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| **Teacher(s)** | **Mr. Oni** | **Subject group and discipline** | **Physical Education**  |
| **Unit title** | **Create a Workout Routine**  | **MYP year** | **3** | **Unit duration (hrs)** | **7** |

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

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| **Key concept** | **Related concept(s)** | **Global context** |
| Communication  | **Interaction** **Adaptation** | **Fairness and Development****Exploration:****Lifestyle Choices**  |
| **Statement of inquiry** |
| Effective interactions through communication leads to adaptations creating a fair and developmental experience.  |
| **Inquiry questions** |
| Factual**—** **What are the components of fitness?  What is the difference between muscular strength and muscular endurance?**Conceptual**— How do the components of fitness pertain to real life scenarios?  Why are they important?**Debatable**—** **Which component of fitness is most important? Does where you live dictate which is most important?** |
| **ATL Skills:** In order to effectively communicate and direct the routine, the student must communicate, collaborate, and organize successfully with their group members.  |