

<b>Teacher(s)</b>	Oni	<b>Subject group and discipline</b>	Physical Education		
<b>Unit title</b>	Create a workout routine	<b>MYP year</b>	2	<b>Unit duration (hrs)</b>	7

**Inquiry: Establishing the purpose of the unit**

<b>Key concept</b>	<b>Related concept(s)</b>	<b>Global context</b>
Communication	Choice and Interaction	<b>GLOBAL CONTEXT:</b> Identities and Relationships  <b>EXPLORATION:</b> Lifestyle choices
<b>Statement of inquiry</b>		
communicating our choices and interacting with others when creating an activity will help identify relationships to fitness.		
<b>Inquiry questions</b>		
<p><b>Factual</b>— What are the components of fitness? What is the difference between muscular strength and muscular endurance?</p> <p><b>Conceptual</b>— How do the components of fitness pertain to real life scenarios? Why are they important?</p> <p><b>Debatable</b>— Which component of fitness is most important? Does where you live dictate which is most important?</p>		
<b>Objectives</b>	<b>Summative assessment</b>	