



Physical Education 9
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I. Course Summary:

Physical Education in the Middle Years Program focuses on both learning about and learning through physical activity. Physical education fosters the development of knowledge, skills and attitudes that will contribute to a student's balanced and healthy lifestyle.

II. Units of Study

Team Handball
Volleyball
Badminton
Soccer
Basketball
Ball Games
Semester Fitness

III. Standards

State Standards

Motor Skills: Students explore, develop, combine and body awareness.

Movement Knowledge: Students apply movement principles in developing efficient movement skills.

Health Related fitness: Students understand the relationship of physical activity to fitness.

Personal and Social Behavior: Students will be responsible for developing self control and appropriate sports behavior.

Personal Well-being: students appreciate the benefits of play and values.

MYP Aims

Use inquiry to explore physical and health education.

Participate effectively in a variety of contexts.

Achieve and maintain a healthy lifestyle.

Communicate effectively.

Build positive relationships and demonstrate social responsibility.

Reflect on their learning experiences.

IV. Tests and Resources

Written Knowledge tests in all units

Fitness improvement Tests

V. Methodology

Information will be delivered in direct instruction, experimental learning, and cooperative learning.

Students will be assessed in the health related fitness at the beginning of the quarter and the again at the end of the semester. We will look at improvement as a grading factor.

VI. Methods of Assessment

Criterion A *Knowing and Understanding*
health and fitness.

Students develop knowledge and understanding about

Criterion B *Planning and Performance*
perform a plan to improve performance.

Students through inquiry design, analyze, evaluate and

Criterion C *Applying and Performing* Students develop and apply practical skills, techniques, strategies and movement concepts through their participation.

Criterion D *Reflecting and improving performance* Students enhance their personal and social development, set goals, take responsible action and reflect on their performance and the performance of others.

Additional Assessment:

1. Your grade is determined by the following items and categories:

- Actively applying and being present
- The effort shown during all activities, your attitude and your sportsmanship.
- Your ability to listen to and follow instructions.
- Written and physical summative test scores.
- Improvement
- Teamwork through sport evaluated by observation
- Changing for class and being on time.

Students will be expected to dress in active wear and have proper shoes to perform fitness activities.

Assessment will be based on a 70% formative and 30% summative, because we are being active daily; it's our intention to reward effort and positive sportsmanship on a consistent basis through daily achievement.

IB MYP rubrics use an 8 point international scale, with 8 representing "excellent achievement" and 0-1 representing "limited achievement" These assessments will be converted to a standard A, B, C, D, N scale and the achievement level will appear on the rubric.

VI. Other Course Information

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Emails on school website