



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



Course description 2023/2024

COURSE OVERVIEW

The Physical Education and Health course is designed to empower students with a comprehensive understanding of physical activities and health. Through a combination of sports activities, creative movement exploration (tactics / knowing how to create a rational sequence), and health-focused written projects, students will develop physical abilities, critical thinking skills, and a deeper appreciation for a healthy lifestyle.

Course Structure:

- **Grade Level:** MYP 4 and MYP 5
- **Duration:** One academic year
- **Frequency:** Two 45-minute sessions per week

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

MYP 4

Fitness

- Understanding the importance of physical fitness
- Motor and functional skills development and its significance
- Creating exercise and its proper sequence
- Load and fatigue management (HR, RPE, talking test, etc.)

SPORTS

- **Volleyball**-basic elements (fingers bounce, hammer throw, serve) and mini volleyball
- **Basketball**-basic elements (dribbling, passing, shooting) and mini basketball
- **Track and field** – abc running drills (ankle work, knee lift, arm work, etc.)
- **Badminton** – basic elements (forehand, backhand, serve, clear or lob)

MYP 5

Fitness

- Applying fitness knowledge to everyday life
- The impact of diet and sleep on health.
- Motor and functional skills development

SPORTS

- **Volleyball**- rules,court., 6v6 volleyball.
- **Basketball** – double step, pivoting, game 5v5, rules.
- **Track and field** – plyometrics, sprinting
- **Badminton** – high and low serve, drop shot, doubles game

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. Apply it, to analyze situations and solve problems.
- Written projects and oral exams related with fitness and health. Must be assessed in non -performance or/non playing situations.

Criterion B-Planning for performance

- Students are expected to be able to compose sequences of aesthetic movement, to create a workout, or develop a tactic/strategy for victory.
- exploring movement possibilities and variations in accordance with the principles and concepts of a particular activity and using this as inspiration.
- Students must write a journal.

Criterion C - Applying and Performing /8

- Proficiency in a range of physical activities, from basic to complex.
- Application of tactics, strategies, and rules in both individual and group contexts, particularly in team sports.
- Assessment of movement composition and sequence precision

Criterion D - Reflecting and Improving Performance /8

- Explanation of strategies for enhancing interpersonal skills.
- Goal development and the application of strategies to improve performance.
- Analysis and evaluation of personal 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

Important Note:

Despite the listed evaluation criteria, disciplinary measures also significantly impact the final grade.

Disciplinary measures include:

1. Attendance in class
2. Participation in class activities
3. Proper equipment usage
4. Effort and behavior in class

Zvonimir Stupac