



Horizontal Planning/Standards and Procedures MYP Year: 1

Course Code and Title: ***Physical Education and Health Sec 1***

Course description: ***Phys. Ed course with an emphasis on individual, team and health components.***

Class resources: ***Materials provided for health class.***

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| MYP course Aims | MEES course objectives |
| **Understand the value of physical activity** | ***To perform movement skills in different physical activity settings.*** |
| **Collaborate and communicate effectively** | ***Interacts with others in different physical activity settings.*** |
| ***Reflect on their learning experiences*** | ***Adopts a healthy, active, lifestyle.*** |

Term 1 20% of School Course Grade Timeline: To be completed by Nov. 3

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| IBMYP Key concept(s) | IBMYP Related concept(s) | MYP assessment criteria/objectives | MEES competenciestargeted and weighting | Content/topics/skills | Evaluation tasks /Evidence of student’s understanding |
| **Change** | **Movement****Energy** | ***A-Knowledge B-Planning C-Performance D Reflection*** | ***Competency 1: Practices physical activities individually*** | ***Fitness (Cardiovascular strength and endurance)***  | ***Skills testing- Knowledge- Movement Project*** |

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| Communication to students and parents: | Materials required |
| ***Email or parent teacher communication form as needed.*** | ***Proper phys. ed uniform*** |

Term 2 20% of School Course Grade Timeline: To be completed by Jan. 27

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| IBMYP Key concept(s) | IBMYP Related concept(s) | MYP assessment criteria/objectives | MEES competenciestargeted and weighting | Content/topics/skills | Evaluation tasks /Evidence of student’s understanding |
| **Relationships** | **Movement****Space** | ***A-Knowledge B-Planning C-Performance D Reflection*** | ***Competency 2: Practices physical activities with other students*** | ***Basketball******Tchoukball*** | ***Skills testing-Knowledge test*** |

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| Communication to students and parents: | Materials required |
| ***Email or parent teacher communication form as needed.*** | ***Proper phys. ed uniform*** |

Term 3 60% of School Course Grade Timeline: To be completed by June. 22

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| IBMYP Key concept(s) | IBMYP Related concept(s) | MYP assessment criteria/objectives | MEES competenciestargeted and weighting | Content/topics/skills | Evaluation tasks /Evidence of student’s understanding |
| **Communication** | **Interaction****Choice** | ***A-Knowledge B-Planning C-Performance D Reflection*** | ***Competency 1:Practices physical activities individually Competency 2: Practices physical activities with other studentsCompetency 3: Takes steps to adopt a healthy, active lifestyle*** | ***Volleyball******Handball******Pool*** | ***Skills testing-Knowledge test***  |

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| Communication to students and parents: | Materials required |
| ***Email or parent teacher communication form as needed.*** | ***Proper phys. ed uniform*** |

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| Additional Information/Specifications |
| This course has a school-wide final exam.[x] This course does not have a final exam. The final course grade comes entirely from the school course grade.[ ] This course has a final exam administered by the English Montreal School Board. The final course grade is determined by taking 70% of the school course grade and 30% of the school board exam.[ ] This course has a final exam administered by the *Ministère de l’Éducation et de l’Enseignement Supérieur* (MEES). The final course grade is determined by taking 50% of the school course grade and 50% of the MEES exam. Please note that the final course grade is subject to MEEs moderation. |