**PHYSICAL EDUCATION COURSE DESCRIPTION**

**WHAT IS THE COURSE ABOUT?**

Students learn and practice a variety of sports (basic elements as well as tactics) , how to express themselves through movement, encourage creativity.

Studenst also have some written projects about doping ,sport injuries, etc.

The school offers two lessons P.E per week( 45 min)

Selection of topics primarily depends on the schedule, available space and material resources.

Teaching P.E. together with other two classes from national programme it's difficult and requires a big effort.

**MYP 4**

FITNESS-

How and why practise, how to breathe during excercises

Warm up, why it is important

Measuring pulse

**SPORTS**

Volleyball-basic elements

(fingers bounce, hammer throw, serve)

Gymnastics-own exercise on the floor

Basketball-basic elements,game-2vs 2

Dance-standard dances in pairs ,and dance from Croatian heritage

Track and filed-60,100 m

Rope

**MYP 5**

How to perform certain exercise.

Position of the body .Different exercises for certain muscle group.

Creative movement-girls

How we create a sequence-choreography.

Boys-creative movement-gymnastic s (vault, mats ,beam)

**SPORTS**

Football- different task

Basketball- movement composition with ball

How we use space, elements (dribbling, passing, lay up) in one sequence.

Volleyball-

Dance- standard dances

Track and field-height jump.

**ASSESSMENT**

**Criterion A**-use of knowledge: maximum 8 points

Students are expected to have a knowledge and understanding of the physical activities or topics studied.

They are also expected to be able to use this knowledge and understanding critically, and apply it to analyse situations and solve a problem.

Written project are related with health,sport,nutrition...

Must be assessed in non performance or/non playing situation.

**Criterion B**-movement composition: maxiumum 6 points

Students are expected to be able to compose sequences of aesthetic movement, through exploring movement possibilities and variations in accordance with the principles and concepts of a particular aesthetic activity and using this as inspiration.

Students must perform the sequence.

**Criterion C**-performance/application: maximum 10 points

Students are expected to be able to perform in a range of activities, and show skills and techniques ranging from basic to complex.

. They should be able to apply tactics, strategies and rules in both individual and

group situations.

It is also assessed through movement composition ,sequence( precision synchronization or energy).

**Criterion D:** Social skills and personal engagement : maximum 8 points

Students are expected to be able to communicate with others in a manner that enhances the working environment.

This includes showing respect, support and encouragement, as well as demonstrating positive attitudes and strategies to improve relationship.

At the end of the school year points are given in each criteria taking into account achievements in all individual tasks (formative and summative assessment).

Final grades are derived according to grade boundaries provided by the IB (MYP 45):

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| **PHYSICAL EDUCATION** | |
| **GRADE** | **BOUNDARIES** |
| 1 | 0-5 |
| 2 | 6-10 |
| 3 | 11-15 |
| 4 | 16-20 |
| 5 | 21-24 |
| 6 | 25-28 |
| 7 | 29-32 |