: Knowing and Understanding B: Planning for performance D: Reflecting and improving |
| Perspective | Lifelong Health Goal Setting/Interpersonal skills/Engagement | B: Planning for performance D: Reflecting and improving |
| | <i>Balance/Perspectives/choice</i> | |
| Creativity | Let's Play | B: Planning for performance D: Reflecting and improving |
| | <i>Environment / Choice/Interaction/adaptation</i> | |
| | Minor Games, orienteering, geocaching, We play, capture the flag, stones | |