

Subject group: PHYSICAL EDUCATION AND HEALTH		Subject: PHYSICAL EDUCATION		Class: (MYP 1-2)
	Part 1	Part 2	Part 3	Part 4
Part Title	Athletics	Acrobatics, skating, dance movement	Ball games	Physical abilities
Key concept	Change	Creativity	Communication	Change
Related terms	Movement, energy.	Balance, finishing	Options, systems	Environment, movement, adaptation,
Global context	Identities and relationships	Personal and cultural expression	Justice and development	Scientific and technical innovation
Exploratory claim	Everyone can change their physical abilities if they improve their movement and the ability to direct energy.	Aesthetically pleasing movement requires balance and skill craftsmanship.	In order for a team to function, there must be a balanced relationship between teammates. .	The development of technology allows people to collect information in order to adapt to and move around in different environments more efficiently.
Learning objectives of the MYP subject group	C (Application and Performance)	B (performance planning) C (Application and Performance)	B (performance planning) C (Application and Performance)	B (performance planning) C (Application and Performance)
Learning Competences	Thinking skills (critical thinking)	Self-management skills (time and work planning) Thinking skills (creative thinking)	Communication skills (efficient transmission of information) Social skills (cooperation skills)	Thinking, self-management skills
Content	Thrown	Acrobatic elements	Ball games (football,	Development of general

	(ball, frisbee) Run (60m, 1000m)	(rolls, jumps, balance, shapes, turns) Elements of skating technique (turns, braking, balance, rolls)	volleyball, ball battle, basketball, baseball, floorball, badminton) Rules, Competition Regulations, Technical Elements	physical abilities (gym, stuffed balls, hill runs, jumping, combined relay races) Orienteering (moving in nature)
Concluding action	perform a technically correct ball throw, (C)	Students create a skating, acrobatics or dance program consisting of different elements (B), perform it (C)	The students assign roles in their team and plan a game plan (B), a match (C) takes place,	Compiling a combined relay race (B), in groups and conducting it for classmates (C)
Shared reading material	Handbook of Physical Education V. Lenk http://koolisport.ee/pakkumised Training videos of professional athletes, performances at the Olympics/European Championships, etc.	http://koolisport.ee/pakkumised Elements of skating programs Elements of dance routines Elements of acrobatic programs	http://koolisport.ee/pakkumised Competition regulations Rules of different ball games Recordings of different matches	http://koolisport.ee/pakkumised Orienteering maps

Subject group: PHYSICAL EDUCATION AND HEALTH		Subject: PHYSICAL EDUCATION		Class: (MYP 3-4)	
	Part 1	Part 2	Part 3	Part 4	
Part Title	Athletics	Acrobatics, skating, dance movement	Ball games	Physical abilities	
Key concept	Change	Relationships	Communication	System	
Related terms	Choices, purpose	Aesthetics, movement	Interaction, movement	Choices, balance	

Global context	Orientation in time and space	Personal and cultural expression	Identities and relationships	Orientation in time and space
Exploratory claim	Change can be brought about by anyone who sets goals and makes conscious choices.	Knowing the interconnections between the elements allows them to be tied together into an aesthetic whole.	For a team to function successfully, all members must communicate and act effectively	In order to develop your physical abilities, you need to know your current state and make conscious choices to improve it.
Learning objectives of the MYP subject group	C (Application and Performance)	B (performance planning) C (Application and Performance)	B (performance planning) C (Application and Performance)	B (performance planning) C (Application and Performance)
Learning Competences	Thinking	Self-management skills, thinking.	Communication skills, thinking, self-management skills	Thinking, self-management skills,
Content	Thrown (balls, frisbee) Running (60m, 1000m) Jumps (long jump, long jump)	Acrobatic elements (rolls, jumps, balance, shapes, turns) Dance movement (jumps, balance, turns) Elements of skating technique (turns, braking, balance, rolls)	Ball games (football, volleyball, ball battle, basketball, baseball, floorball, badminton)	Development of general physical abilities (gym, stuffed balls, hill runs, jumping, combined relay races) Orienteering (moving in nature)
Concluding action	Throws (balls, frisbee) Run (60m, 1000m) Jumping (long jump)	Preparation and submission of plans	Activity in class, game situations, technical elements	Activity in class,
Shared reading material	Handbook of Physical Education http://koolisport.ee	Handbook of Physical Education http://koolisport.ee	Handbook of Physical Education http://koolisport.ee	Handbook of Physical Education http://koolisport.ee

Subject group: PHYSICAL EDUCATION AND HEALTH		Subject: PHYSICAL EDUCATION		Class: 9 (MYP 5)	
	Part 1	Part 2	Part 3	Part 4	
Part Title	Athletics	Acrobatics, skating	Ball games	Physical abilities	

Key concept	Relationships	Change	Communication	Change
Related terms	Balance, choices.	Adaptation, movement	Interaction, perspective	Movement, energy.
Global context	Personal and cultural expression	Orientation in time and space	Identities and relationships	Identities and relationships
Exploratory claim	Seeing the relationship between the current situation and the desired situation allows you to make balanced choices.	The ability to adapt to space helps to improve movement skills.	Taking other perspectives into account is the basis for successful communication.	Everyone can change their physical abilities if they improve their movement and the ability to direct energy.
Learning objectives of the MYP subject group	A (Knowledge and Understanding) B (performance planning) C (Application and Performance) D (analysis)	B (performance planning) C (Application and Performance) D (analysis)	A (Knowledge and Understanding) C (Application and Performance) D (analysis)	B (performance planning) C (Application and Performance) D (analysis)
Learning Competences	Thinking	Self-management skills, thinking.	Communication skills, social skills, self-management skills	Thinking, self-management skills,
Content	Running (60m, 1000m). Pallivise. Planning for the development of resilience. Knowledge of ball games.	Acrobatic elements (rolls, jumps, balance, shapes, turns) Elements of skating technique (turns, braking, balance, rolls)	Ball games (football, volleyball, basketball, baseball, floorball, badminton, frisbee)	Development of general physical abilities (gym, stuffed balls, jumping, combined relay races, NATO test) Orienteering (moving with a map in nature)
Concluding action	Visked (pallivise) Run (60m, 360m). Presentation of resilience planning.	Preparation and presentation of group plans.	Activity in class, game situations (offense, defense), technical elements.	Activity in class, creating complexes of different exercises for peers. NATO test

Shared reading material	Handbook of Physical Education http://koolisport.ee			
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