

Teacher(s)		Subject group and discipline	Health & Fitness		
Unit title	Health & Fitness	MYP year	1	Unit duration (hrs)	12-16

Inquiry: Establishing the purpose of the unit

Key concept	Related concept(s)	Global context
Development	Energy and Environment	Scientific and technical innovation
Statement of inquiry		
Understanding how the advancements within technology lead to physical, social and emotional development through energy and the ability to adapt to the environment		
Inquiry questions		
<p>Factual— What is Health and Fitness? What are methods of training: circuit, HIIT, continuous, Fartlek, Interval, Fitness apps, Yoga? How can I measure my fitness development?</p> <p>Conceptual— How does my fitness develop over time?</p> <p>Debatable— How can I personalise my health fitness training to my individual needs?</p>		

Objectives	Summative assessment	
<p>A – Knowing and understanding</p> <p>Ai-Describe Physical Education and Health-related knowledge that is factual, procedural, and conceptual.</p> <p>Aii-Apply Physical Education and Health-related terminology to communicate understanding.</p> <p>Bi- Design and explain a plan for improving physical performance and/or health</p> <p>Bii-Explain the effectiveness of a plan based on the outcome.</p>	<p>Outline of summative assessment task(s) including assessment criteria:</p> <p>Goal- You will make a Vlog to explain the importance of health and fitness and include a short workout you have designed.</p> <p>Role- You are a personal trainer/fitness coach.</p> <p>Audience- You are the presenter for your fitness clients who are subscribing to your fitness programme/channel.</p> <p>Situation- You must describe the importance of health and fitness using key terms and demonstrate a short workout you have designed.</p> <p>Purpose- To help others improve their fitness and understand the importance of health, fitness and well-being.</p> <p>Standards and set criteria- Ai, Aiii, Bi, Bii assessed by the teacher watching the Vlogs and verbal discussion with students.</p>	<p>Relationship between summative assessment task(s) and statement of inquiry:</p> <p>Students will Develop Health and Fitness through exploring Energy use, in a range of Environments supported by fitness technology.</p>
Approaches to learning (ATL)		
<p>Research skills.</p> <p>In order for students to apply the latest fitness trends they must research different apps/ techniques and methods.</p> <p>Category: Communication / Social</p> <p>Cluster: Communication / Collaboration</p> <p>In order for students to effectively use technology students must refine their methods and manage their time and effort.</p> <p>Category: Self-management</p> <p>Cluster: Affective</p>		