



Subject-Group Overview Planner 2023/2024

The subject-group overviews show the units taught in each year in each discipline. They include the unit title, key and related concepts, global contexts, statements of inquiry, objectives, ATL skills and the content (if any). You can add 1 Service in Action activity you are planning to conduct this Semester, under Content.

Subject Area: Physical Health Education **MYP Level:** 2

Time Frame	Unit title	Key concept	Related concepts	Global context	Statement of inquiry	Objectives/Objective strands/Assessment criteria	Summative assessment task	ATL skills/skill indicators	Content (topics, knowledge, skills)
8 weeks	Foundations of Athletics: Active Living and Skill Development	Form	Movement, Energy	Personal and Cultural Expression	In the realm of athletics and fitness, investigating the concept of form alongside energy and movement reveals the personal and cultural expressions of physical performance. Fitness Tests	A: Knowledge and understanding C: Applying and performing	Present a fitness log of fitness they have done.	Self-Management Skills, Communication Skills	<p>To understand and explain some of the short-term effects of exercise and the physiological changes.</p> <p>Practice and refine a range of different exercises using a combination of different methods of training including. Circuit and interval training.</p> <p>Be able to identify the components of health and skill related fitness and complete exercises to develop these. components. Identify the major muscle groups in the body using the correct terminology.</p> <p>Be able to explain the difference between aerobic and anaerobic exercise.</p> <p>Practice and understand the fitness</p>

									tests performed with the correct posture. Log into a fitness portfolio.
8 weeks	Cultural Expression and Active Living in Football	Communication	Systems, Adaptation, environment	Personal and cultural expression	Exploring dietary evolution, we probe change dynamics, choices, and adaptations. In the context of scientific innovation, we study how advancements shape global diets	Criterion A: Knowing and Understanding (e.g., understanding game rules, tactics, and positions) Criterion D: Reflecting and Improving Performance (e.g., evaluating personal performance, setting goals for improvement)	Reflection and peer assessment	Social: Collaboration skills Self-management: Reflective skills:	Observation and peer assessment. Pupils will develop the capacity to self-assess, assess others and to coach. Develop a deeper understanding of stretches for all major muscle groups and those specific to team games. Practice and refine a range of passing, dribbling and shooting skills. Sports to focus: Football 11 aside and 7 aside
8 weeks	Tactical Adaptability and Team Cohesion in Handball	Identity	Function, Space	Personal and Cultural Expression	Exploring handball for personal and cultural expression, we investigate its functions and spaces in the global context, where individuals assert identities dynamically.	A: Knowing and understanding C: Applying and performing	Assessment of student's ability to perform the pass, shoot, block and create a wall in handball. Students will also do a short oral assessment on their knowledge of the different rules in handball.	Communication – Communication skills: Use and interpret a range of discipline specific terms and symbols Social Skills Learner Profile Attributes: Balanced, Caring	Students will practice and refine a range of Handball skills including the wall, block, shoot, throw and passing skills. They will learn the rules of handball and the different positions within a handball team. They will play cooperative and competitive sets attempting to apply the skills during modified competitive games. Students will also analyze each other's performances identifying the correct technique and giving constructive feedback to their peers.
8 weeks	Exploring Food and Nutrition Choice	Change	Choice, Adaptation	Scientific and Technical Innovation	Exploring dietary evolution, we probe change dynamics, choices, and adaptations. In the context of scientific	Criterion A: Knowing and Understanding (e.g., understanding the importance of balanced diets,	Design informative posters that highlight the importance of balanced diets,	Self-management – Affective skills: Practice being aware of body-	Students will explore the importance of a balanced diet and the role of macronutrients in sports performance. They will learn about

					innovation, we study how advancements shape global diets.	nutrients, and hydration) Criterion C: Acting for Healthy Living (e.g., making informed food choices, applying knowledge in meal preparation	macronutrients, and the impact of hydration on athletic performance.	mind connections. Research Skills	different food groups, portion control, meal planning, and the impact of hydration on athletic performance.
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Subject Area: Physical Health Education MYP Level: 3

Time Frame	Unit title	Key concept	Related concepts	Global context	Statement of inquiry	Objectives/Objective strands/Assessment criteria	Summative assessment task	ATL skills/skill indicators	Content (topics, knowledge, skills)
8 weeks	Developing Technique and Performance in Athletics	Development	Movement, Refinement	Scientific and Technical Innovation	Exploring how scientific and technical innovation fuels the development, movement, and refinement of athletic techniques in track events on a global scale.	Criterion B: Planning for Performance (e.g., designing training programs, setting goals for improvement) Criterion D: Reflecting and Improving Performance (e.g., analyzing personal performance, implementing strategies for improvement	Students will organize a virtual charity walk/run event. They will create a platform or use existing fitness tracking apps to record participants' progress, raise awareness about a chosen cause, and encourage virtual donations.	Research Skills, Self-Management Skills Communication skills	Students will focus on improving their athletic abilities and technique in various track and field events. They will learn advanced training methods, analyze their performance, and participate in competitive activities.
8 weeks	Tactical Strategies and Skill Development in Football	Systems	Adaptation, balance	Personal and Cultural Expression	How do tactical strategies and skill development enhance team performance in football?	Criterion A: Knowing and Understanding (e.g., understanding advanced game strategies, positions, and tactics) Criterion C: Thinking and Decision Making	Students apply advanced football strategies in response to real-world scenarios, demonstrating understanding of decision-making,	Communication Skills, Social Skills	Students will advance their football skills and tactical understanding. They will focus on position-specific training,

						(e.g., analyzing complex game scenarios, making effective decisions)	offensive/defensive plays, and game management. The assessment evaluates proficiency in applying advanced football concepts, showcasing strategic thinking and tactical awareness.		analyzing game situations, and developing leadership qualities.
8 weeks	Advanced Techniques and Teamwork in Handball	Relationships	Systems, Space	<i>Personal and Cultural Expression</i>	Investigating handball dynamics, this inquiry centers on relationships, systems, and space, influencing personal and cultural expressions.	Criterion A: Knowing and Understanding (e.g., understanding advanced game strategies, positions, and tactics) Criterion C: Thinking and Decision Making (e.g., analyzing complex game scenarios, making effective decisions)	Students will participate in a dynamic handball showcase that integrates advanced techniques, game strategies, and decision-making skills	Communication Skills, Social Skills	Students will refine their handball skills, focusing on advanced techniques, game strategies, and decision-making under pressure. They will deepen their understanding of team dynamics and leadership on the handball court.
8 weeks	Understanding Macronutrients for Performance	Communication	Communication Environment, perspective	Scientific and technical innovation	We study diverse perspectives, emphasizing the related concepts of environment and perspective. Within scientific innovation, we analyze advancements in nutritional communication, addressing	Criterion A: Knowing and Understanding (e.g., understanding advanced concepts of sports nutrition, dietary requirements) Criterion D: Reflecting and Improving Health (e.g., evaluating personal eating habits, setting goals for healthy living)	Students will engage in a research-based project exploring advanced concepts in sports nutrition. The assessment comprises two main components:	Research Skills, Self-Management Skills	Students will deepen their understanding of nutrition's role in athletic performance and overall health. They will explore advanced concepts such as sports-specific diets, supplementation, and the science

					environmental concerns.				behind nutrient timing.
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Subject Area: Physical Health Education MYP Level: 4-5

Time Frame	Unit title	Key concept	Related concepts	Global context	Statement of inquiry	Objectives/Objective strands/Assessment criteria	Summative assessment task	ATL skills/skill indicators	Content (topics, knowledge, skills)
8 weeks	Advanced Training and Performance in Athletics	Change	Movement, Energy	Scientific and Technical Innovation	Exploring how scientific and technical innovations drive change in sprinting, javelin and shot-put athletics through the dynamics of movement and energy..	Criterion B: Planning for Performance (e.g., designing advanced training programs, setting challenging goals) Criterion D: Reflecting and Improving Performance (e.g., analyzing performance data, implementing strategies for improvement)	you will apply the knowledge you have gained through self-research on the techniques and safety measures for throwing a javelin and shot put. You will create a comprehensive report that includes both written explanations and practical demonstrations. Use reliable sources such as sports manuals, educational websites, and videos to gather information.	Research Skills, Self-Management Skills Communication skills	Students will focus on developing advanced athletic skills and techniques in specific track and field events. They will refine their training methods, analyze their performance, and set personal goals for improvement.
8 weeks	Physical Conditioning and Competitive Strategies in Football	Communication systems.	Adaption, Movement, systems	Personal and Cultural Expression	Understanding how physical conditioning, strategic adaptation, and effective communication in football systems contribute to personal and cultural expressions in competitive sports.?	Criterion A: Knowing and Understanding (e.g., understanding advanced game strategies, positions, and tactics) Criterion C: Thinking and Decision Making (e.g., analyzing complex game scenarios, making effective decisions)	Students will participate in a full-scale football match that incorporates advanced tactics. Following the match, each student will submit a comprehensive tactical analysis report. The report should include an analysis of team dynamics, strategic decisions, and the application of advanced tactics.	Communication Skills, Social Skills	Students will enhance their football skills and tactical understanding. They will focus on advanced techniques, game analysis, and strategic planning to improve their individual and team performance.

8 weeks	High-intensity Tactics and Performance Analysis in Handball	Development	Systems, Space	<i>Personal and Cultural Expression</i>	Exploring the dynamics of handball systems in personal and cultural contexts, focusing on how individual and cultural expressions intersect within specific spatial environments to shape the development of the sport..	<p>Criterion B: Developing Skills (e.g., refining advanced techniques in handball, improving teamwork and communication)</p> <p>Criterion D: Reflecting and Improving Performance (e.g., analyzing personal performance, devising strategies for improvement in handball matches)</p>	Students will participate in a dynamic handball showcase that integrates advanced techniques, game strategies, and decision-making skills	Communication Skills, Social Skills	Students will refine their handball skills, focusing on advanced techniques, game strategies, and decision-making under pressure. They will deepen their understanding of team dynamics and leadership on the handball court.
8 weeks	Optimizing Performance through Sports Nutrition 8 weeks	Communication	Balance, refinement	Scientific and technical innovation	How does nutrition impact on health? This inquiry focuses on communication, balance, and refinement in dietary choices. We analyze scientific innovations shaping optimal health approaches.	<p>Criterion A: Knowing and Understanding (e.g., understanding advanced concepts of sports nutrition, dietary requirements)</p> <p>Criterion D: Reflecting and Improving Health (e.g., evaluating personal eating habits, setting goals for healthy living)</p>	Each group will research and present advanced concepts in sports nutrition, covering topics such as macronutrient ratios, micronutrient requirements, and specialized diets for athletes.	Research Skills, Self-Management Skills	Students will delve into advanced concepts of nutrition, exploring the impact of dietary choices on athletic performance, recovery, and overall health. They will analyze macronutrient ratios, micronutrient requirements, and specialized diets for athletes.