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| **Teacher(s)** | **Mr. Oni** | **Subject group and discipline** | **Physical Education**  |
| **Unit title** | **Get FITT!**  | **MYP year** | **2** | **Unit duration (hrs)** | **7** |

##### Inquiry: Establishing the purpose of the unit

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| **Key concept** | **Related concept(s)** | **Global context** |
| Communication  | **Choice** **Interaction**  | **Identities and Relationship****Exploration:****Lifestyle Choices**  |
| **Statement of inquiry** |
| Communicating our choices and interacting with others when creating an activity will help to identify and build strong relationship.  |
| **Inquiry questions** |
| Factual**—** **What are the components of fitness?  What is the FITT Principle? How are they related?**Conceptual**— How does the FITT Principle impact workouts?  Why is it necessary to apply it to all workouts?**Debatable**—** **Which component of fitness is most important? Does where you live dictate which is most important?** |
| **ATL Skills:** In order to instruct their classmates in their routine the student must understand the FITT principles and components of fitness and how they relate to everyday fitness.  |