

Physical Education / Wellness 7

2021 - 2022

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Prerequisites, if applicable	N/A		
Relation with TOK (DP subjects)	N/A		

Course Description

MYP physical and health education courses, in combination with MYP sciences, help specifically to prepare students for the study of sports, exercise and health science in the IB Diploma Programme (DP). This rigorous course enables students to inquire into systems of the human body and explore how and why these systems work together. In their study of sports, exercise and health science, students learn how to apply their knowledge and understanding by critically analysing human performance and through planning and conducting laboratory investigations.

The goal of the **wellness** course is to provide guidance to the students in order to lay the groundwork for the development of physical, mental and social awareness and in doing so begin to establish a solid foundation for their healthy minds as they move forward in life. The aim will be to help the students become equipped with the tools needed to develop better skills in their lives.

MYP or DP Subject Aims

The aims of MYP physical and health education are to encourage and enable students to:

- use inquiry to explore physical and health education concepts
- participate effectively in a variety of contexts
- understand the value of physical activity
- achieve and maintain a healthy lifestyle
- collaborate and communicate effectively
- build positive relationships and demonstrate social responsibility
- reflect on their learning experiences.

MYP or DP Subject Assessment Objectives

Criterion A: Knowing and Understanding

Students develop knowledge and understanding about health and physical activity in order to identify and solve problems.

Criterion B: Planning for performance

Students through inquiry design, analyse, evaluate and perform a plan in order to improve performance in physical and health education.

Criterion C: Applying and performing

Students develop and apply practical skills, techniques, strategies and movement concepts through their participation in a variety of physical activities.

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.

In the wellness course, students will not be formally assessed.

Measurable Learning Outcomes

At the end of grade 7, students should be able to:

Criterion A: Knowing and Understanding

- i. outline physical and health education-related factual, procedural and conceptual knowledge
- ii. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations
- iii. apply physical and health terminology to communicate understanding.

Criterion B: Planning for performance

- i. identify goals to enhance performance
- ii. construct and outline a plan for improving physical activity and health.

Criterion C: Applying and performing

- i. recall and apply a range of skills and techniques
- ii. recall and apply a range of strategies and movement concepts
- iii. recall and apply information to perform effectively.

Criterion D: Reflecting and improving performance

- i. identify and demonstrate strategies to enhance interpersonal skills
- ii. describe the effectiveness of a plan based on the outcome
- iii. describe and summarize performance.

Course Evaluation

Ministry of Education Rubric	Assessment Category	Percentage Weight in Grading Period
Formative 1	Class Work	20%
Formative 2	Assignments	20%
Formative 3	Projects	30%
Formative 4	Quizzes	15%
Summative Assessment	Tests	15%

Grade Scale Distribution (IB Grade versus local grade)

In order to guarantee that the national education system will recognize the grades obtained by students during their MYP studies, teachers in the different subject groups use conversion tables to convert MYP scores to the Ecuadorian Ministry of Education grading system.

This is the conversion table that the MYP subjects use:

MYP	Ministry of Education
8	10
7	9
6	8.5
5	8
4	7
3	6
2	5
1	4
0	0

Major Projects including links to Service Learning and Interdisciplinary projects.

- Students will create an exercise routine through which they understand the importance of physical activity and the importance of healthy eating.
- Healthy choices' campaign
- Personal Journal related to the topics worked in class

Units of Instruction

1st Semester	2nd Semester
1st Partial • Growth, Development, and Sexual Health 2nd Partial • Nutrition and Physical Activity	1st Partial • Mental, Emotional, and Social Health 2nd Partial • Injury Prevention and Safety