



**OVERVIEW SPORTS AND HEALTH EDUCATION MYP Year 1**

Unit title and teaching hours	Key concept	Related concepts	Global context	Statement of inquiry	Objectives	ATL skills	Brief description of content
<b>Hockey</b>	Relationships	choice	Identities and relationships	Roles and role models are influencing us to make choices	A C D	Self-management: re considering the process of learning  Social skills: working effectively with others	<p><b>Lesson 1-5:</b> Discovery of the specific technique, rules and principles of hockey toward games and theoretical explanations with the Luxembourg hockey federation.</p> <p><b>Lesson 6-15:</b> Development of a personal project based on the own student's strengths and weaknesses to find their best role in the team. Exploration of the different roles of the activity (defence, offense).</p> <p><b>Lesson 16-18:</b> Game situations and evaluation.</p>
<b>Fitness</b>	Change	Energy and movement (aerobic and anaerobic exercises)	Scientific and technical innovation	Scientific and technical innovation change our lifestyle, oblige people to find a new way to use their energy and be in movement.	A B D	Self-management: managing task and time effectively Research skills: info literacy (finding, interpreting, judging, and creating info)	<p><b>Lesson 1:</b> Presentation of the activity and the objectives for the students. First Test: running / squats / burpees / wall sit / plank / jumping jacks</p> <p><b>Lesson 2-4:</b> Elaboration of the personal project and practice during gym time.</p> <p><b>Lesson 5:</b> Identification of some fitness moves presented by MYP 2,3,4,5 students.</p> <p><b>Lesson 6:</b> Second test on specific moves like lesson 1.</p>
<b>Dodgeball</b>	Communication	Systems	Identities and relationships	Success of any system starts from a good	B C	Communication skills: Interpret and use	<p><b>Lesson 1-2:</b></p>



				communication and the expression of the player's identities during team games.	D	effectively modes of non-verbal communication	<p>description of the game / explanations about the principles and rules. Game situations.</p> <p>Elaboration of a communication plan: signs and meanings</p> <p>Skill practice toward exercises and games</p> <p><b>Lessons 3-6:</b></p> <p>elaboration of strategies / application of the communication plan</p> <p>Skills practice toward exercises and games</p> <p><b>Lesson 7-8:</b> game situations / evaluation</p>
<b>Tennis</b>	Change	Adaptation	Identities and relationship	Finding success in a match requires to change your game plan and adapt it according to the opponent characteristics.	A C	<p>Self-management: managing state of mind</p> <p>Thinking (critical thinking): analysing and evaluating issues and ideas</p> <p>Social skills: collaboration with others during the lessons to increase the general level of the group.</p>	<p><b>Lessons 1-5:</b> Discovery and application of the different forehand and backhand strokes toward games, routines and theoretical explanations.</p> <p><b>Lessons 6-12:</b> Teamwork starting with peer's observation to fix technical or tactical issues</p> <p><b>Lessons 13-16:</b> Precision games / quiz about vocabulary / <b>focus on ball kids' role.</b></p> <p><b>Lessons 17-18</b> Evaluation during mini matches</p>