



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



Course description 2025/2026

COURSE DESCRIPTION

The Physical and Health Education (PHE) course is designed to empower students with a comprehensive understanding of health and use of physical activities in everyday life. Through theoretical and practical learning students will develop physical abilities and a deeper knowledge and 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 units primarily depends on the schedule, available space, material resources.

MYP 4

FITNESS

- Understanding the importance of fitness on physical and mental health.
- Cardiovascular fitness and health (functional skills).
- Motor skills development and its significance on everyday life.
- Training program (sequence, intensity, volume, frequency and safety)
- *Other fitness related topics – sleep, nutrition*

SPORTS

- **Volleyball**-basic elements (overhand and underhand pass, serve) and mini volleyball
- **Basketball**-basic elements (dribbling, passing, shooting, double step shot/lay up) and mini basketball
- **Track and field** – ABC running drills, 3pt start.
- **Badminton** – basic elements (forehand, backhand, serve, drop shot).

MYP 5

FITNESS

- Understanding advanced fitness concepts.
- Training plan and program.
- Implementing training methods and techniques.
- Utilizing technology for tracking workouts and progress.
- Participating in fitness challenges.
- *Other fitness related topics – sleep, nutrition, mental health...*

SPORTS

- **Volleyball**- Serve, receiving, 6v6 volleyball.
- **Basketball** – combination of elements, game 5v5, rules.
- **Track and field** – plyometrics, running mechanics.
- **Badminton** – high and low serve, doubles game.

ASSESSMENT

Criterion A-knowing and understanding

- 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 and sports.
- 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.
- Students must write a journal, or list of methodological exercises.

Criterion C - Applying and Performing

- 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

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

Important: E-gradebook notes

After the completion of each unit, students receive an additional grade for B and D criteria.

B – Planning for performance

Grade: Equipment

At the beginning of the unit, the student has the highest grade for *equipment*. If the student does not bring adequate equipment to class, they receive a note in the e-gradebook titled "No equipment", and their grade is reduced by 1 grade (it goes down from 8 to 7).

D – Reflecting and improving performance

Grade: Behaviour

At the beginning of the unit, the student has the highest grade for *behaviour*. If the student does not behave appropriately in class, they receive a note in the e-gradebook titled "Bad behaviour," and their grade is reduced by 1 grade.

Activity level:

At the end of each unit, the student receives a note in the e-dnevnik as a form of formative assessment related to unit activity. The activity does not pertain to the success of task completion, but it can affect the teacher's best judgment.

Final grade is not average score of grades but teachers best judgment.

Mr. Zvonimir Stupac