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| **Teacher(s)** | **Mr. Oni** | **Subject group and discipline** | **Physical Education**  |
| **Unit title** | **Balance IT** | **MYP year** | **2** | **Unit duration (hrs)** | **8** |

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

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| **Key concept** | **Related concept(s)** | **Global context** |
| Connections  | **Balance** **Function** | **Identities and Relationship****Exploration:****Health and well-being**  |
| **Statement of inquiry** |
| The connections between you and a balanced meal can have a major impact on your body function. .  |
| **Inquiry questions** |
| Factual**—** **What is the standard amount of calories allowed per day?** Conceptual**— What are some of the benefits of a healthy balanced diet?**Debatable**—** **Which of the six essential nutrients is the most important and why?** |
| **ATL Skills:** In order to understand the connection between food and the human body, one must understand the proper nutritional balance and how it impacts the function of the human body.The students will need to demonstrate their knowledge and understanding of essential nutrients by listing what they are and how they help the body. Some questions they will have to ask: What healthy replacement can I add to my meal instead of consuming “junk food”? How can I adjust my meals so that I’m eating what I like while receiving my essential nutrients? |