



Matija Gubec International School Zagreb

Subject Overviews

MYP 0

Physical and Health Education



MYP0: P.H.E.

Unit 1: Running and jumping

Through the activities of running and jumping they will understand the difference between correct and incorrect ways of running and jumping. They will be able to jump higher, longer and over different obstacles. They will learn how to land after jumps, on both legs so they don't get injured. Students will improve their functional abilities.

KEY CONCEPT: Change

RELATED CONCEPTS: Adaptation

GLOBAL CONTEXT: Identities and relationships

STATEMENT OF INQUIRY:

Identities and relationship are possible through change and adaption.

Main Content Addressed:

- jumping and running with different tools
- importance of correct walking, running, jumping
- healthy use of these activities
- different ways of using running speed, running with different tools
- problem solving

Unit 2: Dance

Interdisciplinary Unit – Drama (Unit: Clowning around)

Through these activities the students will get information about basic steps and turns in several standard dances. They will be able to compose their own simple choreography. They will learn how to dance in the correct rhythm while listening to the music.

KEY CONCEPT: Communication

RELATED CONCEPT: Interaction

GLOBAL CONTEXT: Orientation in space and time

STATEMENT OF INQUIRY:

Communication and interaction between two dancers is important for orientation in space and time.

Main Content Addressed:

- demonstration of the final version and explanation of proceeding

- learning the difference between standard dances in the music rhythm
- create simple dance choreography
- dance with partners in correct music rhythm

Unit 3: Gymnastics

Through activities of Gymnastics they will learn how to perform basic elements on vault and on the floor. They will understand why flexibility in Gymnastics is important for their body. They will learn the difference between correct and incorrect aesthetic movements.

KEY CONCEPT: Change

RELATED CONCEPT: Balance

GLOBAL CONTEXT: Scientific and technical innovation

STATEMENT OF INQUIRY:

Scientific and technical innovation is applied in Gymnastics as well as balance to make successful change.

Main Content Addressed:

- performing the movement with complete safety
- problem solving
- active listening and performing with assistance
- healthy use of activity for your body

Unit 4: Team sports

During these activities the students will learn the differences between basketball and handball dribbling and passing. Researching the basic rules of the game they will learn how many steps they can do while holding the ball, or how to dribble the ball. They will have to show it in the proper demonstration. Also the students will learn the difference between fingers and hammer technique in volleyball. They will know when to use them depending on the situation. They will learn how to work together successfully as a team. Students will investigate the importance of football for the society. They will have to find out the reasons why football is probably the most popular sport in the world.

KEY CONCEPT: Communication

RELATED CONCEPT: Energy

GLOBAL CONTEXT: Identities and relationships

STATEMENT OF INQUIRY:

In team sports players must have high level of communication and energy to improve identities and relationship.

Main Content Addressed:

- research the basic rules of team sports: football, handball, basketball, volleyball
- problem solving
- use different technique in team sports
- choose the right way to play with the ball during the game
- group skills
- critical thinking
- use different technique of dribbling in basketball
- team tactics



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Subject Overviews

MYP 1

Physical and Health Education



MYP1: P.H.E.

Unit 1: Exercises (Warm up)

Students will learn how to perform warm up exercises correctly. They will get information about all warm up exercises they can use before doing any physical activities. Students will be presenting all exercises to warm up the body with different tools. They will get information about importance of warm up exercise.

KEY CONCEPT: Change

RELATED CONCEPT: Adaptation

GLOBAL CONTEXT: Identities and relationships

STATEMENT OF INQUIRY

Identities and relationship can be improved through change and adaption.

Main Content Addressed:

- active listening
- critical thinking
- presenting all the exercises to warm up the body
- importance of correct performing of warm up exercises

Unit 2: Dance

Through these activities the students will get information about basic steps and turns in English and Viennese Waltz. They will be able to compose their own simple choreography. They will learn how to dance in the correct rhythm while listening to the music.

KEY CONCEPT: Relationship

RELATED CONCEPT: Interaction

GLOBAL CONTEXT: Orientation in space and time

STATEMENT OF INQUIRY:

Relationship and interaction between two dancers is important for orientation in space and time.

Main Content Addressed:

- demonstration of the final version and explanation of proceeding
- learning the difference between English and Viennese Waltz in the music rhythm
- create complex dance choreography from simple steps and turns
- dance with partners in correct music rhythm

Unit 3: Team sports

During these activities the students will learn how they can be valuable part of their team. Researching the rules of the game they will learn not to make violation of the rules and they will have to show it in the proper demonstration. Also the students will learn the difference between techniques in volleyball. They will know when to use which technique depending on the situation and how to work together successfully as a team. Students will investigate the importance of team sports for the society. They will have to find out the reasons why sport is so important segment in the world.

KEY CONCEPT: Communication

RELATED CONCEPT: Interaction

GLOBAL CONTEXT: Identities and relationships

STATEMENT OF INQUIRY:

In team sports players must have high level of communication and interaction to improve identities and relationship.

Main Content Addressed:

- research the rules of team sports
- problem solving
- use different technique in volleyball
- choose the correct way to dribble the ball during the game
- group skills
- critical thinking
- use different technique of dribbling in basketball
- team tactics

Unit 4: Gymnastics

Through the activities of Gymnastics they will learn how to perform basic elements in a sequence and show it in the floor exercise. They will understand why flexibility, balance and strength are important in Gymnastics and good for their body. They will learn the difference between elements on various apparatus in gymnastics

KEY CONCEPT: Change

RELATED CONCEPT: Balance

GLOBAL CONTEXT: Scientific and technical innovation

STATEMENT OF INQUIRY:

Scientific and technical innovation is applied in Gymnastics as well as balance to make successful change.

Main Content Addressed:

- performing the movement with complete safety
- problem solving
- active listening and performing with assistance
- healthy use of activity for your body



Matija Gubec International School Zagreb

Subject Overviews

MYP 2

Physical and Health Education



MYP2: P.H.E.

Unit 1: Team sports

During these activities the students will learn the differences between 'zone' and 'man to man' defence in basketball. Also they will have to create basketball actions to outsmart the other team. Their passing, dribbling and shooting must be on the great level to achieve this task. They will also learn different types of defences in handball and how to attack involving the entire team. In football they will learn some group tactics elements so they can be more successful. Different serves in volleyball will be presented to the students.

KEY CONCEPT: Relationship

RELATED CONCEPTS: Interaction

GLOBAL CONTEXT: Orientation in space and time

STATEMENT OF INQUIRY

Team members must have specific relationship for better interaction and orientation in space and time during the game.

Main Content Addressed:

- use different ways of dribbling
- group skills
- critical thinking
- problem solving
- use different tactics in basketball and handball
- use different serve technique in volleyball
- choose the right way to serve the ball in the game

Unit 2: Gymnastics

Through the activities of Gymnastics they will learn how to perform a various elements without fear and with assistance. They will understand why flexibility and strength are so important for gymnastics. They will learn the difference between correct and incorrect aesthetic movement and how gymnastic is important in urgent situations and everyday life.

KEY CONCEPT: Relationship

RELATED CONCEPT: Energy

GLOBAL CONTEXT: Orientation in space and time

STATEMENT OF INQUIRY

Energy used in gymnastics is accompanied with orientation in space and time and relationship between student who is performing and the other who is assisting during element performance.

Main Content Addressed:

- performing the movement with complete safety
- problem solving
- active listening and performing with assistance
- healthy use of activity for your body

Unit 3: Dance

Through these activities the students will get information about complex dance choreography. Latin dances will be presented to the students and they will have to do research and find difference between them. They will learn how to dance in the correct rhythm while listening to the music. Therefore they will be able to compose their own choreography.

KEY CONCEPT: Communication

RELATED CONCEPT: Interaction

GLOBAL CONTEXT: Personal and cultural expression

STATEMENT OF INQUIRY:

Personal and cultural expression is important in dancing as well as communication and interaction between dancers.

Main Content Addressed:

- demonstration of the final version and explanation of proceeding
- learning the difference between various Latin dances
- learning the difference between simple and complex choreography
- create complex dance choreography
- dance with partners in correct music rhythm

Unit 4: Exercises (Stretch)

Students will learn how to perform stretch exercises correctly. They will get information about all stretch exercises they can use after doing any physical activities. Students will learn how to perform stretch exercises correctly. Students will be presenting all the exercises to stretch the body with different tools. They will get information about all stretch exercises they can use before doing any physical activities.

KEY CONCEPT: Change

RELATED CONCEPT: Adaptation

GLOBAL CONTEXT: Identities and relationships

STATEMENT OF INQUIRY

Identities and relationship are possible through change and adaption.

Main Content Addressed:

- active listening
- critical thinking
- presenting all the exercises to warm up the body
- importance of correct performing of warm up exercises



Matija Gubec International School Zagreb

Subject Overviews

MYP 3

Physical and Health Education



MYP3: P.H.E.

Unit 1: Net games

Through this activity the students will learn the rules of the games played with net (badminton, tennis, table tennis, volleyball). They will see how their techniques effect on their capability to play better and use wide range of tactics. Also they will learn how to play defence and how to be in right position.

KEY CONCEPT: Communication

RELATED CONCEPTS: Movement

GLOBAL CONTEXT: Scientific and technical innovation

STATEMENT OF INQUIRY

Scientific and technical innovation improved movement and communication between players.

Main Content Addressed:

- research the rules of Net games
- problem solving
- right way of using techniques and tactics in the games
- critical thinking

Unit 2: Exercises

Students will learn how to perform strength exercises correctly. They will get information about all strength exercises they can use as a part of their physical activities. Students will learn how to perform warm up and stretch exercises correctly. They will be able to answer witch exercises effect on our skills and what muscles do we use for them.

KEY CONCEPT: Change

RELATED CONCEPTS: Choice

GLOBAL CONTEXT: Identities and relationships

STATEMENT OF INQUIRY

Change is a choice to improve identities and relationship

Main Content Addressed:

- active listening
- critical thinking
- presenting all the strength exercises
- importance of correct performing of strength exercises

Unit 3: Team sports

They will know when to use which technique depending on the situation and how to work together successfully as a team. Students will investigate the importance of football for the society. During these activities the students will learn the differences between 'zone' and 'man to man' defence. They will also learn different types of defences in handball and how to attack involving the entire team. In football they will learn some group tactics elements so they can be more successful. Different serves in volleyball will be presented to the students. Also they will have to create basketball actions to outsmart the other team. Their passing, dribbling and shooting must be on the great level to achieve this task.

KEY CONCEPT: Communication

RELATED CONCEPT: Movement

GLOBAL CONTEXT: Fairness and development

STATEMENT OF INQUIRY:

Fairness and development, communication and movement are important in team sports.

Main Content Addressed:

- critical thinking
- use different tactics in team sports
- group skills
- problem solving

Unit 4: Polygon

Through this activity the students will learn how to develop a small polygon for a particular sport activity. They will have to research which exercises are more important for different sports. Also, they will have to perform a polygon they created.

KEY CONCEPT: Change

RELATED CONCEPT: Adaptation

GLOBAL CONTEXT: Orientation in space and time

STATEMENT OF INQUIRY: Orientation in space and time is needed through change and adaption.

Main Content Addressed:

- create a small polygon
- active listening
- problem solving
- critical thinking