XV. GIMNAZIJA
International Baccalaureate Department
Middle Years Programme
Physical and health education

Course description 2020./2021.

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.
Students also have some written projects about health , fitness.

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

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

MYP 4
Health
How and why practise, BMI. Explainning motor skills
Warm up, why it is important-topological order
Measuring pulse

SPORTS
Gymnastics- creating gymnastics routine in pairs or single.
Volleyball-basic elements imitation.
(fingers bounce, hammer throw, serve)
Basketball-basic elements-imitation.
Soccer-dribbling , passing the ball

MYP 5
Diet-nutrition.

Creative movement-
How we create a sequence-choreography.

SPORTS
Basketball- rules.
Volleyball- rules,court.
Soccer- different task

ASSESSMENT

Criterion A-knowing and understanding /8

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, fitness
Must be assessed in non -performance or/non playing situation.

Criterion B-Planning for performance /8
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, write a journal.

Criterion C-Applying and performing/8

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

Criterion D: Reflecting and improving performance/8
-Students are expected to be able to explain and demonstrate strategies to enhance interpersonal skills
-develop goals and apply strategies to enhance performance
-analyse and evaluate performance

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 4,5):

PHYSICAL EDUCATION	
GRADE	**BOUNDARIES**
1	0-5
2	6-9
3	10-14
4	15-18
5	19-23
6	24-27
7	28-32

Utrinka Mihelić-Srdelić