



Horizontal Planning/Standards and Procedures

MYP Year: 5

Course Code and Title: **Physical Education and Health Sec 5**

Course description: **Phys. Ed course with an emphasis on individual, team and health components.**

Class resources: **Materials provided for health class.**

MYP course Aims	MEES course objectives
<i>Use inquiry to explore physical and health education concepts</i>	<i>To perform movement skills in different physical activity settings.</i>
<i>Understand the value of physical activity</i>	<i>Interacts with others in different physical activity settings.</i>
<i>Achieve and maintain a healthy lifestyle</i>	<i>Adopts a healthy, active, lifestyle.</i>

Term 1 20% of School Course Grade

Timeline: To be completed by Nov. 6

IBMYP Key concept(s)	IBMYP Related concept(s)	MYP assessment criteria/objectives	MEES competencies targeted and weighting	Content/topics/ skills	Evaluation tasks /Evidence of student's understanding
Change	Balance Choice Function	A-Knowledge B-Planning C-Performance D Reflection	Competency 1: Practices physical activities individually	Fitness (Cardiovascular strength and endurance)	Skills testing - Knowledge test - Movement Project

Communication to students and parents:	Materials required
Email or parent teacher communication form as needed.	Proper phys. ed uniform

Term 2 20% of School Course Grade

Timeline: To be completed by Feb. 6

IBMYP Key concept(s)	IBMYP Related concept(s)	MYP assessment criteria/objectives	MEES competencies targeted and weighting	Content/topics/ skills	Evaluation tasks /Evidence of student's understanding
Relationships	Systems Movement Interaction	<i>A-Knowledge B-Planning C-Performance D Reflection</i>	<i>Competency 2: Practices physical activities with other students</i>	<i>-Badminton (Serving, hitting, team play, written test)</i>	<i>Skills testing -Knowledge test</i>

Communication to students and parents:	Materials required
<i>Email or parent teacher communication form as needed.</i>	<i>Proper phys. ed uniform</i>

Term 3 60% of School Course Grade

Timeline: To be completed by June. 17

IBMYP Key concept(s)	IBMYP Related concept(s)	MYP assessment criteria/objectives	MEES competencies targeted and weighting	Content/topics/ skills	Evaluation tasks /Evidence of student's understanding
Communication	Space Environment Systems	<i>A-Knowledge B-Planning C-Performance D Reflection</i>	<i>Competency 1:Practices physical activities individually Competency 2: Practices physical activities</i>	<i>-Pool (Strokes, Diving, Treading water) -Volleyball (Serving, Hitting, Team play) -Health</i>	<i>Skills testing -Knowledge test</i>

			with other students Competency 3: Takes steps to adopt a healthy, active lifestyle	components (Reflecting on fitness and	
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Communication to students and parents:	Materials required
<i>Email or parent teacher communication form as needed.</i>	<i>Proper phys. ed uniform</i>

Additional Information/Specifications
This course has a school-wide final exam. ☒ This course does not have a final exam. The final course grade comes entirely from the school course grade. ☐ This course has a final exam administered by the English Montreal School Board. The final course grade is determined by taking 70% of the school course grade and 30% of the school board exam. ☐ This course has a final exam administered by the <i>Ministère de l'Éducation et de l'Enseignement Supérieur</i> (MEES). The final course grade is determined by taking 50% of the school course grade and 50% of the MEES exam. Please note that the final course grade is subject to MEEs moderation.