

## **GROUP 8: PHYSICAL AND HEALTH EDUCATION (ALSO KNOWN AS PE)**

MYP physical and health education aims to empower students to understand and appreciate the value of being physically active while developing the motivation for making healthy and informed life choices. To this end, physical and health education courses foster the development of knowledge, skills and attitudes contributing to a balanced and healthy lifestyle.

Students engaged in physical and health education will explore a variety of concepts that help foster an awareness of physical development and health perspectives, as well as positive social interaction. Physical activity and health are of central importance to human identity and global communities, creating meaningful connections among people, nations, cultures and the natural world.

Through physical and health education, students learn to appreciate and respect the ideas of others and develop effective collaboration and communication skills. This subject area also offers many opportunities to build positive interpersonal relationships that can help students to develop a sense of social responsibility and intercultural understanding.

The aims of MYP physical and health education are to encourage and enable students to:

- use inquiry to explore physical and health education concepts
- participate effectively in a variety of contexts
- understand the value of physical activity
- achieve and maintain a healthy lifestyle
- collaborate and communicate effectively
- build positive relationships and demonstrate social responsibility
- reflect on their learning experiences.

### **Main Objectives**

The course objectives are closely aligned to the four PHE assessment criteria:

#### **A) Knowing and understanding**

In order to reach the aims of physical and health education, students should be able to:

- explain physical health education factual, procedural and conceptual knowledge
- apply physical and health education knowledge to analyze issues and solve problems set in familiar and unfamiliar situations
- apply physical and health terminology effectively to communicate understanding

#### **B) Planning for performance**

In order to reach the aims of physical and health education, students should be able to:

- design, explain and justify plans to improve physical performance and health
- analyze and evaluate the effectiveness of a plan based on the outcome

#### **C) Applying and performing**

In order to reach the aims of physical and health education, students should be able to:

- demonstrate and apply a range of skills and techniques effectively
- demonstrate and apply a range of strategies and movement concepts
- analyze and apply information to perform effectively

#### **D) Reflecting and improving performance**

In order to reach the aims of physical and health education, students should be able to:

- explain and demonstrate strategies that enhance interpersonal skills
- develop goals and apply strategies to enhance performance
- analyze and evaluate performance