

## P.E. Course Outline

### Overview

In Physical Education students will work to their optimal level of physical fitness throughout the year. Fitness levels will be assessed at the beginning of the year and again at the end of the year to show students' their progress. They will also develop motor skills in order to participate successfully in a variety of physical activities and experience enjoyment and satisfaction through physical activity. Students will develop social skills through cooperation and group activities in which they will demonstrate the importance of teamwork. Opportunities will be given for individuals to challenge themselves and take risks so that they can experience personal growth.

Physical Education at VIS develops inquiring, motivated, collaborative students who enjoy participation in physical activities and sports and who make informed choices enabling them to lead active, balanced, and healthy lives. Skills taught encourage and enhance lifelong participation in health-related, active pursuits.

The Physical Education Department puts emphasis on creating a social/emotional environment that is safe for everyone. This is done through careful monitoring of students, evaluating and managing the role of competition in lessons, and seeing each student as unique with individual interests, talents, and abilities.

In practice, a variety of activities are offered which include individual sports, team sports, aesthetic performance activities, martial arts, and other activities that are age-appropriate for boys and girls. Each unit covers the basic requirements of the activity such as safety, basic rules, and individual skills before moving toward deeper facets such as teamwork and strategies.

The *Approaches To Learning* are key to each unit as the final assessment task will focus on one or a set of related skills such as research for a presentation, or making observations & measurements for a lab report. Using one of the *Global Contexts* to focus each unit allows students to place learning in context and help students to develop attitudes and values based on knowledge and skills.

### Aims of the Physical Education Course

***The aims of the teaching and study of MYP P.E. are to encourage and enable students to:***

- ◆ appreciate and understand the value of physical activity and its relationship to a healthy, balanced lifestyle
- ◆ know how to enhance one's health and wellness and be motivated to participate fully in all aspects of physical education
- ◆ participate effectively in a variety of physical activities, for example, learning, practising, refining, adapting, thinking, interacting
- ◆ collaborate and communicate effectively, verbally, non-verbally and in writing
- ◆ understand international perspectives on physical activity, sport and health education
- ◆ achieve and maintain a healthy lifestyle
- ◆ use inquiry to explore physical and health education concepts
- ◆ build positive relationships and demonstrate social responsibility
- ◆ reflect on learning experiences

***The content and illustrative material used for the 'Units of Work' are taken from the Lithuanian National Curriculum materials and are matched to the MYP objectives appropriate to the age level and complexity of the material concerned;***

## MYP Objectives & Interim Objectives

A: Knowing & Understanding		
Grade 6	Grade 8	Grade 10
<i>At the end of the first year, students should be able to:</i>		
outline physical and health education factual, procedural and conceptual knowledge	describe physical and health education factual, procedural and conceptual knowledge	explain physical and 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 education knowledge to explain issues and solve problems set in familiar and unfamiliar situations	apply physical and health education knowledge to analyse issues and solve problems set in familiar and unfamiliar situations
apply physical and health terminology to communicate understanding	apply physical and health terminology effectively to communicate understanding	apply physical and health terminology effectively to communicate understanding

B: Planning for Performance		
Grade 6	Grade 8	Grade 10
<i>At the end of the first year, students should be able to:</i>		
construct and outline a plan for improving health or physical activity	design and explain a plan for improving physical performance and health	design, explain and justify plans to improve physical performance and health
describe the effectiveness of a plan based on the outcome	explain the effectiveness of a plan based on the outcome	analyse and evaluate the effectiveness of a plan based on the outcome

C: Applying & Performing		
Grade 6	Grade 8	Grade 10
<i>At the end of the first year, students should be able (with modifications) to:</i>		
recall and apply a range of skills and techniques	demonstrate and apply a range of skills and techniques	demonstrate and apply a range of skills and techniques
recall and apply a range of strategies and movement concepts	demonstrate and apply a range of strategies and movement concepts	demonstrate and apply a range of strategies and movement concepts
recall and apply information to perform effectively	outline and apply information to perform effectively	analyse and apply information to perform effectively

D: Reflecting & Improving Performance		
Grade 6	Grade 8	Grade 10
<i>At the end of the first year, students should be able to:</i>		
identify and demonstrate strategies to enhance interpersonal skills	describe and demonstrate strategies to enhance interpersonal skills	explain and demonstrate strategies to enhance interpersonal skills
identify goals and apply strategies to enhance performance	outline goals and apply strategies to enhance performance	develop goals and apply strategies to enhance performance
describe and summarize performance	explain and evaluate performance	analyse and evaluate performance

## Physical Educations topics include:

Physical Education units and activities in MYP 1 through to MYP 5 have a similar structure, but with increasing expectations for student achievement in a curriculum that provides a pathway toward continual growth and development.

### *The MYP curriculum in each year (MYP1-5) may include:*

Athletics	Floorball	Indoor invasion games
Badminton	Dance	Quick cricket
Baseball/Rounders	Running	Volleyball
Basketball	Dodge ball	Floor hockey
Cooperative games	Fitness plans & routines	Football

## Assessment

Assessment is intended as an extension of the learning process for students, and this course gives students many different ways to demonstrate their understanding and skills. There are various assessment tools used in Physical Education. These include observations, tests, peer assessments, performance tasks, group tasks and rubrics.

In PE, students are assessed on more than their physical ability to perform. A variety of skills and attitudes including leadership, sportsmanship, preparation, and participation also contributes to their achievement during the year.

### **In MYP 1 through MYP 5 student achievement in Physical Education is assessed against the following four criteria:**

- 1. Knowing & Understanding:** develop knowledge and understanding about health and physical activity in order to identify and solve problems
- 2. Planning for performance:** analyse, evaluate and perform a plan in order to improve performance in physical and health education
- 3. Applying & Performing:** to apply practical skills, techniques, strategies and movement concepts through participation in a variety of physical activities; assessed in a performance/play situation.
- 4. Reflecting & Improving Performance:** enhance personal and social development, set goals, take responsible action and reflect on their performance and the performance of others

Students achieve a level from 1-8 in each criterion (A-D) and these are added together (max. 32 points) to calculate the Final Achievement Level using the following table.

<b>MYP Final achievement Level</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Total mark/32</b>	<b>1-5</b>	<b>6-9</b>	<b>10-14</b>	<b>15-18</b>	<b>19-23</b>	<b>24-27</b>	<b>28-32</b>

In order for parents and students to appreciate grades in familiar contexts please see the tables below.

<b>MYP Final achievement Level</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Lithuanian system grades</b>	<b>1-2</b>	<b>3</b>	<b>4-5</b>	<b>6</b>	<b>7-8</b>	<b>9</b>	<b>10</b>
<b>/10</b>							

<b>MYP Final achievement Level</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Letter grades</b>	<b>F</b>	<b>E</b>	<b>D</b>	<b>C-C+</b>	<b>B-B+</b>	<b>A</b>	<b>A+</b>

\* All information is taken from the IB MYP Physical Education Guide for 2014