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| **Teacher(s)** | **Mr. Oni** | **Subject group and discipline** | **Physical Education**  |
| **Unit title** | **Three 4 Four**  | **MYP year** | **3** | **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 Relationships****Exploration:****Health and well being**  |
| **Statement of inquiry** |
| The connection between you and a balanced meal can have a major impact on your body function.  |
| **Inquiry questions** |
| **Factual—** Why are certain nutrients considered essential? What makes them “essential”?**Conceptual—** Why do you believe it’s important to combine proper nutrition with a quality workout?**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 efficiency of their workouts and 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: How can I adjust my meals so that I’m eating what I like while receiving my essential nutrients?  What are the best foods to eat in order to get the most out of my physical activity? |