

OVERVIEW SPORTS AND HEALTH EDUCATION MYP 2-3

Unit title and teaching hours	Key Concept	Related concepts	Global Context	Statement of inquiry	Objectives	ATL Skills	Brief description of content
Hockey	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>Lesson 1-5: Discovery of the specific technique, rules and principles of hockey toward games and theoretical explanations with the Luxembourg hockey federation.</p> <p>Lesson 6-15: 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 (goal, defence, offense, referring).</p> <p>Lesson 16-18: Game situations and evaluation.</p>
Fitness	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>Lesson 1: Presentation of the activity and the objectives for the students. First Test: running / squats / burpees / wall sit / plank / jumping jacks / push ups</p> <p>Lesson 2-4: Elaboration of the personal project and practice during gym time and free time.</p> <p>Lesson 5: Demonstration of fitness moves to the MYP 1 students. (anatomical references: muscles involved)</p> <p>Lesson 6: Second test on specific moves like lesson 1.</p>



<p>Dodgeball</p>	<p>Communication</p>	<p>Systems</p>	<p>Identities and relationships</p>	<p>Success of any system starts from a good communication and the expression of the player's identities during team games.</p>	<p>B C D</p>	<p>Communication skills: Interpret and use effectively modes of non-verbal communication</p>	<p>Lesson 1-2: description of the game / explanations about the principles and rules. Game situations. Elaboration of a communication plan: signs and meanings Skill practice toward exercises and games</p> <p>Lessons 3-6: elaboration of strategies / application of the communication plan Skills practice toward exercises and games. Referring.</p> <p>Lesson 7-8: game situations / evaluation</p>
<p>Tennis</p>	<p>Change</p>	<p>Adaptation</p>	<p>Identities and relationship</p>	<p>Finding success in a match requires to change your game plan and adapt it according to the opponent characteristics.</p>	<p>A C</p>	<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>Lessons 1-5: Discovery and application of the different forehand and backhand strokes toward games, routines and theoretical explanations.</p> <p>Lessons 6-12: Teamwork starting with peer's observation to fix technical or tactical issues. Focus also on serve and volley.</p> <p>Lessons 13-16: Precision games / quiz about vocabulary / referring (moves + vocab)</p> <p>Lessons 17-18 Evaluation during mini matches</p>