

Curriculum Plan: MYP Physical Health Education

	Term 1	Term 2	Term 3
MYP 1 (Year 7)	<p><b>Unit Title(s): Autumn 1 - Unit 1: Fitness Testing &amp; Training</b>                      Fitness Testing - Components of health &amp; skill-related fitness (Boys &amp; Girls)                      Fitness Training - Group exercise (Boys &amp; Girls)</p> <p><b>Autumn 2 - Unit 2: Practical Team Sports</b>                      Team sports - Netball &amp; Hockey (Girls)                      Team sports - Football &amp; Basketball (Boys)</p>	<p><b>Unit Title(s) Spring 1 - Unit 3: Athletic Development</b>                      Track events (Boys &amp; Girls)                      Field events (Boys &amp; Girls)</p> <p><b>Spring 2 - Unit 4: Aesthetic Movement</b>                      Gymnastics (Girls)                      Aerobics (Boys)</p>	<p><b>Unit Title(s) Summer 1 - Unit 5: Individual &amp; Aquatic Sports</b>                      Swimming (Boys &amp; Girls)                      Individual sports - Badminton (Girls)                      Individual sports - Short tennis (boys)</p> <p><b>Summer 2 - Unit 6: Recreational Sports</b>                      Rounders (Girls)                      Cricket (Boys)</p>
	<p>Global Context: Autumn 1 - Scientific and technical innovation                      Autumn 2 - Identities and relationships</p>	<p>Global Context: Spring 1 - Fairness and Development                      Spring 2 - Personal and Cultural expression</p>	<p>Global Context: Summer 1 - Identities and relationships                      Summer 2 - Identities and relationships</p>
	<p>Key concept: Autumn 1 - Change                      Autumn 2 - Relationships</p>	<p>Key concept: Spring 1 - Change                      Spring 2 - Communication</p>	<p>Key concept: Summer 1 - Change                      Summer 2 - Communication</p>
	<p>Topics covered: Autumn 1 - Information poster on components of fitness (A) and Performance in fitness testing (C)                      Autumn 2 - Teacher observation of practical skills in a team sport (C) and written reflection of performance (D)</p>	<p>Topics covered: Spring 1 - Information booklet on an athletic event (A) and performance in athletics (C)                      Spring 2 - Plan a routine in gymnastics or aerobics (B) and teacher observation of performance in the routine (C)</p>	<p>Topics covered: Summer 1 - Teacher observation in performance of swimming strokes (C) and reflection of improvements in swimming (D)                      Summer 2 - Plan fielding placements in rounders or cricket (B) and teacher observation of performance in rounders or cricket (C)</p>
MYP 2 (Year 8)	<p><b>Unit Title(s) Autumn 1 - Unit 1: Fitness Testing &amp; Training</b>                      Fitness Testing - Components of health &amp; skill-related fitness (Boys &amp; Girls)                      Fitness Training - Group exercise (Boys &amp; Girls)</p>	<p><b>Unit Title(s) Spring 1 - Unit 3: Athletic Development</b>                      Track events (Boys &amp; Girls)                      Field events (Boys &amp; Girls)</p> <p><b>Spring 2 - Unit 4: Aesthetic Movement</b>                      Gymnastics (Girls)</p>	<p><b>Unit Title(s) Summer 1 - Unit 5: Individual &amp; Aquatic Sports</b>                      Swimming (Boys &amp; Girls)                      Individual sports - Badminton (Girls)                      Individual sports - Short tennis (boys)</p> <p><b>Summer 2 - Unit 6: Recreational Sports</b></p>

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	<p><b>Autumn 2 - Unit 2: Practical Team Sports</b>                      Team sports - Netball &amp; Lacrosse (Girls)                      Team sports - Football &amp; Rugby (Boys)</p>	<p>Aerobics (Boys)</p>	<p>Rounders (Girls)                      Cricket (Boys)</p>
	<p>Key concept: Autumn 1 - Change                      Autumn 2 - Relationships</p>	<p>Key concept: Spring 1 - Change                      Spring 2 - Communication</p>	<p>Key concept: Summer 1 - Change                      Summer 2 - Communication</p>
	<p>Global Context: Autumn 1 - Scientific and technical innovation                      Autumn 2 - Orientation in space and time</p>	<p>Global Context: Spring 1 - Fairness and Development                      Spring 2 - Personal and Cultural expression</p>	<p>Global Context: Summer 1 - Identities and relationships                      Summer 2 - Identities and relationships</p>
	<p>Topics covered: Autumn 1 - Plan of a circuit training session (A) and Performance in fitness testing (C)                      Autumn 2 - Teacher observation of practical skills in a team sport (C) and written reflection of performance (D)</p>	<p>Topics covered: Spring 1 - Produce an instructional booklet on how to perform an athletic event (A) and performance in athletics (C)                      Spring 2 - Plan a routine in gymnastics to include balance, flight and rotation or aerobics to a selected musical beat (B) and teacher observation of performance in the routine (C)</p>	<p>Topics covered: Summer 1 - Teacher observation of performance in badminton or short tennis (C) and reflection of improvements in an individual sport (D)                      Summer 2 - Plan fielding placements in rounders or cricket (B) and teacher observation of performance in rounders or cricket (C)</p>
MYP 3 (Year 9)	<p><b>Unit Title(s) Autumn 1 - Unit 1: Fitness Testing &amp; Training</b>                      Fitness Testing - Components of health &amp; skill-related fitness (Boys &amp; Girls)                      Fitness Training - Group exercise (Boys &amp; Girls)</p> <p><b>Autumn 2 - Unit 2: Practical Team Sports</b>                      Team sports - Netball &amp; Basketball (Girls)                      Team sports - Football &amp; Volleyball (Boys)</p>	<p><b>Unit Title(s) Spring 1 - Unit 3: Athletic Development</b>                      Track events (Boys &amp; Girls)                      Field events (Boys &amp; Girls)</p> <p><b>Spring 2 - Unit 4: Aesthetic Movement</b>                      Gymnastics (Girls)                      Aerobics (Boys)</p>	<p><b>Unit Title(s) Summer 1 - Unit 5: Individual &amp; Aquatic Sports</b>                      Water polo (Boys &amp; Girls)                      Individual sports - Badminton (Girls)                      Individual sports - Short tennis (boys)</p> <p><b>Summer 2 - Unit 6: Recreational Sports</b>                      Rounders (Girls)                      Cricket (Boys)</p>
	<p>Key concept: Autumn 1 - Change                      Autumn 2 - Relationships</p>	<p>Key concept: Spring 1 - Change                      Spring 2 - Communication</p>	<p>Key concept: Summer 1 - Change                      Summer 2 - Communication</p>
	<p>Global Context: Autumn 1 - Scientific and</p>	<p>Global Context: Spring 1 - Fairness and</p>	<p>Global Context: Summer 1 - Identities and</p>

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	<p>technical innovation Autumn 2 - Identities and relationships</p>	<p>Development Spring 2 - Personal and Cultural expression</p>	<p>relationships Summer 2 - Identities and relationships</p>
	<p>Topics covered: Autumn 1 - Plan a series of training sessions to build up an area of fitness (A) and teacher observation of performance in fitness testing (C) Autumn 2 - Teacher observation of practical skills in team sports (C) and written reflection of performance to include pictures and videos (D)</p>	<p>Topics covered: Spring 1 - Produce an instructional video on how to perform an athletic event (A) and teacher observation on performance in athletics (C) Spring 2 - Plan a routine in gymnastics or aerobics that shows key disciplines and uses different apparatus (B) and teacher observation of performance in the routine (C)</p>	<p>Topics covered: Summer 1 - Teacher observation of performance in water polo (C) and reflection of improvements in water polo (D) Summer 2 - Plan a fielding skills practice that will improve performance in rounders or cricket (B) and teacher observation of performance in rounders or cricket (C)</p>
MYP 4 (Year 10)	<p>Unit Title(s) <b>Unit 1: Development of Personal Fitness</b></p>	<p>Unit Title(s) <b>Unit 2: Anatomy &amp; Physiology for Sport</b></p>	<p>Unit Title(s) <b>Unit 3: Planning &amp; Leading Sports Activities</b></p>
	<p>Key concept: Autumn 1 &amp; 2 - Development</p>	<p>Key concept: Spring 1 &amp; 2 - Change</p>	<p>Key concept: Summer 1 &amp; 2 - Relationships</p>
	<p>Global Context: Scientific and technical innovation</p>	<p>Global Context: Scientific and technical innovation</p>	<p>Global Context: Identities and relationships</p>
	<p>Topics covered: Knowledge and understanding of health screening, fitness testing and developing own fitness (A) Planning a personal fitness training programme (B) Teacher observation of Implementing own personal fitness training programme and improving performance (C) Reflecting and evaluating own performance as a client undertaking the personal fitness programme (D)</p>	<p>Topics covered: Knowledge and understanding of the structure and function of the skeletal system, muscular system, cardiovascular system and respiratory system (A) Planning an appropriate fitness test protocol to demonstrate the effects of exercise on a selected bodily system (B) Teacher observation of performing, monitoring and recording the results of the selected fitness test (C) Reflecting and evaluating the use of the selected fitness test and the reporting of the effects of exercise on the selected bodily system (D)</p>	<p>Topics covered: Knowledge and understanding of what makes a successful sports leader (A) Planning a coaching session and a tournament/competition (B) Teacher observation of performance as a coach/leader in a selected sport activity and tournament/competition (C) Reflecting and evaluating on own performance as a coach in a selected sport activity and as a leader of a tournament/competition (D)</p>

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MYP 5 (Year 11)	<b>Unit Title(s) Unit 4: Exercise &amp; Fitness Instruction</b>	
	Key concept: Autumn 1 & 2 - Relationships	
	Global Context: Scientific and technical innovation	
	Topics covered: Knowledge and understanding of health screening clients, fitness testing clients and developing the fitness of clients (A) Planning a training programme for a client (B) Teacher observation of Implementing a fitness training programme and instructing a client to improve performance (C) Reflecting and evaluating own performance as an instructor and the client outcomes of the training programme (D)	