

IB Middle Years Program Year 4&5 Physical and Health Education

9th & 10th Grade Physical and Health Education, Willows Preparatory School

Keys to Class:

- **Get comfortable being uncomfortable:** Physical Education is all about trying new things, working outside your comfort zone, and developing your capacity for growth and resilience in a safe and fun environment. In order to do that, there may be tasks, challenges or activities that you love, and some that you find difficult, and that's OK! All I ask is that you show up and try to the best of your abilities on any given day.
- **Dress code:** At this time students are asked to come to school prepared wear comfortable clothes they can move freely in on the days they are scheduled to have PE (this includes shoes that they can run in). Once COVID restrictions are lifted students will be asked to change into PE uniforms before class. Please also ensure that your child comes to school with a water bottle every day, and that they bring it to PE.
- **Participation:** Participation points are awarded for wearing clothes fit for PE, bringing a water bottle, and actively participating in the lesson activities.
- **Resources:** All resources used in lessons can be found on OneNote, however assignments will be turned in on Managebac

Course Description:

MYP physical and health education aims to empower students to understand and appreciate the value of being physically active while developing the motivation for making healthy and informed life choices. To this end, physical and health education courses foster the development of knowledge, skills and attitudes contributing to a balanced and healthy lifestyle.

Students engaged in physical and health education will explore a variety of concepts that help foster an awareness of physical development and health perspectives, as well as positive social interaction. Physical activity and health are of central importance to human identity and global communities, creating meaningful connections among people, nations, cultures and the natural world.

Through physical and health education, students learn to appreciate and respect the ideas that others, and develop effective collaboration and communication skills. This subject area also offers many opportunities to build positive interpersonal relationships that can help students to develop a sense of social responsibility and intercultural understanding.

Course Aims:

- Use inquire 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 experiences

Course Overview:

*The order of these units is subject to change

Unit 1: Physical Literacy + Self Acceptance

- What is Physical Literacy? How does physical literacy impact the well-being of an individual?
- Explore the balance between self acceptance & self improvement
- Understand the value of living an active & balanced lifestyle
- Explore methods of training to improve performance
- Components of Fitness
- Effects of exercise on the body systems
- Goal setting

Unit 2: International Sport + Empathy

- How can we communicate to respect the rules of a new sport?
- What social, cultural or ethical influences arise in this sport?
 - o Gender in sport
 - o Factors effecting access/participation in physical activities
 - o Sportsmanship vs gamesmanship
- What role does sport play on the international stage?
- What role does empathy play in improving team performances?
- How can sport foster a sense of belonging?

Unit 3: Performing Aesthetic Activities + Skill Acquisition & psychology

- What are the characteristics of a skilled performance?
- What role does media and technology play in sport?
- How can we work together to create an aesthetically pleasing performance?
- Importance of feedback (intrinsic & extrinsic) in improving performance
- Anxiety & relaxation techniques in sport (psychology)

Unit 4: Invasion Games + Problem Solving

- What strategies and tactics are most effective in changing the outcome of competitive situations?
- What role does motivation play in participation in physical activity? What are the types of motivation?
- Collaborate & communicate effectively
- Build positive relationships and demonstrate social responsibility
- Sportsmanship vs gamesmanship

Unit 5: Create a Game

- Put everything you've learned over the year together to work in groups to create a new game!

Homework:

In general, homework is not assigned in physical education and health lessons. Most work done at home will be studying, finishing group projects and assignments, or finding ways to be physically active at home with your family!

Assessment:

For a detailed description of our Assessment Policies, please see our assessment Policy Handbook on our website.

Willows Preparatory School teachers create and implement both formative and summative assessments, both of which are related to each other and integral to the learning process.

Formative Assessment (20% of semester grade) – _assessments that provide smaller amounts of feedback on specific learning objectives and/or require students to demonstrate their knowledge of specific targeted aims in order to drive future instruction (e.g. at WPS: lesson exit ticket, daily warm-ups, comprehension quizzes, etc.).

Summative Assessment (80% of semester grade) – assessments that are designed to provide evidence for evaluating student achievement using required MYP subject-group specific assessment criteria² (e.g. at WPS: written assessments, projects, presentation, performances, etc.).

Submission Guidelines:

*all guidelines are subject to change. These are general course guidelines and it should be noted that Mrs. Harris may alter or add additional, more specific requirements to any formative or summative assignments throughout the year. In general, we expect students to BE PROACTIVE.

Files

- All work is submitted in Managebac
- Files cannot be in JPG's
- Files must be named with the following format: Name_AssignmentName.pdf (example: Nicole_CreateAGame.pdf)

Late Work

- I understand that various situations and conflicts can arise in terms of a student's ability to turn in work on time, nevertheless time management is something to be learned and practiced during middle school. In an effort to accommodate for this, all late work will be determined on an individual basis: the individual MUST have a conversation with myself AT LEAST 2 days prior to the due date of the assignment/project. If the student does not have that conversation, late work will automatically receive a deduction of 10%.
- Late work will only be accepted up to 1 week after the initial due date (unless otherwise agreed upon with the individual).

- YOU MUST NOTIFY ME THROUGH EMAIL when you have submitted late work or revised work
 - o YOU MUST PUT 'LATE WORK' IN THE SUBJECT LINE
 - o YOU MUST STATE WHAT ASSIGNMENT WAS SUBMITTED IN THE EMAIL
 - o I usually don't respond to Late Work emails, they are like a checklist for me to use when grading

Tests & Quizzes

- If you know that you will be missing school the day of a test or quiz, you may ask permission from me to take the test/quiz early. If you miss the test on the day (unplanned) you must reschedule with me to have your test/quiz taken within the week.
- It is your responsibility to ask about and complete work you have missed

Student Conduct:

In order to maintain a safe and enjoyable time at school, students are expected to behave in a responsible manner. Violations of student conduct expectations may result in disciplinary measures, which are explained later in this document. The following are expectations of all WPS students:

- Demonstrate courteous and respectful behavior at all times, including with use of school equipment/property and other people's belongings
- Follow staff instructions promptly
- Arrive to class fully equipped, ready to engage and in a timely manner
- Keep up to date with academic submissions and timelines
- Discuss your academic needs with your classroom teachers
- Walk in shared spaces and speak at a respectful volume while others are working and learning
- Conduct themselves with a sense of decorum
 - When applicable, follow all guidelines outlines in the COVID-19 Handbook.

Zero Tolerance Policies:

Willows Preparatory School has zero tolerance for alcohol, drugs, tobacco, weapons, age inappropriate material, graffiti and repeated instances of bullying behavior. If any students are found in possession of or engaging in any related activities of the above, whether on campus and/or during school hours, appropriate referrals will be made and consequences/outcomes will be documented on the student's file.

Consequences:

Any student misconduct will be documented and may result in the following:

- A referral to Head of School or Assistant Head of School
- Support services through Counselor referral
- Meeting with parent, teacher, and administration
- Probation from extracurricular activities or other privileges (i.e. sport, clubs, lunch outside)
- Restricted use of facilities

Misconduct issues of a more serious nature, such as those related to zero tolerance policies include:

- Suspension – You are expected to keep up with your schoolwork during this time, as no allowances will be made in this regard.
- Expulsion – You are permanently disenrolled from Willows Preparatory School

Technology:

Every student at WPS has their own Microsoft Surface. WPS's official Laptop/Technology Policy is found at the end of this document.

Teacher-Student E-mail Communication:

You have the opportunity to reach out to teachers and staff using email; however, when applicable, face-to-face communication is preferred. Student email addresses should only be used for communication about academic issues or to ask questions in a respectful and professional manner. Students are expected to check email on a daily basis. If a student receives an email or message from another student that is confusing or inappropriate, please notify a teacher or staff member immediately. Willows Preparatory School reserves the right to access all WPS student emails, reset all passwords, and if necessary, suspend all email activity.

Cell Phones and Smart Devices:

We understand that cell phones and other smart devices are an essential part of daily life. Smart watches while linked to cell phones are considered cell phones. Please make sure that the watches are on Do Not Disturb mode during the school day. Students are permitted to bring cell phones to school each day subject to the following conditions:

- Cell phones should remain OFF when students are present on the school campus. Cell phones must be stored in book bags during the 1st semester (or for however long COVID-19 Handbook guidelines are in place) or in student lockers.
- Students may use their cell phones to contact parents upon request. All authorized cell phone use must occur at the Front Desk in the main building and/or under the supervision of an administrator or teacher.

If a member of staff can see or hear a cell phone, the phone will be confiscated and turned over to the front desk. Confiscated phones will be returned at the end of that school day from the front desk after a parent is notified about the violation of this policy. All incidents are documented and recorded—repeat violations may result in additional consequences.

In case of a personal emergency on campus (illness, personal situation, etc.) the student’s first line of contact is a staff member. In family emergency situations, parents should contact the front office if they need to reach a student.

Classroom Computer Use

Laptops will be used regularly in class for lessons, notes, and activities. Students should not be checking emails, grades, chatting via Teams, or any other activities on their computer unless the teacher has given them permission. If a student is found not using a computer appropriately, the computer will be taken away until the end of class and the following will take place:

- 1st Time: A warning from administration.
- 2nd Time: An email sent home to parents.
- 3rd Timer: Meet with administration and discuss possible repercussions.

WPS Students will no longer be allowed to use headphones for personal use in any place of the school building unless a) the headphones are being used for specific class content (i.e. sound editing a video for a project); or b) they are being used before or after school hours (8:30am-3:30pm). Students should not have Spotify or any other streaming music program on their school computers.

By signing below, you declare that you have read and agree to the aforementioned policies in place.

Student Name (Print) _____

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Please return by September 10, 2021

