Overview for *PHE* grade 10

unit no.	Unit title	Time	Key concept	related concept	global context	Statement of Inquiry	Objectives	ATL skills	Content	Resources
1	Be Active Be Healthy	14 classes	Change	Refinement and Balance	Identities and Relationships	Being active and balanced promotes positive change towards health and well-being.	Criteria A – Knowledge Development A1, A2, A3 Criteria B – Planning for performance B1, B2 Criterion C – Applying and performing C1, C2, C3 Criterion D – Reflecting and improving performance D1, D2, D3	SELF- MANAGEMENT Sub-skill: organisation • Personal goal setting	• Community Fitness Goal – Term 1/4 • Planning and training for a community fitness event • Take part in a community fitness event • Reflect & improve performance • • Smart Health • Personal health • Understanding & listening to your body • Use of technology to monitor health • Healthy eating & cooking • Health Issues Critical Thinking Research Task • Self-Management • Practical coping skills & self-care • Mindfulness • Yoga • Tai Chi • Progressive muscle relaxation • Sports Psychology (visualisation) • Sleep & recovery • Healthy Active Habits • Pilates • Zumba • Aerobics • Pump classes • Movement & general conditioning • Brain Training • End of semester assessment revision (Total 4 lessons) • 4 lessons on revision	•Instructional models for Physical Education •Flipping phys ed •MYP Phys Ed
2	Invasion Games	14 Classes	Communication	Space and Systems	Orientation in Space and time	Teams that adapt their offensive and defensive strategies may gain a competitive advantage	Criterion C – Applying and Performing C1, C2, C3 Criterion D – Reflecting and Improving Performance D1, D2, D3	Communication Sub skill: Communication skills	Student will participate in approx. 15 invasion game lessons for the term, possibly consisting of: • Ultimate Frisbee (3) • AFL Super 9s (4) • Touch Football (3) • Gaelic Football (3) Different Invasion games are also possible depending on skill level in the class, facilities and weather conditions could alter the program.	• Instructional models for Physical Education • Flippingphysed.wordpress – Wesley College Blog • MYP Phys Ed Blog
3	Health Around The World 6-8 hours	12 Classes	Global Interactions	Change and Function	Identities and relationships	There are global health initiatives that function to positively change people in various countries.	(A1) explain physical and health education factual, procedural and conceptual knowledge (A2) apply physical and health education knowledge to analyze issues and solve problems set in familiar and unfamiliar situations (A3) apply physical and health terminology effectively to communicate understanding.	Thinking Skills Research Skills	What is global health? United Nations Information Package World Health Organization and Goals Diabetes, Heart Tension, Malaria, HIV/AIDs, Stroke, Respiratory Problems, 8 Millennium Goals Poverty, Education, Gender Equality, Reduce Child Mortality, Combat HIV, Environmental Sustainability,	https://www.slideshare.net/angelitoladra9/health-grade-10
4										
5										
6										