

PE and Health 7					
UNIT TITLE	Let's Get Physical	Wise up around Water	Games Sense	Thematic Gymnastics	Healthy Lifestyles
STATEMENT OF INQUIRY	The dimensions of health are inter-related and closely linked to lifestyle choices.	The knowledge, application and communication of safe practice in, on and around water environments enables us to make safe choices.	Changing aspects of games allows for greater acquisition of skill and the application of strategies within a range of contexts.	Gymnastic movements can be an effective way to communicate a message or theme.	The dimensions of health are inter-related and closely linked to lifestyle choices.
Key CONCEPT	Relationships	Communication	Change	Communication	Relationships
RELATED CONCEPTS	Balance and Choice	Environment, Choice	Space, Adaption, Perspectives	Movement, Refinement	Balance, Choice
ASSESSMENTS	A B D	A C D	C, D	C, B	Not assessed
Assessment Tasks	A: identify the correct muscle groups/ movement analysis B: Create gifs or animations for exercises on a plan; Indicate the number of reps or time per exercise D: Vodcast reflection	A: Water safety brochure task C: Swimming skills performance D: Goal setting for swimming	C: invasion games Performance B: Collaborative Plan and PMI reflection	C- Performance in groups of 4-5 B- Group plan with gifs	Not assessed
Global Contexts	Identities and relationships	Orientation in Space and Time	Scientific and Technical Innovation	Personal and cultural expression	Identities and relationships
MAIN ATL Focus	Social (collaborative skills), Research (information literacy skills)	Communication (Social skills), Social (Affective skills), Self management (Organisation skills)	Thinking skills (Creative thinking skills), Communication (Social skills)	Communication (Social skills)	Social, Self Management, Thinking skills
IDU / TECH / HEALTH / SERVICE	Tech	Pamphlet - IDO - Mother tongue SL		Tech	Health Classroom Lessons
ISTE OUTCOME	6A, 6C, 6D		6C		
PE and Health 8					
UNIT TITLE	Sport Ed -Team Building	Dance for a Cause	Feel the Beat Fitness (Land and Water)	Basketball Peer Coaching	Healthy Choices
STATEMENT OF INQUIRY	Participating and interacting in sport tournaments build strong relationships between members of the organisation.	Promoting a cause through performance can communicate awareness	Exercise creates change and adaptations within our body systems.	Using self evaluation to plan improvements helps one to gain confidence and perform at a higher level.	Building a solid foundation of active living leads towards a healthier balanced lifestyle.
Key CONCEPT	Relationships	Communication	Change	Change	Relationships
RELATED CONCEPTS	Functions, Interactions	Perspectives	Systems, Function, Adaptation	Refinement	Choice
ASSESSMENTS	C D	B C D	ACD	B C	A
Assessment Tasks	C - Handball Performance / D - Interpersonal Skills + reflection	B - Plan / C - Performance / D - Interpersonal skills and reflection	A - hr graph questions / C - swimming performance / D - swimming goal setting	B - coaching plan / C - basketball performance	A - nutrition article
Global Contexts	Identities and Relationships	Personal and Cultural Expression	Identities and Relationships	Identities and Relationships	Identities and Relationships
MAIN ATL Focus	Collaboration	Collaboration	Self Improvement	Communication Skills	Self-Management Skills
IDU / TECH / HEALTH / SERVICE			HR Watches / IDU with Science	Video Feedback for coaching pairs	Health Classroom Lessons
ISTE OUTCOME					
PE and Health 9					
UNIT TITLE	TGFU Striking /Fielding, Invasion, Net Games	Sports Ed - Touch / Ultimate	Waterpolo	Community Dance	Yes, No, Maybe
STATEMENT OF INQUIRY	It is both a cognitive function and motor response that enables us to change and adapt to suit the environment.	For a team to function efficiently, team members must communicate effectively whilst adhering to specific patterns of play.	It is both a cognitive function and motor response that enables us to change and adapt to suit the environment.	Communities thrive on health promotion that involves interacting with and embracing the diversity of the group.	Our relationships and the decisions we make have consequences on ourselves and others.
Key CONCEPT	Change	Communication	Change	Relationships	Relationships
RELATED CONCEPTS	Space, Systems, Movement, Environment	Space, Systems, Movement, Environment	Adaptation and Movement	Interaction, movement	Choice, Interaction, Perspectives
ASSESSMENTS	A	C, B	C D	B C D	A
Assessment Tasks	A - notational analysis	C - sports performance x2 / B - Session Plan	C - waterpolo performance / D - goal setting and reflection	B - routine plan / C - dance performance / D - reflection questions	A - small group presentaion of their IA
Global Contexts	Orientation in space and time	Identities and Relationships	Identities and Relationships	Fairness and Development	Identities and Relationships
MAIN ATL Focus	Thinking skills (Creative thinking)	Research skills (media literacy skills)	Self-management skills	Communication skills, Social skills	Social skills
IDU / TECH / HEALTH / SERVICE	Self video analysis and video modelling and learning			Service	Health Classroom Lessons
ISTE OUTCOME	6B 6D			1C	
PE and Health 10					
UNIT TITLE	Anatomy of Aerobics	Super Coach	Global Sport Options	Swim-Save-Survive	Mental Health
STATEMENT OF INQUIRY	Planning for a fitness routine requires knowledge and understanding of the relationships between the muscular system and movement	The understanding of skill development along with good planning and communication can enhance the effectiveness of coaching	The activities we form relationships with depends on our environment in which we reside	People enjoy a natural connection with aquatic environments, consequently we need to develop physical skills and decision making to keep ourselves and others safe	The nurturing and understanding of our mind and body have a direct relationship to our wellbeing
Key CONCEPT	Relationship	Communication	Relationships	Connections	Relationships
RELATED CONCEPTS	Movement	Refinement	Environment	Choice	Perspectives
ASSESSMENTS	ABC	BD	CD	A C	A
Assessment Tasks	A - muscle analysis / B - aerobics plan / C - aerobics performance	B - coaching plan / D - goal setting, reflection and interpersonal skills	C - sporting performance / D - self goalsetting and reflection to improve physical performance	A - lifesaving test / C - 6min competency swim survival strokes, scenarios and 400m swim timed	A - small group presentaion of their IA
Global Contexts	Identities and relationships	Fairness & Development	Globalization and sustainability	Orientation in Space and Time	Identities and relationships
MAIN ATL Focus	Self Improvement	Self Management Skills	Collaboration Skills	Self Management skills	Research Skills
IDU / TECH / HEALTH / SERVICE		Service		Op for Bronze Med Award	Health Classroom Lessons
ISTE OUTCOME					
PE and Health 11					
UNIT TITLE	Creative Dance	Games Sense Options	Health	Personal Training, Fitness Planning & Wellbeing	Sports Ed Options
STATEMENT OF INQUIRY	Movement can be used to express and communicate themes, ideas and beliefs.	Having choice enhances enjoyment and promotes sustainability of physical activity	Health and Wellbeing within our adolescence requires a knowledge base and understanding of various challenges we may face.	Fitness knowledge and principles can be used in a systematic way to effect change and adaption	Contributing within an organised event gives perspective through interaction.
Key CONCEPT	Communication	Choice	Choice	Change	Relationships
RELATED CONCEPTS	Movement, Refinement, Expression (Arts RC)	Balance	Perspectives	Adaptation, systems	Interaction, Perspectives
ASSESSMENTS	BCD	CD	A	ABD	CD
Assessment Tasks	B- Dance Plan C- Performance on Stage D- Reflection on Interpersonal Skills	C- Chosen Sport Performance D-Self Assessment and Target setting	A- Health Infographic Poster and Presentation	A- Fitness Concepts/ Muscle Groups B-Fitness Plan D- Personal Training Reflection	C- Sports Performance D- Interpersonal Skills (Sports Ed roles)
Global Contexts	Personal and Cultural Expression	Globalisation and Sustainability	Fairness and Development	Orientation in Space and Time	Identity and relationships
MAIN ATL Focus	Creative Thinking Skills	Communication skills	Research skills	Research skills	Social skills