

Criterion A: Knowing and Understanding**B:Planning for performance****C: Applying and performing****D: Reflecting & Improving performance**

Physical Education and Health
 Subject Group Overview
 Year 1- Grade 6

Unit Title	Key Concept	Related Concepts	Global Context	Statement of Inquiry	Subject Group Objectives	Approaches to Learning Skills	Content
Cooperative games unit	Communication	Interaction	Fairness and Development	Communication is beneficial while interacting with peers in regards to cooperation and conflict management.	C. Applying and performing Strands: i, ii, iii	Interaction	Teamwork, sportsmanship, active listening, problem solving and communication.
Fitness Assessments	Change	Systems Refinement	Relationship	The human body systems will change as you refine your workouts to maintain a healthy and active lifestyle.	B, Planning for performance Strands: i, ii	Affective Skills	Curl ups, push ups, sit and reach, pacer test
Volleyball	Relationships	Perspectives	Fairness and Development	Relationships and perspectives change throughout a gameplay.	D.Reflecting and Improving performance Strand, ii	Organizational skills	Basic Skills, Forearm Pass, Overhead pass, serving. Students will write a reflection paper on ways they can enhance performance
Basketball	Relationships	Movement	Orientation in time and space	Relationships change through movement as you use your orientation in space in time	C. Applying and performing. Strands: i, ii, iii	Communication	Dribbling, passing, offense and defense strategies
Throwing & Catching	Change	Adaptation	Orientation in time and space	You must analyse and change your movement patterns while adapting new orientation in space and time.	A.Knowing and understanding Strands; iii D.Reflecting and improving performance Strands iii	Critical Thinking Skills	Skill and form development. Stationary and mobile overhand/underhand throwing. When and how to use each form of throwing. How to position yourself to effectively receive

							different types of passes
Aesthetic Movement-Warmup	Communication	Interaction Systems	Identities	Communication is the key to interaction identifying body systems.	A.Knowing and Understanding Strands: iii	Organizational skills	Students will create a movement warm up that uses all the major muscle groups

Physical Education and Health Year 2- Grade 7 Subject Group Overview							
Unit Title	Key Concept	Related Concepts	Global Context	Statement of Inquiry	Subject Group Objectives	Approaches to Learning Skills	Content
Throwing & Catching	Change	Interaction and Choice	Orientation in Space and Time	You must analyse and change your movement patterns while adapting new orientation in space and time.	C. Applying and Performing Strands i,ii,iii	Critical Thinking Skills	Skill and form development. Stationary and mobile overhand/underhand throwing. When and how to use each form of throwing. How to position yourself to effectively receive different types of passes
Volleyball	Relationships	Adaptation	Identities and Relationships	Relationships changes as we adapt to new identities	Criterion A. Knowing and Understanding Strand iii Criterion C Strand i, ii	Transfer Skills	Basic Skills, Forearm Pass, Overhead pass, serving. Students will compete in a series of games
Basketball	Communication	Movement	Orientation in Time and Space	Communicating your next move helps others	Criterion B Planning for Performance. Strand ii	Collaboration	Offensive and Defensive Strategies

				understand your orientation in space			
Floor Hockey	Communication	Interaction	Identities and Relationships	Your ability to communicate and interact with others strengthens your relationships	Criterion C. Applying and Performing Strands i, ii, iii	Critical Thinking	Offense and Defense Strategies. Game play
Badminton	Relationships	Refinement	Fairness and Development	Relationships between people need to be developed and refined as you gain fairness	Criterion D Reflecting and improving on Performance Strand i, ii, iii	Transfer Skills	Basic Rules and concepts. Game and Tournament play. Students will run their
Fitness Assessments	Change	Systems Refinement	Relationship	The body systems will change as you refine your relationship to fitness	B, Planning for performance Strands: i, ii	Affective Skills	Curl ups, push ups, sit and reach, pacer test

Physical Education and Health Subject Group Overview Year 3- Grade 8							
Unit Title	Key Concept	Related Concepts	Global Context	Statement of Inquiry	Subject Group Objectives	Approaches to Learning Skills	Content
Create a Game	Communication	Choice and Interaction	Identities and Relationships	Communicating our choices and interacting with others when creating an activity will help identify relationships to fitness.	A.Knowing and understanding Strands: i, ii, iii	Creative Thinking Skills	Students will work in groups of 3-4 to create a game that incorporates the components of fitness. Flexibility, Muscular strength and endurance, Body Mass index and Cardio Endurance.

Net Games	Change	Perspectives	Orientation in space	Change in perspectives is crucial while learning how to use orientation in space for different activities	C. Applying and Performing. I. demonstrate and apply a range of skills and techniques	Thinking Skills	Volleyball, Nitro ball, Badminton. Students will apply all skills learned from previous years. Students will also officiate all games.
Fitness Assessments	Change	Systems Refinement	Relationship	The body systems will change as you refine your relationship to fitness	Criterion D Reflecting and improving performance Strands i, ii, iii	Affective Skills	Curl ups, push ups, sit and reach, pacer test
Tumbling Routine(aesthetic movement)	Form	Movement	Orientation in Time and Space	Form has various effects on movement as it pertains to orientation in space	B. Planning for Performance Strands i. ii	Creative Thinking	Creating a tumbling routine