



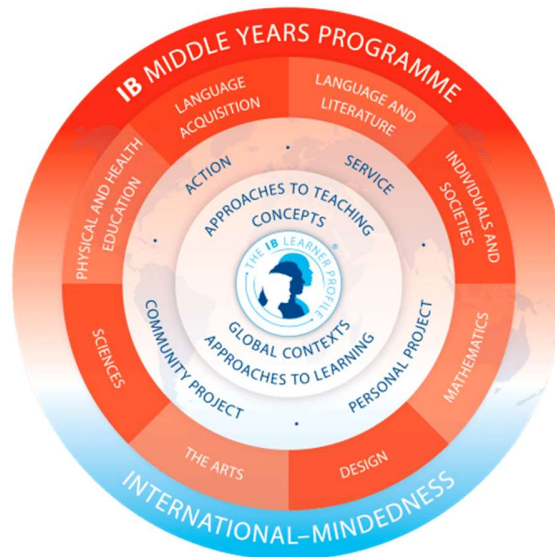
INTERNATIONAL SCHOOL
LUXEMBOURG

IB mission statement

The International Baccalaureate aims to develop **inquiring, knowledgeable and caring** young people who help to create a better and more peaceful world through intercultural understanding and respect.

To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment.

These programmes encourage students across the world to become **active, compassionate and lifelong learners** who understand that other people, with their differences, can also be right.



The MYP:

- addresses holistically students' **intellectual, social, emotional and physical well-being**
- provides students opportunities to develop the **knowledge, attitudes and skills** they need in order to manage complexity, and take responsible action for the future
- ensures breadth and depth of understanding through study in **eight subject groups**
- requires the study of at least **two languages** to support students in understanding their own cultures and those of others
- empowers students to participate in **service with the community**
- helps to prepare students **for further education, the workplace and a lifetime of learning.**

This curriculum is subject to change and may be adapted to suit the needs and interests of the students and adapted to fit appropriately in accordance with best practice and circumstances.

SUBJECT GROUP 7 PHYSICAL AND HEALTH EDUCATION

Physical and health education (PHE) develops student competency through knowledge, skills and attitudes that lead to living a balanced and healthy lifestyle. The aim of the PHE program is to inspire students to be physically active and to make positive choices for their own personal wellbeing. Our main goal is to give students unique sporting opportunities that empower them to live active and healthy lives. This is done through subjecting students to various different learning opportunities with an emphasis on inquiry based learning. Half of class time is spent in a hands-on environment, being active in various sporting activities. The other half is spent in the classroom learning concepts, strategies and other PHE concepts. Students have the opportunity to develop their knowledge and understanding of many health related concepts that are valuable in living a healthy lifestyle.

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 experience

Skills and Goals :

- Physical and health education knowledges (rules/ movement concepts and principles)
- Observation, analytical and reflection skills
- Planning for performing physical performance
- Communication and behavioral skills individually and in groups

Year 6	<ul style="list-style-type: none"> - Creative movement (Jump rope) - Team sports (Dodgeball) - Invasion games (soccer) - Recreational games (ultimate Frisbee) - Health related to fitness (nutrition) - Track and field (running)
Year 7	<ul style="list-style-type: none"> - Creative movement (Parkour) - Net games (Indiaca) - Creative movement (Acrogym) - Striking and Fielding (tennis baseball) - Track and Field (Jumping)
Year 8	<ul style="list-style-type: none"> - Creative movement (Parkour) - Net games (Indiaca) - Creative movement (Acrogym) - Striking and Fielding (tennis baseball) - Track and Field (Jumping)
Year 9	<ul style="list-style-type: none"> - Creative movement (Jump rope) - Team sports (Dodgeball) - Invasion games (soccer) - Health related to fitness (training methods) - Track and field (throwing)
Year 10	<ul style="list-style-type: none"> - invasion games (basketball) - Track and field (high jump) - Net games (badminton double) - Creative movement (Parkour)