

## Physical Education – Year 7 (MYP Year 1)

<b>Standards &amp; links to MYP (interim) objectives</b>	<b>Benchmarks – Students will be taught to:</b>
<b>1. Physical Education:</b> Uses a variety of basic and advanced movement forms (MYP Criterion C)	1.1 Use fundamental sport-specific skills for individual, dual, and team sports 1.2 Use fundamental sport-specific skills for dance and rhythmical activities 1.3 Use fundamental sport-specific skills for outdoor activities 1.4 Demonstrate consistency and control of movement in a range of situations
<b>2. Physical Education:</b> Uses movement concepts and principles in the development of motor skills (MYP Criterion A & C)	2.1 Use basic offensive and defensive strategies in a modified versions of team and individual sports 2.2 Understand movement forms associated with highly skilled physical activities (e.g., moves that lead to successful serves, passes, and spikes in an elite volleyball game)
<b>3. Physical Education:</b> Understands the benefits and costs associated with participation in physical activity (MYP Criterion A)	3.1 Understand long-term physiological benefits of regular participation in physical activity (e.g., improved cardiovascular and muscular strength, improved flexibility and body composition) 3.2 Understand long-term psychological benefits of regular participation in physical activity (e.g., healthy self-image, stress reduction, strong mental and emotional health)
<b>4. Physical Education:</b> Understands how to monitor and maintain a health-enhancing level of physical fitness (MYP Criterion A, C & D)	4.1 Engage in fundamental sport-specific activities that develop and maintain cardio-respiratory endurance (e.g., timed or distance walk/run and other endurance activities at specified heart rate/heart rate recovery) 4.2 Engage in fundamental levels of activity that develop and maintain flexibility 4.3 Understand the role of exercise and other factors in weight control and body composition 4.4 Meet health-related fitness standards for appropriate level of a standardized physical fitness test (e.g., aerobic capacity, body composition, muscle strength, endurance, and flexibility) 4.5 Understand how to interpret the results of physical fitness assessments and use the information to develop individual fitness goals 4.6 Understand how to differentiate the body's response to physical activities of various exercise intensities (e.g., measurement of heart rate, resting heart rate, heart rate reserve; taking pulse at rest and during exercise)
<b>5. Physical</b>	5.1 Understand the importance of rules, procedures, and safe practice in

<p><b>Education:</b> Understands the social and personal responsibility associated with participation in physical activity (MYP Criterion A, B &amp; D)</p>	<p>physical activity settings</p> <p>5.2 Understand proper attitudes toward both winning and losing</p> <p>5.3 Understand the difference between inclusive (e.g., changing rules of activity to include less skilled players) and exclusionary (e.g., failing to pass ball to less skilled players) behaviors in physical activity settings</p> <p>5.4 Understand physical activity as a vehicle for self-expression (e.g., dance, gymnastics, and various sport activities)</p> <p>5.5 Experience ways in which cultural and social practices are expressed through the ritual of movement, demonstrate understanding of this, and learn skills associated with a range of cultural activities</p> <p>5.6 Identify the effects of changing situations, roles, and responsibilities on relationships and describe appropriate responses</p> <p>5.7 Describe and demonstrate a range of assertive communication skills and processes that enable them to interact appropriately with other people.</p>
<p><b>6. Health:</b> Knows environmental and external factors that affect individual and community health (MYP Criterion A &amp;D)</p>	<p>6.1 Understand how various messages from the media, peers, and other sources impact health practices (e.g., health fads, advertising, misconceptions about treatment and prevention options)</p> <p>6.2 Understand how peer relationships affect health (e.g., name-calling, prejudice, exclusiveness, discrimination, risk-taking behaviors)</p> <p>6.3 Describe how social messages and stereotypes, including those in the media, can affect feelings of self-worth.</p>
<p><b>7. Health:</b> Understands the relationship of community health to individual health (MYP Criterion A &amp;D)</p>	<p>7.1 Understand strategies that improve or maintain family health (e.g., how one's personal behavior can affect the behavior and feelings of other family members)</p> <p>7.2 Understand the development of adolescent independence</p> <p>7.3 Understand how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise)</p> <p>7.4 Specify individual responsibilities and take collective action for the care and safety of other people in their school and in the wider community.</p>
<p><b>8. Health:</b> Knows how to maintain mental and emotional health (MYP Criterion D)</p>	<p>8.1 Understand characteristics and conditions associated with positive self-esteem</p> <p>8.2 Understand appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication)</p> <p>8.3 Understand techniques for seeking help and support through appropriate resources</p>
<p><b>9. Health:</b> Understands essential concepts about nutrition and diet (MYP Criterion A)</p>	<p>9.1 Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition)</p> <p>9.2 Understand appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research</p> <p>9.3 Understand eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia)</p>
<p><b>10. Health:</b> Knows how to maintain and</p>	<p>10.1 Understand personal health strengths and risks (e.g., results of a personal health assessment)</p>



promote personal health (MYP Criterion A & D)	<p>10.2 Understand how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations)</p> <p>10.3 Understand strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program, making healthy food choices)</p> <p>10.4 Understands how changing information, abilities, priorities, and responsibilities influence personal health goal</p> <p>10.5 Understand how health is influenced by the interaction of areas of wellbeing</p> <p>10.6 Demonstrate an increased sense of responsibility for participating in regular, enjoyable physical activity to maintain well-being;</p>
<b>11. Health:</b> Understands the fundamental concepts of growth and development (MYP Criterion A)	<p>11.1 Understand how the human body changes as people age (e.g., muscles and joints become less flexible, bones and muscles lose mass, energy levels diminish, senses become less acute)</p> <p>11.2 Understand the similarities and differences between male and female sexuality</p> <p>11.3 Understand strategies for coping with concerns and stress related to the changes that occur during adolescence</p> <p>11.4 Describe the characteristics of pubertal change and discuss positive adjustment strategies</p>

## Physical Education – Year 8 (MYP Year 2)

<b>Standards &amp; links to MYP Objectives</b>	<b>Benchmarks - Students will be taught to:</b>
<p><b>1. Physical Education:</b> Uses a variety of basic and advanced movement forms (MYP Objective C)</p>	<p>1.1 Use basic sport-specific skills for individual, dual, and team sports            1.2 Use basic sport-specific skills for dance and rhythmical activities            1.3 Use basic sport-specific skills for outdoor activities</p>
<p><b>2. Physical Education:</b> Uses movement concepts and principles in the development of motor skills (MYP Objectives A &amp; C)</p>	<p>2.1 Understand principles of training and conditioning for specific physical activities            2.2 Understand the critical elements of advanced movement skills (e.g., such as a racing start in freestyle swimming)            2.3 Use basic offensive and defensive strategies in a modified version of a team and individual sport            2.4 Understand movement forms associated with highly skilled physical activities (e.g., moves that lead to successful serves, passes, and spikes in an elite volleyball game)            2.5 Acquire and apply complex motor skills by using basic principles of motor learning;</p>
<p><b>3. Physical Education:</b> Understands the benefits and costs associated with participation in physical activity (MYP Objective A)</p>	<p>3.1 Understand the long-term physiological benefits of regular participation in physical activity (e.g., improved cardiovascular and muscular strength, improved flexibility and body composition)            3.2 Understand the long-term psychological benefits of regular participation in physical activity (e.g., healthy self-image, stress reduction, strong mental and emotional health)</p>
<p><b>4. Physical Education:</b> Understands how to monitor and maintain a health-enhancing level of physical fitness (MYP Objective A, C &amp; D)</p>	<p>4.1 Engage in basic activities that develop and maintain cardio-respiratory endurance (e.g., timed or distance walk/run and other endurance activities at specified heart rate/heart rate recovery)            4.2 Engage in basic activities that develop and maintain muscular strength and endurance (e.g., calisthenics activities, resistance, and weight training)            4.3 Engage in activities that develop and maintain physical fitness            4.4 Understand the role of exercise and other factors in weight control and body composition            4.5 Understand basic principles of training that improve physical fitness (e.g., threshold, overload, specificity, frequency, intensity, duration, and mode of exercise)            4.6 Meet health-related fitness standards for appropriate level of a standardized physical fitness test (e.g., aerobic capacity, body composition, muscle strength, endurance, and flexibility)</p>

	<p>4.7 Understand how to interpret the results of physical fitness assessments and use the information to develop individual fitness goals</p> <p>4.8 Understand how to differentiate the body's response to physical activities of various exercise intensities (e.g., measurement of heart rate, resting heart rate, heart rate reserve; taking pulse at rest and during exercise)</p> <p>4.9 Participate in regular physical activity and describe how this contributes to a balanced lifestyle</p>
<p><b>5. Physical Education:</b> Understands the social and personal responsibility associated with participation in physical activity (MYP Objectives A, B &amp; D)</p>	<p>5.1 Understand the importance of rules, procedures, and safe practice in physical activity settings</p> <p>5.2 Understand proper attitudes toward both winning and losing</p> <p>5.3 Understand the difference between inclusive (e.g., changing rules of activity to include less skilled players) and exclusionary (e.g., failing to pass ball to less skilled players) behaviors in physical activity settings</p> <p>5.4 Understand physical activity as a vehicle for self-expression (e.g., dance, gymnastics, and various sport activities)</p> <p>5.5 Investigate and experience ways in which people's physical competence and participation are influenced by social and cultural factors</p>
<p><b>6. Health:</b> Knows the availability and effective use of health services, products, and information (MYP Objective D)</p>	<p>6.1 Understand the costs and validity of common health products, services, and information</p> <p>6.2 Understand how to locate and use community health resources, products, and services that provide valid health information</p> <p>6.3 Understand ways to influence the consumer health service system (e.g., assertive consumerism, selecting providers, communicating complaints)</p> <p>6.4 Understand community health consumer organizations and the advocacy services they provide (e.g., American Heart Association, American Lung Association, Diabetes Association)</p> <p>6.5 Understand situations that require professional health services (e.g., management of health conditions such as asthma, diabetes)</p> <p>6.6 Investigate community services that support and promote people's well-being and take action to promote personal and group involvement</p>
<p><b>7. Health:</b> Knows environmental and external factors that affect individual and community health (MYP Objectives A &amp; D)</p>	<p>7.1 Understand cultural beliefs, socioeconomic considerations, and other environmental factors within a community that influence the health of its members (e.g., relationship of values, socioeconomic status, and cultural experiences to the selection of health-care services)</p> <p>7.2 Understand how various messages from the media, peers, and other sources impact health practices (e.g., health fads, advertising, misconceptions about treatment and prevention options)</p> <p>7.3 Understand how peer relationships affect health (e.g., name-calling, prejudice, exclusiveness, discrimination, risk-taking behaviors)</p> <p>7.4 Investigate and evaluate features of the school environment that affect people's well-being and take action to enhance these</p>



<p><b>8. Health:</b> Understands the relationship of community health to individual health (MYP Objectives A &amp; D)</p>	<p>8.1 Understand strategies that improve or maintain family health (e.g., how one's personal behavior can affect the behavior and feelings of other family members)</p> <p>8.2 Understand the development of adolescent independence</p> <p>8.3 Understand how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise)</p> <p>8.4 Identify issues associated with relationships and describe options to achieve positive outcomes</p> <p>8.5 Demonstrate a range of interpersonal skills and processes that help them to make safe choices for themselves and other people in a variety of settings</p>
<p><b>9. Health:</b> Knows how to maintain mental and emotional health (MYP Objective D)</p>	<p>9.1 Understand strategies to manage stress and feelings caused by disappointment, separation, or loss (e.g., talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings)</p> <p>9.2 Understand characteristics and conditions associated with positive self-esteem</p> <p>9.3 Understand appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication)</p> <p>9.4 Understand the difference between safe and risky or harmful behaviors in relationships</p> <p>9.5 Understand techniques for seeking help and support through appropriate resources</p> <p>9.6 Investigate and describe the ways in which people define their own identity and sense of self-worth and the ways they describe other people</p>
<p><b>10. Health:</b> Knows essential concepts and practices concerning injury prevention and safety (MYP Objectives A &amp; D)</p>	<p>10.1 Understand strategies for managing a range of situations involving injury (e.g., first aid procedures, abdominal thrust maneuver, cardiopulmonary resuscitation)</p> <p>10.2 Understand the various possible causes of conflict among youth in schools and communities, and strategies to manage conflict</p> <p>10.3 Understand how refusal and negotiation skills can be used to enhance health</p> <p>10.4 Investigate and practice safety procedures and strategies to minimize risk and to manage risk situations</p> <p>10.5 Develop skills, and responsible attitudes about safety, in challenging physical situations</p>
<p><b>11. Health:</b> Understands essential concepts about nutrition and diet (MYP Objective A)</p>	<p>11.1 Understand how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition)</p> <p>11.2 Understand appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research</p> <p>11.3 Understand eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia)</p>



<p><b>12. Health:</b> Knows how to maintain and promote personal health (MYP Objectives A &amp; D)</p>	<p>12.1 Understand personal health strengths and risks (e.g., results of a personal health assessment)</p> <p>12.2 Understand how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations)</p> <p>12.3 Understand strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program, making healthy food choices)</p> <p>12.4 Understand how changing information, abilities, priorities, and responsibilities influence personal health goal</p> <p>12.5 Understand how health is influenced by the interaction of body systems</p>
<p><b>13. Health:</b> Knows essential concepts about the prevention and control of disease (MYP Objective A)</p>	<p>13.1 Understand how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problem</p>
<p><b>14. Health:</b> Understands aspects of substance use and abuse (MYP Objective A)</p>	<p>14.1 Understand the short- and long-term consequences of the use of alcohol, tobacco, and other drugs (e.g., physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema; psychological consequences such as low self-esteem, paranoia, depression, apathy; social consequences such as crime, domestic violence, loss of friends)</p>
<p><b>15. Health:</b> Understands the fundamental concepts of growth and development (MYP Objective D)</p>	<p>15.1 Understand how the human body changes as people age (e.g., muscles and joints become less flexible, bones and muscles lose mass, energy levels diminish, senses become less acute)</p> <p>15.2 Understand the similarities and differences between male and female sexuality</p> <p>15.3 Understand the processes of conception, prenatal development, and birth</p> <p>15.4 Understand strategies for coping with concerns and stress related to the changes that occur during adolescents</p> <p>15.5 Specify individual responsibilities and take collective action for the care and safety of other people in their school and in the wider community</p> <p>15.6 Describe physical, social, emotional, and intellectual processes of growth and relate these to features of adolescent development and effective self-management strategies</p>

## Physical Education – Year 9 (MYP Year 3)

<b>Standards &amp; links to MYP Objectives</b>	<b>Benchmarks - Students will be taught to:</b>
<p><b>1. Physical Education:</b> Uses a variety of basic and advanced movement forms (MYP Objectives A, B, C &amp; D)</p>	<p>1.1 Use intermediate sport-specific skills in selected physical activities            1.2 Use intermediate skills in complex rather than modified versions of physical activities            1.3 Develop intermediate skills, and responsible attitudes about safety, in challenging physical situations</p>
<p><b>2. Physical Education:</b> Uses movement concepts and principles in the development of motor skills (MYP Objectives A, B &amp; C)</p>	<p>2.1 Understand biomechanical concepts that govern different types of movement            2.2 Understand how sport psychology affects the performance of physical activities            2.3 Understand the physiological principles governing fitness maintenance and improvement            2.4 Use offensive and defensive strategies and appropriate rules for sports and other physical activities            2.5 Acquire and apply more complex motor skills by using basic principles of motor learning</p>
<p><b>3. Physical Education:</b> Understands the benefits and costs associated with participation in physical activity (MYP Objectives A &amp; D)</p>	<p>3.1 Understand factors that impact the ability to participate in physical activity            3.2 Understand how various factors (e.g., age, gender, race, ethnicity, socioeconomic status, and culture) affect physical activity preferences and participation            3.3 Understand the potentially dangerous consequences and outcomes of participation in physical activity (e.g., physical injury, potential conflicts)</p>

<p><b>4. Physical Education:</b> Understands how to monitor and maintain a health-enhancing level of physical fitness (MYP Objectives A &amp; D)</p>	<p>4.1 Understand personal status of cardio-respiratory endurance in relation to a personal fitness profile</p> <p>4.2 Understand personal status of muscular strength and endurance of the arms, shoulders, abdomen, back, and legs in relation to a personal fitness profile</p> <p>4.3 Understand personal status of flexibility of the joints of the arms, legs, and trunk in relation to a personal fitness profile</p> <p>4.4 Understand personal status of body composition in relation to a personal fitness profile</p> <p>4.5 Meet health-related fitness standards for appropriate level of a physical fitness test (e.g., aerobic capacity, body composition, muscle strength, endurance, and flexibility)</p> <p>4.6 Understand how to monitor and adjust activity levels to meet personal fitness need</p> <p>4.7 Understand how to maintain an active lifestyle throughout life (e.g., participate regularly in physical activities that reflect personal interests)</p> <p>4.8 Design a personal fitness program that is based on the basic principles of training and encompasses all components of fitness (e.g., cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition)</p>
<p><b>5. Physical Education:</b> Understands the social and personal responsibility associated with participation in physical activity (MYP Objectives A &amp; D)</p>	<p>5.1 Use leadership and follower roles, when appropriate, in accomplishing group goals in physical activities</p> <p>5.2 Work with others in a sport activity to achieve a common goal (e.g., winning a team championship)</p> <p>5.3 Include persons of diverse backgrounds and abilities in physical activity</p> <p>5.4 Understand the concept of "sportsmanship" and the importance of responsible behavior while participating in physical activities.</p>
<p><b>6. Health:</b> Knows environmental and external factors that affect individual and community health (MYP Objective D)</p>	<p>6.1 Understand how cultural diversity enriches and challenges health behaviors (e.g., various food sources of nutrients available in different cultural and ethnic cuisines, influence of cultural factors on the treatment of diseases)</p> <p>6.2 Investigate and experience ways in which people's physical competence and participation are influenced by social and cultural factors</p> <p>6.3 Investigate societal influences on the well-being of student communities</p>



<p><b>7. Health:</b> Knows how to maintain mental and emotional health (MYP Objective D)</p>	<p>7.1 Understand skills used to communicate effectively with family, friends, and others, and the effects of open and honest communication</p> <p>7.2 Understand strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress</p> <p>7.3 Understands the role of denial as a negative influence on mental and emotional health, and ways to overcome denial and seek assistance when needed</p> <p>7.4 Investigate and describe the ways in which people define their own identity and sense of self-worth and the ways they describe other people.</p> <p>7.5 Identify issues associated with relationships and describe options to achieve positive outcomes</p>
<p><b>8. Health:</b> Knows essential concepts and practices concerning injury prevention and safety (MYP Objective D)</p>	<p>8.1 Understand strategies for solving interpersonal conflicts without harming self or others</p> <p>8.2 Investigate and practice safety procedures and strategies to minimize risk and to manage risk situations</p> <p>8.3 Demonstrate an understanding of how attitudes and values relating to difference influence their own safety and that of other people</p> <p>8.4 Demonstrate a range of interpersonal skills and processes that help them to make safe choices for themselves and other people in a variety of settings</p>
<p><b>9. Health:</b> Understands essential concepts about nutrition and diet (MYP Objective A)</p>	<p>9.1 Understand how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle</p> <p>9.2 Understand the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels)</p>
<p><b>10. Health:</b> Knows how to maintain and promote personal health (MYP Objectives A &amp; D)</p>	<p>10.1 Understand how personal behaviors relate to health and well-being and how these behaviors can be modified if necessary to promote achievement of health goals throughout life (e.g., following a personal nutrition plan to reduce the risk of disease, periodically self-assessing physical fitness)</p> <p>10.2 Understand the short- and long-term consequences of safe, risky, and harmful behaviors</p> <p>10.3 Understand the impact of personal health behaviors on the functioning of body</p> <p>10.4 Participate in regular physical activity and describe how this contributes to a balanced lifestyle</p>
<p><b>11. Health:</b> Knows essential concepts about the prevention and control of disease (MYP Objective A)</p>	<p>11.1 Understand how the immune system functions to prevent or combat disease</p>



<p><b>12. Health:</b> Understands the fundamental concepts of growth and development (MYP Objectives A &amp; D)</p>	<p>12.1 Understand a variety of physical, mental, emotional, and social changes that occur throughout life, and how these changes differ among individuals (e.g., young adulthood, pregnancy, middle age, old age)</p> <p>12.2 Understand how physical, mental, social, and cultural factors influence attitudes and behaviors regarding sexuality</p>
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## Physical Education – Year 10 (MYP Year 4)

Standards & links to MYP Objectives	Benchmarks - Students will be taught to:
<p><b>1. Physical Education:</b> Uses a variety of basic and advanced movement forms (MYP Objectives B, C &amp; D)</p>	<p>1.1 Use increasingly advanced sport-specific skills in selected physical activities</p> <p>1.2 Use increasingly advanced sport-specific skills in modified versions of physical activities</p> <p>1.3 Acquire, apply, and refine skills, and demonstrate responsible attitudes, in challenging physical situations</p>
<p><b>2. Physical Education:</b> Uses movement concepts and principles in the development of motor skills (MYP Objectives A &amp; C)</p>	<p>2.1 Understand biomechanical concepts that govern different types of movement</p> <p>2.2 Understand how sport psychology affects the performance of physical activities</p> <p>2.3 Understand the physiological principles governing fitness maintenance and improvement</p> <p>2.4 Use offensive and defensive strategies and appropriate rules for sports and other physical activities</p> <p>2.5 Acquire, apply, and refine specialized motor skills by using the principles of motor skill learning</p>
<p><b>3. Physical Education:</b> Understands the benefits and costs associated with participation in physical activity (MYP Objectives A &amp; D)</p>	<p>3.1 Understand factors that impact the ability to participate in physical activity</p> <p>3.2 Understand the potentially dangerous consequences and outcomes of participation in physical activity (e.g., physical injury, potential conflicts with others)</p> <p>3.3 Demonstrate understanding and affirmation of people's diverse social and cultural needs and practices when participating in physical activity.</p>



<p><b>4. Physical Education:</b> Understands how to monitor and maintain a health-enhancing level of physical fitness (MYP Objectives A &amp; D)</p>	<ul style="list-style-type: none"><li>4.1 Understand personal status of cardio-respiratory endurance in relation to a personal fitness profile</li><li>4.2 Understand personal status of muscular strength and endurance of the arms, shoulders, abdomen, back, and legs in relation to a personal fitness profile</li><li>4.3 Understand personal status of flexibility of the joints of the arms, legs, and trunk in relation to a personal fitness profile</li><li>4.4 Understand personal status of body composition</li><li>4.5 Meets personal health-related fitness goals for appropriate level of a physical fitness test (e.g., aerobic capacity, body composition, muscle strength, endurance, and flexibility)</li><li>4.6 Understand how to monitor and adjust activity levels to meet personal fitness need</li><li>4.7 Understand how to maintain an active lifestyle throughout life (e.g., participate regularly in physical activities that reflect personal interests)</li><li>4.8 Design a personal fitness program that is based on the basic principles of training and encompasses all components of fitness (e.g., cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition)</li><li>4.9 Choose, implement, and maintain an appropriate physical activity program that enhances their well-being</li></ul>
<p><b>5. Physical Education:</b> Understands the social and personal responsibility associated with participation in physical activity (MYP Objective A &amp; D)</p>	<ul style="list-style-type: none"><li>5.1 Use leadership and follower roles, when appropriate, in accomplishing group goals in physical activities</li><li>5.2 Work with others in a sport activity to achieve a common goal (e.g., winning a team championship)</li><li>5.3 Understand how participation in physical activity fosters awareness of diversity (e.g., cultural, ethnic, gender, physical)</li><li>5.4 Include persons of diverse backgrounds and abilities in physical activity</li><li>5.5 Understand the concept of "sportsmanship" and the importance of responsible behavior while participating in physical activities.</li></ul>

<p><b>6. Health:</b> Knows environmental and external factors that affect individual and community health (MYP Objectives A &amp; D)</p>	<p>6.1 Understand how cultural diversity enriches and challenges health behaviors (e.g., various food sources of nutrients available in different cultural and ethnic cuisines, influence of cultural factors on the treatment of diseases)</p> <p>6.2 Investigate and understand reasons for the choices people make that affect their well-being and explore and evaluate options and consequences</p> <p>6.3 Demonstrate an understanding of how individuals and groups affect relationships by influencing people's behavior, beliefs, decisions, and sense of self-worth</p> <p>6.4 Analyse societal influences that shape community health goals and physical activity patterns</p> <p>6.5 Evaluate school and community initiatives that promote young people's health, safety, recreational activities, and sports and develop an action plan to instigate or support these</p>
<p><b>7. Health:</b> Knows how to maintain mental and emotional health (MYP Objectives A &amp; D)</p>	<p>7.1 Understand skills used to communicate effectively with family, friends, and others, and the effects of open and honest communication</p> <p>7.2 Understand strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress</p>
<p><b>8. Health:</b> Knows essential concepts and practices concerning injury prevention and safety (MYP Objectives A &amp; D)</p>	<p>8.1 Understand strategies for solving interpersonal conflicts without harming self or others</p> <p>8.2 Understand how refusal, negotiation, and collaboration skills can be used to avoid potentially harmful situation</p> <p>8.3 Distinguish between real and perceived risks in physical and social environments and develop skills for appropriate action</p> <p>8.4 Plan and evaluate strategies recognizing their own and other people's rights and responsibilities to avoid or minimize risks in social situations</p>
<p><b>9. Health:</b> Understands essential concepts about nutrition and diet (MYP Objective A)</p>	<p>9.1 Understand how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle</p> <p>9.2 Understand the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels)</p>



<p><b>10. Health:</b> Knows how to maintain and promote personal health (MYP Objectives A &amp; D)</p>	<p>10.1 Understand how personal behaviors relate to health and well-being and how these behaviors can be modified if necessary to promote achievement of health goals throughout life (e.g., following a personal nutrition plan to reduce the risk of disease, periodically self-assessing physical fitness)</p> <p>10.2 Understand the short- and long-term consequences of safe, risky, and harmful behaviors</p> <p>10.3 Understand the impact of personal health behaviors on the functioning of body</p> <p>10.4 Demonstrate an understanding of factors that contribute to personal identity and will celebrate individuality and affirm diversity</p>
<p><b>11. Health:</b> Knows essential concepts about the prevention and control of disease (MYP Objectives A)</p>	<p>11.1 Understand how the immune system functions to prevent or combat disease.</p>
<p><b>12. Health:</b> Understands aspects of substance use and abuse (MYP Objectives A &amp; D)</p>	<p>12.1 Understand the short- and long-term effects associated with the use of alcohol, tobacco, and other drugs on reproduction, pregnancy, and the health of children</p> <p>12.2 Understand how the abuse of alcohol, tobacco, and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community.</p> <p>12.3 Understand that alcohol, tobacco, and other drug dependencies are treatable diseases/conditions</p>
<p><b>13. Health:</b> Understands the fundamental concepts of growth and development (MYP Objectives A &amp; D)</p>	<p>13.1 Understand a variety of physical, mental, emotional, and social changes that occur throughout life, and how these changes differ among individuals (e.g., young adulthood, pregnancy, middle age, old age)</p>

## Physical Education – Year 11 (MYP Year 5)

Standards & links to MYP Objectives	Benchmarks - Students will be taught to:
<p><b>1. Physical Education:</b> Uses a variety of basic and advanced movement forms (MYP Objectives A, B, C &amp; D)</p>	<p>1.1 Use advanced sport-specific skills in selected physical activities            1.2 Use skills in complex rather than modified versions of physical activities            1.3 Appraise specialized motor skills and adapt them to extend physical competence and recreational opportunities</p>
<p><b>2. Physical Education:</b> Uses movement concepts and principles in the development of motor skills (MYP Objectives A, C &amp; D)</p>	<p>2.1 Understand biomechanical concepts that govern different types of movement            2.2 Understand how sport psychology affects the performance of physical activities            2.3 Understand the physiological principles governing fitness maintenance and improvement            2.4 Uses offensive and defensive strategies and appropriate rules for sports and other physical activities            2.5 Adapt skills and appraise responsible attitudes in challenging physical situations and new environments</p>
<p><b>3. Physical Education:</b> Understands the benefits and costs associated with participation in physical activity (MYP Objectives A &amp; D)</p>	<p>3.1 Understand how various factors (e.g., age, gender, race, ethnicity, socioeconomic status, and culture) affect physical activity preferences and participation            3.2 Understand the potentially dangerous consequences and outcomes of participation in physical activity (e.g., physical injury, potential conflicts with others)            3.3 Appraise, adapt, and use physical activities to ensure that specific social and cultural needs are met</p>



<p><b>4. Physical Education:</b> Understands how to monitor and maintain a health-enhancing level of physical fitness (MYP Objectives A &amp; D)</p>	<ul style="list-style-type: none"><li>4.1 Understand personal status of cardio-respiratory endurance in relation to a personal fitness profile</li><li>4.2 Understand personal status of muscular strength and endurance of the arms, shoulders, abdomen, back, and legs in relation to a personal fitness profile</li><li>4.3 Understand personal status of flexibility of the joints of the arms, legs, and trunk in relation to a personal fitness profile</li><li>4.4 Understand personal status of body composition in relation to a personal fitness profile</li><li>4.5 Meet personal health-related fitness goals for appropriate level of a physical fitness test (e.g., aerobic capacity, body composition, muscle strength, endurance, and flexibility)</li><li>4.6 Understand how to monitor and adjust activity levels to meet personal fitness needs</li><li>4.7 Understand how and why to maintain an active lifestyle throughout life (e.g., participate regularly in physical activities that reflect personal interests)</li><li>4.8 Assess their health needs and identify strategies to ensure personal well-being across their lifespan</li></ul>
<p><b>5. Physical Education:</b> Understands the social and personal responsibility associated with participation in physical activity (MYP Objectives A, C &amp; D)</p>	<ul style="list-style-type: none"><li>5.1 Use leadership and follower roles, when appropriate, in accomplishing group goals in physical activities</li><li>5.2 Work with others in a sport activity to achieve a common goal (e.g., winning a team championship)</li><li>5.3 Understand how participation in physical activity fosters awareness of diversity (e.g., cultural, ethnic, gender, physical)</li><li>5.4 Include persons of diverse backgrounds and abilities in physical activity</li><li>5.5 Understand the history and purpose of international competitions (e.g., Olympics, Special Olympics, Pan American Games, World Cup Soccer)</li><li>5.6 Understand the role of sport in a diverse world (e.g., the influence of professional sport in society, the usefulness of dance as an expression of multiculturalism, the effect of age and gender on sport participation patterns)</li><li>5.7 Understand the concept of "sportsmanship" and the importance of responsible behavior while participating in physical activities.</li><li>5.8 Demonstrate understanding of the responsible behaviors required to ensure that physical and social challenges are managed safely</li></ul>

<p><b>6. Health:</b> Knows the availability and effective use of health services, products, and information (MYP Objectives A &amp; D)</p>	<ul style="list-style-type: none"> <li>6.1 Understand factors that influence personal selection of health-care resources, products, and services</li> <li>6.2 Understand the cost and accessibility of a variety of health-care services (e.g., health insurance coverage)</li> <li>6.3 Understand situations that require professional health services in the areas of prevention, treatment, and rehabilitation (e.g., persistent depression, prenatal and perinatal care, treatment or management of disease, alcohol- or drug-related problems, neglect and child abuse)</li> </ul>
<p><b>7. Health:</b> Knows environmental and external factors that affect individual and community health (MYP Objectives A &amp; D)</p>	<ul style="list-style-type: none"> <li>7.1 Understand how the health of individuals can be influenced by the community (e.g., information offered through community organizations; volunteer work at hospitals, food banks, child care centers)</li> <li>7.2 Understand how individuals can improve or maintain community health (e.g., becoming active in environmental and economic issues that affect health, assisting in the development of public health policies and laws, exercising voting privileges)</li> <li>7.3 Understand how the environment influences the health of the community (e.g., environmental issues that affect the food supply and the nutritional quality of food)</li> <li>7.4 Understand how cultural diversity enriches and challenges health behaviors (e.g., various food sources of nutrients available in different cultural and ethnic cuisines, influence of cultural factors on the treatment of diseases)</li> <li>7.5 Analyse the beliefs, attitudes, and practices that reinforce stereotypes and role expectations, identifying ways that these shape people's choices at individual, group, and societal levels</li> <li>7.6 Analyze ways that events and social organizations promote healthy communities and will evaluate the effects they have</li> </ul>
<p><b>8. Health:</b> Knows how to maintain mental and emotional health (MYP Objectives A &amp; D)</p>	<ul style="list-style-type: none"> <li>8.1 Understand skills used to communicate effectively with family, friends, and others, and the effects of open and honest communication</li> <li>8.2 Understand strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress</li> <li>8.3 Understands the role of denial as a negative influence on mental and emotional health, and ways to overcome denial and seek assistance when needed</li> <li>8.4 Critically evaluate societal attitudes, values, and expectations that affect people's awareness of their personal identity and sense of self-worth in a range of life situations</li> </ul>



<p><b>9. Health:</b> Knows essential concepts and practices concerning injury prevention and safety (MYP Objective D)</p>	<p>9.1 Understand strategies for solving interpersonal conflicts without harming self or others</p> <p>9.2 Understand how refusal, negotiation, and collaboration skills can be used to avoid potentially harmful situation</p>
<p><b>10. Health:</b> Understands essential concepts about nutrition and diet (MYP Objective A)</p>	<p>10.1 Understand how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle</p> <p>10.2 Understand the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels)</p>
<p><b>11. Health:</b> Knows how to maintain and promote personal health (MYP objectives A, C &amp; D)</p>	<p>11.1 Understand how personal behaviors relate to health and well-being and how these behaviors can be modified if necessary to promote achievement of health goals throughout life (e.g., following a personal nutrition plan to reduce the risk of disease, periodically self-assessing physical fitness)</p> <p>11.2 Understand the short- and long-term consequences of safe, risky, and harmful behaviors</p> <p>11.3 Understand how personal health needs change during the life cycle</p> <p>11.4 Understand the impact of personal health behaviors on the functioning of body</p> <p>11.5 Analyse the nature and benefits of meaningful interpersonal relationships</p> <p>11.6 Evaluate information, make informed decisions, and use interpersonal skills effectively to manage conflict, competition, and change in relationships</p>
<p><b>12. Health:</b> Knows essential concepts about the prevention and control of disease (MYP Objective A &amp; D)</p>	<p>12.1 Understand how the immune system functions to prevent or combat disease</p> <p>12.2 Understand the importance of regular examinations (including self-examination of the breasts or testicles) in detecting and treating diseases early</p> <p>12.3 Understand the importance of prenatal and perinatal care to both the mother and the child</p> <p>12.4 Understand the social, economic, and political effects of disease on individuals, families, and communities</p>



<p><b>13. Health:</b> Understands aspects of substance use and abuse (MYP Objectives A &amp; D)</p>	<p>13.1 Understand the short- and long-term effects associated with the use of alcohol, tobacco, and other drugs on reproduction, pregnancy, and the health of children</p> <p>13.2 Understand how the abuse of alcohol, tobacco, and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community (e.g., house fires, motor vehicle crashes, domestic violence, transmission of diseases through needle sharing or sexual activity)</p> <p>13.3 Understand that alcohol, tobacco, and other drug dependencies are treatable diseases/conditions</p>
<p><b>14. Health:</b> Understands the fundamental concepts of growth and development (MYP Objectives A &amp; D)</p>	<p>14.1 Understand a variety of physical, mental, emotional, and social changes that occur throughout life, and how these changes differ among individuals (e.g., young adulthood, pregnancy, middle age, old age)</p> <p>14.2 Understand how physical, mental, social, and cultural factors influence attitudes and behaviours regarding sexuality</p>