



ISOP PYP

PE

SCOPE AND SEQUENCE

What the PYP believes about learning PSPE	PSPE in a transdisciplinary programme
<p>Physical education in a PYP school should be more than just student participation in sports and games. Its purpose should be to develop a combination of transferable skills promoting physical, intellectual, emotional and social development; to encourage present and future choices that contribute to long-term healthy living; and to understand the cultural significance of physical activities for individuals and communities. Therefore, in the PYP, there should be specific opportunities for learning about movement and through movement in a range of contexts. The development of overall well-being is defined through three common stands: active living, identity and interactions.</p> <p>The Physical Education programme consists of the following types of learning experiences:</p> <p>Individual pursuit (athletics, skating, skiing), Movement composition (dance, martial arts, gymnastics), Games (basketball, football, ultimate Frisbee), Adventure challenges; Health-related fitness.</p>	<p>It is acknowledged that in many schools, single-subject teachers take responsibility for a physical component of PSPE. It is vital these single subject-teachers see themselves primarily as PYP teachers who teach physical education, and in so doing contribute to the overall outcomes of a transdisciplinary programme.</p> <p>To ensure a cohesive educational experience for students, a PYP school has a responsibility to ensure that there are regular opportunities for collaboration between single-subject teachers and homeroom/classroom teachers.</p>

KINDERGARTEN

	Conceptual Understanding	Learning outcomes
Identity	<ul style="list-style-type: none"> Positive thoughts help us to develop a positive attitude 	<ul style="list-style-type: none"> Identify positive thoughts and attitudes in themselves and others
Active living	<ul style="list-style-type: none"> Safe participation requires sharing space and following rules We can observe changes in our bodies when we exercise Our daily practices can have an impact on our well-being 	<ul style="list-style-type: none"> Recognize that acting upon instructions and being aware of others helps to ensure safety Some of the effects of physical activity on the body How being active contributes to good health Engage in a variety of different physical activities
Interactions	<ul style="list-style-type: none"> Interacting with others can be fun Our behaviour affects others 	<ul style="list-style-type: none"> Enjoy interacting, playing and engaging with others Take turns Identify when their actions have impacted on others Reach out for help when it is needed for themselves or others

Learning experiences

Individual Pursuit:

- Develop a range of gross motor skills in different physical environments: run, jump, kick, throw, catch, climbing, roll
- Develop a range of fine motor skills in different physical environments
- Recognise that acting upon instructions and being spatially aware helps to ensure safety

Movement composition:

- Participate in short, repetitive dance sequences using basic step patterns
- Explore non-locomotor and locomotor skills (including travelling, changing direction, transferring weight)
- Explore different ways of moving
- Prepare short movement patterns alone and with a partner

Games:

- Understand challenges presented by the game
- Take an active part in the games
- Travel in different ways, maintaining body control, changing speed and direction of movement

Adventure challenge:

- Explore and develop the ability to solve tasks individually, in pairs or in small groups

Health-related fitness:

- Recognize some basic changes that occur to their bodies when exercising
- Demonstrates an awareness of basic hygiene in their daily routine

GRADE 1

	Conceptual Understanding	Learning outcomes
Identity	<ul style="list-style-type: none"> Identifying and understanding our emotions helps us to regulate our behaviour 	<ul style="list-style-type: none"> Explain how different experiences can result in different emotions Identify feelings and begin to understand how these are related to behaviour
Active living	<ul style="list-style-type: none"> Demonstrate an awareness of hygiene in daily routines Developing fundamental movement skills is important for improved movement and performance The use of responsible practices in physical environments can contribute to our personal safety and the safety of others 	<ul style="list-style-type: none"> Recognize healthy food choices and understand the need of good hygiene practices Movement can be linked together to create a sequence The need to act responsibly to help ensure the safety of themselves and others
Interactions	<ul style="list-style-type: none"> Participation in a group can require group members to take on different roles and responsibilities 	<ul style="list-style-type: none"> Cooperate with others Value interacting, playing and learning with others

Learning experiences

Individual Pursuit:

ATHLETICS:

- Long jump: standing long jump (take off with both feet, land with both feet) take off with one leg from the zone; land with both feet
- Sprint: keep head up, elbows bent 90 degrees, running on balls of feet
- Overhead throw: Stand sideways to the direction of throw; elbow leads the move

Movement composition:

- Investigate personal and general space
- Perform whole-body movements to express emotions
- Timing and overall structure of a dance

Games:

TENNIS:

- Floor bounces with control; floor bounces with control with partner without the net; good grip; individual pop-ups with table tennis equipment

ROUNDER:

- striking a ball with a leg, hand, tennis racquet

FLOOR HOCKEY:

- Passing and receiving the ball; dribbling with different speed and pathways

Adventure challenge:

- Use good communication practices in a team
- Display positive attitude

Health-related fitness:

- Recognize some basic changes that occur to their bodies when exercising
- Demonstrates an awareness of basic hygiene in their daily routine
- Perform warm up exercises

GRADE 2

	Conceptual Understanding	Learning outcomes
Identity	<ul style="list-style-type: none"> ● A positive attitude helps us to overcome challenges and approach problems 	<ul style="list-style-type: none"> ● Solve problems and overcome difficulties with a sense of optimism
Active living	<ul style="list-style-type: none"> ● Regular exercise can strengthen and change their body and body systems ● Food choices, good hygiene, rest are important when developing and maintaining a healthy lifestyle ● Developing fundamental movement skills is important for improved movement and performance 	<ul style="list-style-type: none"> ● Importance of regular exercise in the development of well-being ● Interactions between body systems ● Movement can be linked together to create a sequence ● The need to act responsibly to help ensure the safety of themselves and others
Interactions	<ul style="list-style-type: none"> ● Our actions towards others influence their actions towards us 	<ul style="list-style-type: none"> ● Understand the impact of their actions on each other and the environment ● Seek adult support in situations of conflict ● Celebrate the accomplishment of the group

Learning experiences

Individual Pursuit:

ATHLETICS:

- Long jump: take off with one leg from the zone; land with both feet; the athlete must not leave the pit closer to the take-off point than the marks made on landing
- Sprint: keep head up, elbows bent 90 degrees, running on balls of feet, drive knees
- Overhead throw: Stand sideways to the direction of throw; elbow leads the move, follow through after the throw

Movement composition:

- Investigate personal and general space
- Perform whole-body movements to express emotions
- Timing and overall structure of a dance

Games:

TENNIS:

- Floor bounces with control; floor bounces with control with partner without the net; good grip; individual pop-ups with table tennis equipment;

forehand and backhand, footwork

ROUNDER:

- striking a ball with a leg, hand, tennis racquet; recognize the defense and attack responsibilities

FLOOR HOCKEY:

- Passing and receiving the ball; shooting and dribbling; changing from attack to defense

Adventure challenge:

- Share responsibilities in a team
- Use good communication practices in a team
- Display positive attitude
- Use Non verbal communication

Health-related fitness:

- Recognize changes and interactions that occur to their bodies when exercising
- Preparing short plan of: cardio, muscular and flexibility exercises
- Demonstrates an awareness hygiene in their daily routine
- Run warm up exercises

GRADE 3

	Conceptual Understanding	Learning outcomes
Identity	<ul style="list-style-type: none"> • Different challenges and situations require different strategies 	<ul style="list-style-type: none"> • Demonstrate a positive belief in their abilities and believe they can reach their goals by persevering
Active living	<ul style="list-style-type: none"> • Regular exercises, hydration, nutrition and rest are all important factors in developing and maintaining a healthy lifestyle for now and the future • We can develop and maintain physical fitness by applying basic training principles • Attention to technique and regular practice can improve the effectiveness of our movements 	<ul style="list-style-type: none"> • A dynamic cycle of plan, perform, and reflect can influence a creative movement composition • Self-assess performance and respond to feedback on performance from others
Interactions	<ul style="list-style-type: none"> • A plan of action is a necessary strategy for a group to achieve its goal 	<ul style="list-style-type: none"> • Recognize that committing to shared goals in group situations improves individual and shared experiences and outcomes

Learning experiences

Individual Pursuit:

ATHLETICS:

- High jump: scissor + flop technique: take off with one leg, land in the middle of the mattress
- Middle distance running: running position, running tempo, drinking & eating,
- Javelin throw: safety rules, technique

Movement composition:

- Work effectively in small groups to develop a simple dance composition
- Using space effectively
- Different elements of dance and gymnastics (rolls, cartwheel, jumps)
- Plan dance for 10 exercises and move accordingly to the music

Games:

Handball:

- Passing, dribbling, shooting; attacking and defending strategies; participate in small sided games, displaying game spirit

Table tennis:

- Learn how to serve, backhand and forehand hit + grip, holding a rally with a partner

Adventure challenge:

- Solve challenging problems in pairs or in small groups
- Participate in small group activities to accomplish a common goal
- Display positive attitude and cooperatively share ideas

GRADE 4

	Conceptual Understanding	Learning outcomes
Identity	<ul style="list-style-type: none"> Increasing our self-reliance and persisting with tasks independently supports our efforts to be more autonomous 	<ul style="list-style-type: none"> Work and learn with increasing independence
Active living	<ul style="list-style-type: none"> Understand and reflect on movement sequences in order to improve Develop greater body control when performing movements Identifying and participating in activities we enjoy can motivate us to maintaining a healthy lifestyle 	<ul style="list-style-type: none"> Regular practice of skills of skills and techniques can improve the effectiveness of our movements
Interactions	<ul style="list-style-type: none"> An effective group can accomplish more than a set of individuals 	<ul style="list-style-type: none"> Reflect critically on the effectiveness of the group during and at the end of the process

Learning experiences

Individual Pursuit:

ATHLETICS:

- Hurdles: 3 steps rhythm, low and fast over the hurdle, attacking and trailing leg technique
- Javelin throw: stand sideways, good grip, elbow leading move, follow through
- Relay: relay baton exchange

Movement composition:

- Students create a group performance involving elements of dance and gymnastics
- Students link moves together and make nice transitions

Games:

TENNIS:

- Students play friendly with a partner over the net; use forehand, backhand, serve

ULTIMATE FRISBEE:

- Students throw forehand and backhand; catch with one hand and two hands; know basic attacking and defending strategies

BOWLING & PETANQUE:

- Students perform rolling and underarm throw technique; students understand the rules of the games;

GRADE 5

	Conceptual Understanding	Learning outcomes
Identity	<ul style="list-style-type: none"> ● A strong sense of self-efficacy enhances human accomplishment and personal well-being 	<ul style="list-style-type: none"> ● understand the role of and strategies for optimism in the development of their own wellbeing
Active living	<ul style="list-style-type: none"> ● Setting personal goals and developing plans to achieve these goals can enhance performance ● Appropriate application of skills is vital to effective performance 	<ul style="list-style-type: none"> ● Know their limits and use moderation as strategies for maintaining a safe and healthy lifestyle ● For effective performance an appropriate application of skills is vital
Interactions	<ul style="list-style-type: none"> ● Individuals can extend and challenge their current understanding by engaging with the ideas and perspectives of others 	<ul style="list-style-type: none"> ● reflect critically on the effectiveness of the group during and at the end of the process

Learning experiences

Individual Pursuit:

PARKOUR:

- Students perform: Vaults: lazy, underbar, safety, speed; Parkour roll; Bar precision jump, Creating a sequence of moves

Movement composition:

- Work in a group of students effectively; add greater complexity and refine movements; sequence for more than 1 minute;
- Idea of opening ceremony OLYMPIC GAMES, Rocky movie

Games:

Badminton:

- Students hold the rally over the net; serve; play underarm and overhead; know game rules

Softball:

- Students hold and swing a bat, students understand responsibilities in attacking and defending, students can pitch the ball

Adventure challenge:

Orienteering:

- Students use the navigation tools to locate checkpoints (map, compass); map artefacts, world directions, exhibit effective decision-making processes

Health-related fitness:

- Set personal goals and create plans to achieve them;
- Reflect on performance;
- Distinguish cardio, muscular and flexibility workout and find exercises to improve fitness