

PHYSICAL AND HEALTH EDUCATION

pMYP - Year 1

Unit title	Key concept	Related concepts	Global contexts	Inquiry statement	MYP Subject groups Objectives	ATL Skills	Content	Nr. of lessons (voluntary)
1. Healthy lifestyle	Change	Energy Systems	Globalization and sustainability	In Healthy lifestyle we focus on the	Ai,ii,iii Bi Ci Di	Communication skills Social Organization skills Affective skills Reflection skills	bodywork healthy way of life food and vitamins food pyramid	
2. Basketball	Communication	Movement Systems	Fairness and development	Interaction and understanding between	Ai,ii,iii Bi,ii Ci Di	Communication skills Social Organization skills Reflection skills Critical-thinking skills	variety of motor skills and movement patterns communication between players individual plays and strategies personal and social behavior that respects self and others the value of physical activity for health	
3. Volleyball - girls	Communication	Movement Systems	Identities and relationships	Adapting skills and interactions through	Ai,ii,iii Bi Ci Di	Communication skills Social Organization skills Affective skills Reflection skills Critical-thinking skills	variety of motor skills and movement patterns communication between players individual plays and strategies personal and social behavior that respects self and others the value of physical activity for health	
4. Gym and gymnastics	Aesthetics	Balance Space	Orientation in space and time	We would like to teach them how to	Ai,ii,iii Bii Ci Di	Communication skills Social Affective skills Reflection skills	different routines flexibility Orientation skills aesthetic of movement understanding of bodywork	
5. Floorball	Communication	Movement Systems	Identities and relationships	Interaction and understanding between	Ai,ii,iii Bi Ci,ii Di	Communication skills Social Organization skills Affective skills Reflection skills Critical-thinking skills	variety of motor skills and movement patterns communication between players individual plays and strategies personal and social behavior that respects self and others the value of physical activity for health	
6. Athletics	Development	Energy Movement	Personal and cultural expression	To be responsible for own performance. Students use athletic disciplines in their ordinary lives (running to the bus)	Ai,ii,iii Bi Ci Di	Communication skills Affective skills Reflection skills	Basics of Athletics (technique of disciplines). Students will gradually learn the basics of each athletic discipline. They will learn the elements of the athletic alphabet. Students should know why movement is important.	
Unit title	Key concept	Related concepts	Global contexts	Inquiry statement	MYP Subject groups Objectives	ATL Skills	Content	

1. Healthy lifestyle	Change	Energy Systems	Globalization and sustainability	In Healthy lifestyle we focus on the	Ai,ii,iii Bi Ci Di	Communication skills Social Organization skills Affective skills Reflection skills Critical-thinking skills	bodywork healthy way of life food and vitamins food pyramid
2. Basketball	Communication	Movement Systems	Fairness and development	Interaction and understanding between	Ai,ii,iii Bi,ii Ci Di	Communication skills Social Organization skills Reflection skills Critical-thinking skills	variety of motor skills and movement patterns communication between players individual plays and strategies personal and social behavior that respects self and others the value of physical activity for health
3. Volleyball - girls	Communication	Movement Systems	Identities and relationships	Adapting skills and interactions through	Ai,ii,iii Bi Ci Di	Communication skills Social Organization skills Affective skills Reflection skills Critical-thinking skills	variety of motor skills and movement patterns communication between players individual plays and strategies personal and social behavior that respects self and others the value of physical activity for health
4. Gym and gymnastics	Aesthetics	Balance Space	Orientation in space and time	We would like to teach them how to	Ai,ii,iii Bii Ci Di	Communication skills Social Affective skills Reflection skills	different routines flexibility Orientation skills aesthetic of movement understanding of bodywork
5. Floorball	Communication	Movement Systems	Identities and relationships	Interaction and understanding between	Ai,ii,iii Bi Ci,ii Di	Communication skills Social Organization skills Affective skills Reflection skills Critical-thinking skills	variety of motor skills and movement patterns communication between players individual plays and strategies personal and social behavior that respects self and others the value of physical activity for health
6. Athletics	Development	Energy Movement	Personal and cultural expression	To be responsible for own performance. Students use athletic disciplines in their ordinary lives (running to the bus)	Ai,ii,iii Bi Ci Di	Communication skills Affective skills Reflection skills	Basics of Athletics (technique of disciplines). Students will gradually learn the basics of each athletic discipline. They will learn the elements of the athletic alphabet. Students should know why movement is important.

MYP3 - Year 4

Unit title	Key concept	Related concepts	Global contexts	Inquiry statement	MYP Subject groups Objectives	ATL Skills	Content
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1. Healthy lifestyle	Change	Function Systems	Globalization and sustainability	In Healthy lifestyle we focus on the movement of students, their vision of own healthy life. This is finished by their own work.	Ai,ii,iii Bi Ci,ii Diii		How our body works active or passive sportsmen Comperhension of two groups healthy way of life food and vitamines food pyramid
2. Basketball	Communication	Movement Systems	Fairness and development	Interaction and understanding between students in groups. Change communication and relationships. We can focus on the behaviour.	Ai,ii,iii Bi,ii Ci,ii Dii,ii		how to give and receive constructive feedback basic rules, tactics, spacing, simple cover, basic support and apply this in game situations difference between defense strategies and offense strategies different ways of communicating with team mates difference between positioning play in team games (e.g; goalie defense, midfielder and striker) how to use terminology in sports in the correct context
3. Volleyball - girls	Communication	Movement Systems	Scientific and technical innovation	We need to learn how to use digital systems and variety of technical gadgets. This technical inovations are needed for correct understanding of voleyball and football play. (WAR system in football)	Ai,ii,iii Bi,ii Ci,ii Di,iii		how to give and receive constructive feedback basic rules, tactics, spacing, simple cover, basic support and apply this in game situations difference between defense strategies and offense strategies different ways of communicating with team mates difference between positioning play in team games (e.g; goalie defense, midfielder and striker) how to use terminology in sports in the correct context
4. Gym and gym	Aesthetics	Balance Space	Orientation in space and time	We would like to teach them how to become more flexible and orientated in space.	Ai,ii,iii Bi,ii Ci,ii Di,iii		different routines flexibility Orientation skills aesthetic of movement understanding of bodywork

5. Floorball	Communication	Movement Systems	Identities and relationships	Interaction and understanding between students in groups. Change communication and relationships. We can focus on the behaviour.	Ai,ii,iii Bi,ii Ci,ii Di,iii		how to give and receive constructive feedback basic rules, tactics, spacing, simple cover, basic support and apply this in game situations difference between defense strategies and offense strategies different ways of communicating with team mates difference between positioning play in team games (e.g; goalie defense, midfielder and striker) how to use terminology in sports in the correct context
6. Athletics	Development	Energy Movement	Personal and cultural expression	To be responsible for own performance.	Ai,ii,iii Bi,ii Ci,ii Di,iii		intermediate Athletics (technique of disciplines). Students will gradually learn the basics of each athletic discipline. They will learn the elements of the athletic alphabet. Students should know why movement is important.
MYP5 - Year 6							
Unit title	Key concept	Related concepts	Global contexts	Inquiry statement	MYP Subject groups Objectives	ATL Skills	Content
1. Healthy lifestyle	Change	Function Systems	Globalization and sustainability	In Healthy lifestyle we focus on the movement of students, their vision of own healthy life. This is finished by their own work.	Ai,ii,iii Bi Ci,ii Diii		How our body works active or passive sportsmen Comperhension of two groups healthy way of life food and vitamines food pyramid

2. Basketball	Communication	Movement Systems	Fairness and development	Interaction and understanding between students in groups. Change communication and relationships. We can focus on the behaviour.	Ai,ii,iii Bi,ii Ci,ii Dii,ii		<p>how to give and receive constructive feedback</p> <p>basic rules, tactics, spacing, simple cover, basic support and apply this in game situations</p> <p>difference between defense strategies and offense strategies</p> <p>different ways of communicating with team mates</p> <p>difference between positioning play in team games (e.g; goalie defense, midfielder and striker)</p> <p>how to use terminology in sports in the correct context</p>	
3. Volleyball - girls	Communication	Movement Systems	Scientific and technical innovation	We need to learn how to use digital systems and variety of technical gadgets. This technical innovations are needed for correct understanding of volleyball and football play. (WAR system in football)	Ai,ii,iii Bi,ii Ci,ii Di,iii		<p>how to give and receive constructive feedback</p> <p>basic rules, tactics, spacing, simple cover, basic support and apply this in game situations</p> <p>difference between defense strategies and offense strategies</p> <p>different ways of communicating with team mates</p> <p>difference between positioning play in team games (e.g; goalie defense, midfielder and striker)</p> <p>how to use terminology in sports in the correct context</p>	
4. Gym and gymnastics	Aesthetics	Balance Space	Orientation in space and time	We would like to teach them how to become more flexible and orientated in space.	Ai,ii,iii Bi,ii Ci,ii Di,iii		<p>creating of own routines</p> <p>flexibility</p> <p>Orientation skills</p> <p>aesthetic of movement</p> <p>understanding of bodywork</p>	

5. Floorball	Communication	Movement Systems	Identities and relationships	Interaction and understanding between students in groups. Change communication and relationships. We can focus on the behaviour.	Ai,ii,iii Bi,ii Ci,ii Di,iii		<p>how to give and receive constructive feedback</p> <p>basic rules, tactics, spacing, simple cover, basic support and apply this in game situations</p> <p>difference between defense strategies and offense strategies</p> <p>different ways of communicating with team mates</p> <p>difference between positioning play in team games (e.g; goalie defense, midfielder and striker)</p> <p>how to use terminology in sports in the correct context</p>	
6. Athletics	Development	Energy Movement	Personal and cultural expression	To be responsible for own performance.	Ai,ii,iii Bi,ii Ci,ii Di,iii		<p>Advanced Athletics (technique of disciplines).</p> <p>Students will gradually learn the basics of each athletic discipline.</p> <p>They will learn the elements of the athletic alphabet.</p> <p>Students should know why movement is important.</p>	