



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.**

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

IBMYP Key concept(s)	IBMYP Related concept(s)	MYP assessment criteria/objectives	MEES competencies targeted 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

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. 22

IBMYP Key concept(s)	IBMYP Related concept(s)	MYP assessment criteria/objectives	MEES competencies targeted 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

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. 21

IBMYP Key concept(s)	IBMYP Related concept(s)	MYP assessment criteria/objectives	MEES competencies targeted 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	Volleyball Handball Pool	Skills testing -Knowledge test

			<p><i>with other students</i></p> <p>Competency 3: Takes steps to adopt a healthy, active lifestyle</p>		
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Communication to students and parents:	Materials required
<i>Email or parent teacher communication form as needed.</i>	<i>Proper phys. ed uniform</i>

<p>Additional Information/Specifications</p> <p>This course has a school-wide final exam.</p> <p><input checked="" type="checkbox"/> This course does not have a final exam. The final course grade comes entirely from the school course grade.</p> <p><input type="checkbox"/> 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.</p> <p><input type="checkbox"/> This course has a final exam administered by the <i>Ministère de l'Éducation et de l'Enseignement Supérieur</i> (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.</p>
