Uplift North Hills Prep
Course Description for Middle School Year 1

MYP Physical Education 6th Grade
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Course Description and aims
The aims of the physical education course at Uplift North Hills Prep are designed to enable the scholar to:
1. appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle;
2. develop social skills that demonstrate the importance of teamwork and cooperation in group activities;
3. demonstrate a high level of interest and personal engagement showing initiative, enthusiasm, and commitment;
4. demonstrate the ability to critically reflect upon physical activity in both a local and intercultural context.

The aims of MYP physical and health education are to encourage and enable scholars to:
- use inquiry 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

Curriculum overview
The MYP promotes sustained inquiry in physical and health education by developing conceptual understanding within global contexts.

Key concepts such as change, communication and relationships broadly frame the MYP curriculum.

Related concepts promote deeper learning grounded in specific disciplines. Examples of related concepts in MYP physical and health education include energy, balance and refinement.

Students explore key and related concepts through MYP global contexts.
- Identities and relationships
- Orientation in space and time
- Personal and cultural expression
- Scientific and technical innovation
- Globalization and sustainability

Fairness and development The MYP curriculum framework offers schools flexibility to determine engaging, relevant, challenging and significant content that meets local and national curriculum requirements. This inquiry-based curriculum explores factual, conceptual and debatable questions in the study of physical and health education. The MYP requires at least 50 hours of teaching time for each subject area in each year of the programme.

**PE Assessment Criteria:**

**Criteria A: Knowledge and Understanding**

Scholars should be able to:
- i. describe physical health education factual, procedural and conceptual knowledge
- ii. apply physical and health education knowledge to explain issues and solve problems set within familiar and unfamiliar situations
- iii. apply physical and health terminology effectively to communicate understanding.

**Criteria B: Planning for performance**

Scholars should be able to:
- i. design and explain a plan for improving physical performance and health
- ii. explain the effectiveness of a plan based on the outcome.

**Criteria C: Performance and Application**

Scholars should be able to:
- i. demonstrate and apply a range of skills and techniques
- ii. demonstrate and apply a range of strategies and movement concepts
- iii. outline and apply information to perform effectively.

**Criterion D: Reflecting and improving performance**

Scholars should be able to:
- i. describe and demonstrate strategies to enhance interpersonal skills
- ii. outline goals and apply strategies to enhance performance
- iii. explain and evaluate performance.

**Assessment/ grading:**

**Category: 45% Summative Assessment**
• Tests
• Projects
• CA’s

Category: 40% Formative Assessments
• Quizzes
• Collaboration
• Procedure

Category: 15% CFUs Checks for Understanding
• Exit Ticket
• Reflections

Category: 0% MYP 1-8
• Criterion A
• Criterion B
• Criterion C
• Criterion D

   o Late/Missing Work:
     ▪ Students will receive a maximum of 80% for work turned in after the due date.
       This applies to both formative and summative assessments.
     ▪ Teachers should contact parents, assign mandatory tutorials, and, when necessary,
       assign mandatory Saturday Schools to students with missing formative and summative assessments.
     ▪ If a student fails to turn in a summative assessment, teachers must contact the parent
to inform them of the missing assignment within 2 days of the due date.

   o Retakes:
     ▪ Only scholars who receive a grade below 80% on a test are eligible for a retake.
     ▪ The scholar may not earn a grade higher than an 80% on the retake.
     ▪ The higher of the two grades must be the recorded grade.

   o Extra Credit:
     ▪ No extra credit activities or assignments.
     ▪ *Offering scholars the opportunity to earn bonus points through optional questions on quizzes, tests, etc.
is not considered “extra credit” and is not governed by this policy.

Scholars will investigate the following Curriculum Overview:
• physical and health-related knowledge (for example, components of fitness, training methods, training principles, nutrition, lifestyle, biomechanics, exercise physiology, issues in sport, first aid)
• aesthetic movement (for example, aerobics (zumba), jump rope, yoga)
• team sports (for example, football, basketball, handball, volleyball, hockey)
• individual sports (for example, golf, badminton)
• international sports/activities (including athletic traditions and forms of movement beyond Scholars personal and cultural experiences).
• **recreational sports** (for example, ultimate Frisbee, kickball)

• **teacher option**: adventure activities for example: survival skills, hiking.

**Middle School Classroom procedures:**

• Middle School scholars will change in the locker rooms at the SAC, all scholar will have 3 minutes after the allotted passing period to be fully dressed, and walking around the gym.

• A scholar will know if they are tardy when they are not in their assigned seats before the buzzer sounds.

• IF a scholar is tardy they will need to do the following:

  1st Offense:
  - HERO Warning

  2nd Offense:
  - Missed Recess (Teachers log and submitted to our 6th Grade Team Leader (Miss. Vanderpool)

  3rd Offense:
  - Lunch Detention with Teacher

  4th Offense
  - Saturday School

  5th Offense
  - Parent Teacher Conference

  6th Offense
  - Written Referral to the Dean of Scholars (Mrs. Oldham)

• If a scholar has an excuse and is unable to participate in PE, they will be assigned a sideline job or assignment that will be due at the end of class.

• Any scholar who misses P.E. will need to a parent or doctor excuse. Please meet with your grade level coach to discuss making up any missed work.

• If a scholar sits out for more than one day, they must present a doctors excuse to the School Nurse next class meeting. This excuse will be kept on file with the School nurse and in the P.E. department.

• Scholars are **REQUIRED** to dress out for P.E. classes.

• Proper North Hills Physical Education uniform

• Correct shoes (preferably running shoes...NO BLACK SOLE SHOES!!)

• Girls must have hair pulled up in a ponytail.

• No **Jewelry is allowed** with the exception of watches, when running. Girls may wear stud earrings.

• Water Bottle-Gatorade and other sports drinks are not allowed in the gym.

  **Scholars must put their names on all belongings!**

• The following constitutes points being deducted from the scholars grade:
  - Not wearing North Hills P.E. dept. uniform/shoes
  - Wearing Jewelry
  - Chewing gum
  - Hair not pulled back (Teacher discretion)
Using electronics in the gym or locker room. **NO Electronics** are allowed in the gym. (All Electronics will be confiscated and given to the appropriate Dean).

If a scholar is not dressed, they are still **REQUIRED** to workout in their school uniform.

- **Scholars will start their PE time with various stretches, core work and cardiovascular training.**

  **End of class:**

- Scholars will have 5 to 8 minutes to dress out at the end of PE
- Notes will not be written for tardiness to another class.
- Scholars will have 3 minutes to leave the SAC during the passing period to transition to the next class.
- **No Electronics** are allowed during the passing period when transitioning from one class to another.

**Resources:**

Scholar will have access to PE equipment, computers and any other tool necessary for the class.

**Internationalism and Cultural Awareness:**

All the PE units will be focused on worldwide impact and how different sports and activities are practiced and developed in different cultures.

_________________________                __________________________
Signature                          Date

_________________________
Class Period