

Physical and health education guide

For use from September 2014/January 2015



International Baccalaureate®
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Middle Years Programme

Physical and health education guide

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IB mission statement

The International Baccalaureate aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.

To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment.

These programmes encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.



IB learner profile

The aim of all IB programmes is to develop internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world.

As IB learners we strive to be:

INQUIRERS

We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life.

KNOWLEDGEABLE

We develop and use conceptual understanding, exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance.

THINKERS

We use critical and creative thinking skills to analyse and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions.

COMMUNICATORS

We express ourselves confidently and creatively in more than one language and in many ways. We collaborate effectively, listening carefully to the perspectives of other individuals and groups.

PRINCIPLED

We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences.

OPEN-MINDED

We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek and evaluate a range of points of view, and we are willing to grow from the experience.

CARING

We show empathy, compassion and respect. We have a commitment to service, and we act to make a positive difference in the lives of others and in the world around us.

RISK-TAKERS

We approach uncertainty with forethought and determination; we work independently and cooperatively to explore new ideas and innovative strategies. We are resourceful and resilient in the face of challenges and change.

BALANCED

We understand the importance of balancing different aspects of our lives—intellectual, physical, and emotional—to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

REFLECTIVE

We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.

The IB learner profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities.



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Purpose of this guide

This guide is for use from September 2014 or January 2015, depending on the start of the school year.

This document provides the framework for teaching and learning in physical and health education in the Middle Years Programme (MYP) and must be read and used in conjunction with the document *MYP: From principles into practice* (May 2014), which includes:

- general information about the programme
- the MYP unit planner, with guidance for developing the curriculum that is relevant for all subject groups
- detailed information about approaches to learning
- advice that supports access and inclusion (including accommodations for students with learning support requirements)
- a statement on academic honesty.

In MYP subject guides, requirements appear in a text box like this one.

Additional resources

Teacher support materials (TSM) are available in the online curriculum centre (<http://occ.ibo.org>). The TSM for physical and health education contains support for developing the written, taught and assessed curriculum. It provides examples of good practice, including course overviews, assessment tasks and markschemes as well as student work with teacher comments.

An optional process of externally-moderated assessment can lead to **IB MYP results** for physical and health education courses, and these results can contribute to the awarding of an **IB MYP certificate**. More information is available in the annual publication *Handbook of procedures for the Middle Years Programme*.

A range of publications that support the MYP are available at the IB store (<http://store.ibo.org>).

Acknowledgment

The IB gratefully acknowledges the generous contributions of IB World Schools and a global community of educators who collaborate in the development of the Middle Years Programme (MYP).

Programme model

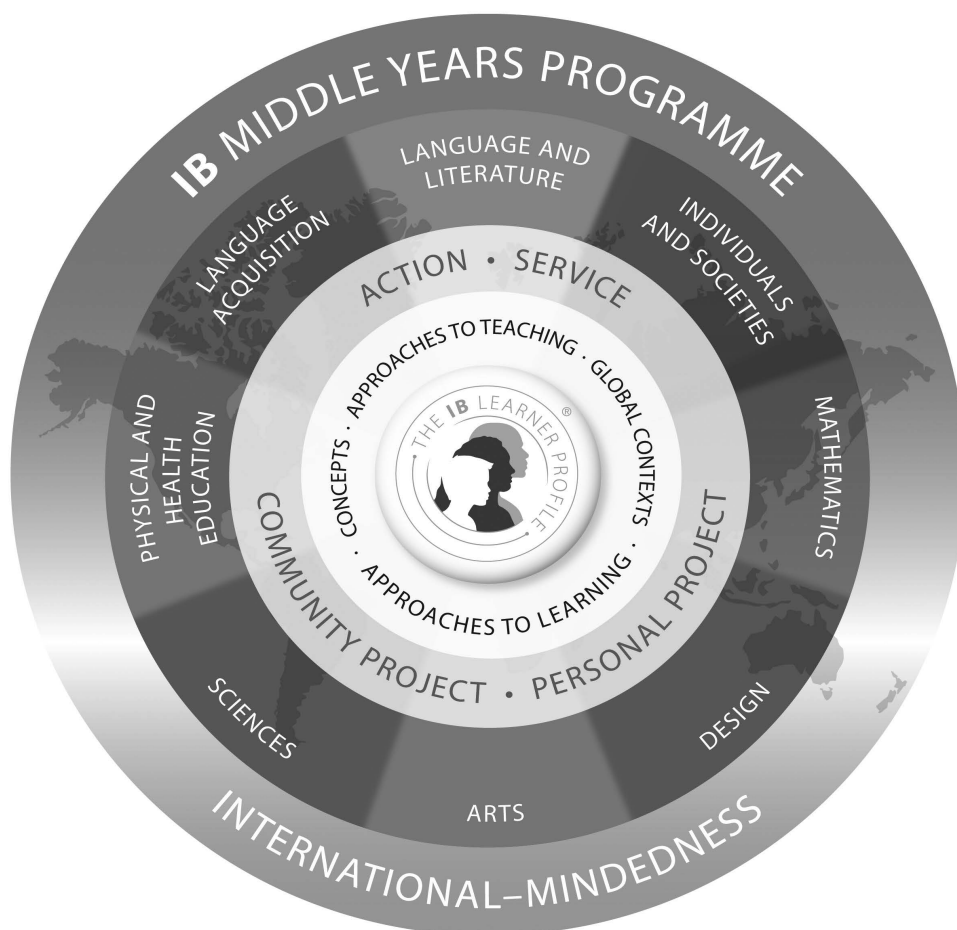


Figure 1
Middle Years Programme model

The MYP is designed for students aged 11 to 16. It provides a framework of learning that encourages students to become creative, critical and reflective thinkers. The MYP emphasizes intellectual challenge, encouraging students to make connections between their studies in traditional subjects and the real world. It fosters the development of skills for communication, intercultural understanding and global engagement—essential qualities for young people who are becoming global leaders.

The MYP is flexible enough to accommodate the demands of most national or local curriculums. It builds upon the knowledge, skills and attitudes developed in the IB Primary Years Programme (PYP) and prepares students to meet the academic challenges of the IB Diploma Programme (DP) and the IB Career-related Certificate (IBCC).

The MYP:

- addresses holistically students' intellectual, social, emotional and physical **well-being**
- provides students opportunities to develop the **knowledge, attitudes and skills** they need in order to manage complexity and take responsible action for the future
- ensures breadth and depth of understanding through study in **eight subject groups**
- requires the study of at least **two languages** to support students in understanding their own cultures and those of others
- empowers students to participate in **service with the community**
- helps to prepare students for **further education**, the **workplace** and a **lifetime of learning**.

Nature of physical and health education

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F Kennedy

MYP physical and health education aims to empower students to understand and appreciate the value of being physically active and develop the motivation for making healthy life choices. To this end, physical and health education courses foster the development of knowledge, skills and attitudes that will contribute to a student's balanced and healthy lifestyle. Through opportunities for active learning, courses in this subject group embody and promote the holistic nature of well-being. Students engaged in physical and health education will explore a variety of concepts that help foster an awareness of physical development and health perspectives, empowering them to make informed decisions and promoting positive social interaction.

Physical and health education focuses on both **learning about** and **learning through** physical activity. Both dimensions help students to develop approaches to learning (ATL) skills across the curriculum. Physical and health education contributes a unique perspective to the development of the attributes of the IB learner profile, promoting the health of individuals and communities.

Through physical and health education, students can learn to appreciate and respect the ideas of others, and develop effective collaboration and communication skills. This subject area also offers many opportunities to build positive interpersonal relationships that can help students to develop a sense of social responsibility. At their best, physical and health education courses develop the enjoyment, engagement and confidence in physical activity that students need in order to achieve and maintain a balanced, healthy life.

Physical activity and health are of central importance to human identity and global communities. They create meaningful connections among people, nations, cultures and the natural world, and they offer a range of opportunities to build intercultural understanding and greater appreciation for our common humanity.

Physical and health education across the IB continuum

The IB continuum of international education provides a progression of learning for students aged 3–19. In the IB Primary Years Programme (PYP), personal, social and physical education is concerned with the development of the knowledge, skills and attitudes that students need in order to achieve well-being for themselves and others. MYP physical and health education aims to build on what students learn and do in the PYP and other student-centred programmes of primary education. There are no prior formal learning requirements.

MYP physical and health education courses, in combination with MYP sciences, help specifically to prepare students for the study of **sports, exercise and health science** in the IB Diploma Programme (DP). This rigorous course enables students to inquire into systems of the human body and explore how and why these systems work together. In their study of sports, exercise and health science, students learn how to apply their knowledge and understanding by critically analysing human performance and through planning and conducting laboratory investigations.

Figure 2 shows the IB continuum pathways to DP sports, exercise and health science.

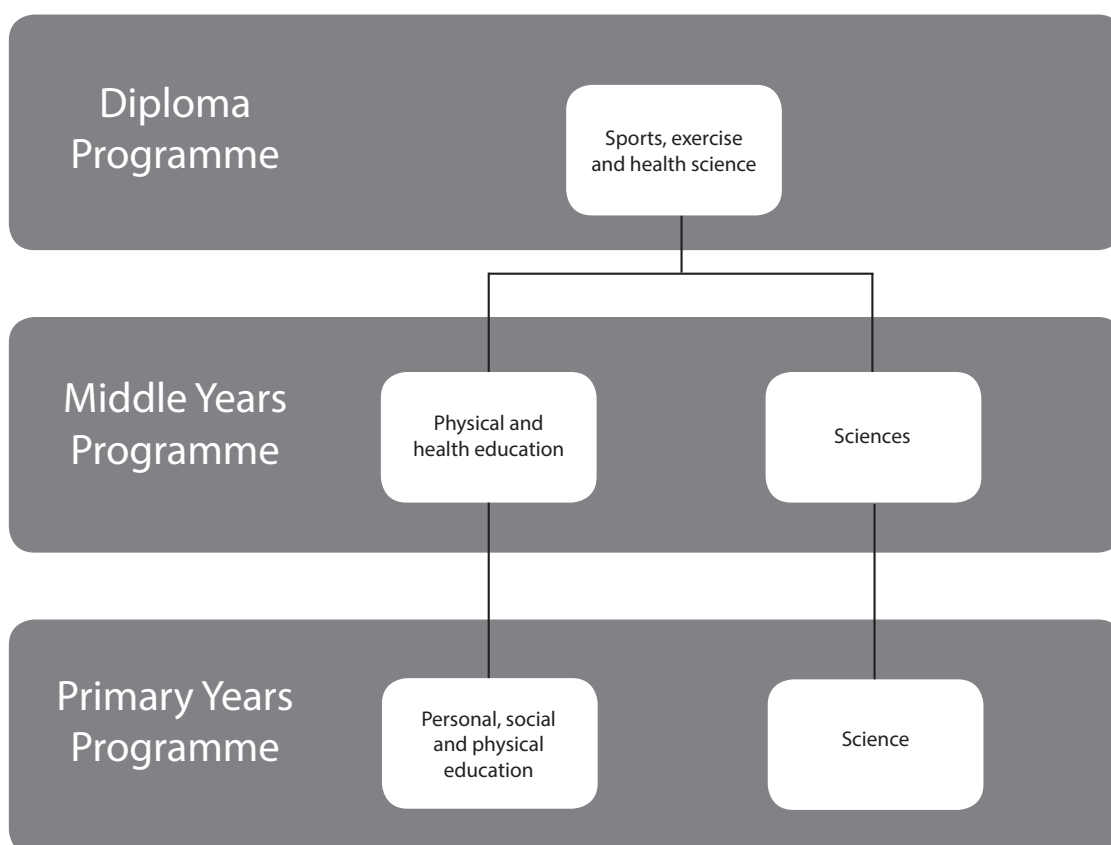


Figure 2
IB continuum pathway to Diploma Programme sports, exercise and health science

MYP physical and health education also helps to prepare students for overall success in the DP, and connects directly with their participation in creativity, action, service (CAS). CAS complements students' demanding academic preparation with a requirement for physical exertion that can contribute to a healthy lifestyle. In CAS, students continue to develop skills in reflection that they use to undertake new challenges and plan activities—including competitive sports, personal athletic programmes and endurance events, and physically active service learning projects.

The knowledge, skills and attitudes that students develop in physical and health education courses provide a meaningful foundation for further study and help to prepare students for careers in education, recreation and leisure industries, health sciences, sports and exercise science, performance, coaching, and fitness and community health management.

Aims

The aims of all MYP subjects state what a teacher may expect to teach and what a student may expect to experience and learn. These aims suggest how the student may be changed by the learning experience.

The aims of MYP physical and health education are to encourage and enable students 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 social responsibility
- reflect on their learning experiences.

Objectives

The objectives of any MYP subject state the specific targets that are set for learning in the subject. They define what the student will be able to accomplish as a result of studying the subject.

The objectives of MYP physical and health education encompass the factual, conceptual, procedural and metacognitive dimensions of knowledge.

Each objective is elaborated by a number of **strands**; a strand is an aspect or indicator of the learning expectation.

Subject groups **must** address **all** strands of **all** four objectives **at least twice** in each year of the MYP.

The objectives for years 1, 3 and 5 of the programme are provided in the guide and their use is mandatory.

These objectives relate directly to the assessment criteria found in the “Assessed curriculum” section of this guide.

Together these objectives reflect the knowledge, skills and attitudes that students need in order to develop an active and healthy life; they represent essential aspects of physical, personal and social development.

A. Knowing and understanding

Students develop knowledge and understanding about health and physical activity in order to identify and solve problems.

In order to reach the aims of physical and health education, students should be able to:

- i. explain physical health education factual, procedural and conceptual knowledge
- ii. apply physical and health education knowledge to analyse issues and solve problems set in familiar and unfamiliar situations
- iii. apply physical and health terminology effectively to communicate understanding.

B. Planning for performance

Students through inquiry design, analyse, evaluate and perform a plan in order to improve performance in physical and health education.

In order to reach the aims of physical and health education, students should be able to:

- i. design, explain and justify plans to improve physical performance and health
- ii. analyse and evaluate the effectiveness of a plan based on the outcome.

C. Applying and performing

Students develop and apply practical skills, techniques, strategies and movement concepts through their participation in a variety of physical activities.

In order to reach the aims of physical and health education, students should be able to:

- i. demonstrate and apply a range of skills and techniques effectively
- ii. demonstrate and apply a range of strategies and movement concepts
- iii. analyse and apply information to perform effectively.

D. Reflecting and improving performance

Students enhance their personal and social development, set goals, take responsible action and reflect on their performance and the performance of others.

In order to reach the aims of physical and health education, students should be able to:

- i. explain and demonstrate strategies that enhance interpersonal skills
- ii. develop goals and apply strategies to enhance performance
- iii. analyse and evaluate performance.

Planning a progression of learning

Year 1 In order to reach the aims of physical and health education, students should be able to:	Year 3 In order to reach the aims of physical and health education, students should be able to:	Year 5 In order to reach the aims of physical and health education, students should be able to:
Objective A: Knowing and understanding		
i. outline physical health education factual, procedural and conceptual knowledge ii. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations iii. apply physical and health terminology to communicate understanding.	i. describe physical health education factual, procedural and conceptual knowledge ii. apply physical and health education knowledge to explain issues and solve problems set in familiar and unfamiliar situations iii. apply physical and health terminology effectively to communicate understanding.	i. explain physical health education factual, procedural and conceptual knowledge ii. apply physical and health education knowledge to analyse issues and solve problems set in familiar and unfamiliar situations iii. apply physical and health terminology effectively to communicate understanding.
Objective B: Planning for performance		
i. construct and outline a plan for improving health or physical activity ii. describe the effectiveness of a plan based on the outcome.	i. design and explain a plan for improving physical performance and health ii. explain the effectiveness of a plan based on the outcome.	i. design, explain and justify plans to improve physical performance and health ii. analyse and evaluate the effectiveness of a plan based on the outcome.

Year 1 In order to reach the aims of physical and health education, students should be able to:	Year 3 In order to reach the aims of physical and health education, students should be able to:	Year 5 In order to reach the aims of physical and health education, students should be able to:
Objective C: Applying and performing		
i. recall and apply a range of skills and techniques effectively	i. demonstrate and apply a range of skills and techniques	i. demonstrate and apply a range of skills and techniques effectively
ii. recall and apply a range of strategies and movement concepts	ii. demonstrate and apply a range of strategies and movement concepts	ii. demonstrate and apply a range of strategies and movement concepts
iii. recall and apply information to perform effectively.	iii. outline and apply information to perform effectively.	iii. analyse and apply information to perform effectively.
Objective D: Reflecting and improving performance		
i. identify and demonstrate strategies to enhance interpersonal skills	i. describe and demonstrate strategies to enhance interpersonal skills	i. explain and demonstrate strategies to enhance interpersonal skills
ii. identify goals and apply strategies to enhance performance	ii. outline goals and apply strategies to enhance performance	ii. develop goals and apply strategies to enhance performance
iii. describe and summarize performance.	iii. explain and evaluate performance.	iii. analyse and evaluate performance.

Throughout the programme, students should engage the curriculum and be expected to demonstrate their understanding at increasing levels of sophistication.

The range of assessed skills, techniques, strategies and movement concepts, as well as the complexity of their application, must increase as students progress through the programme.

Interdisciplinary learning

Interdisciplinary teaching and learning is grounded in individual subject groups and disciplines, but extends disciplinary understanding in ways that are:

- **integrative**—bringing together concepts, methods, or modes of communication from two or more subject groups, disciplines, or established areas of expertise to develop new perspectives, and
- **purposeful**—connecting disciplines to solve real-world problems, create products or address complex issues in ways that would have been unlikely through a single approach.

Interdisciplinary teaching and learning builds a connected curriculum that addresses the developmental needs of students in the MYP. It prepares students for further academic (inter)disciplinary study and for life in an increasingly interconnected world.

The MYP uses concepts and contexts as starting points for meaningful integration and transfer of knowledge across subject groups and disciplines. *Fostering interdisciplinary teaching and learning in MYP schools* (July 2014) contains more information, including a detailed process for planning and recording interdisciplinary units.

MYP schools are responsible for engaging students in at least one collaboratively-planned interdisciplinary unit for each year of the programme.

MYP physical and health education offers many opportunities for interdisciplinary teaching and learning. Possible interdisciplinary units in this subject group could include inquiries into:

- relationships between athletic performance and technological innovation/design
- aesthetic movement routines that communicate related concepts from other subject groups
- fitness and well-being from the perspective of psychology, or biology/chemistry/physics
- historical and cultural developments in sports.

Interdisciplinary learning can take place through large and small scale learning engagements. Authentic interdisciplinary learning often requires critical reflection and detailed collaborative planning. However, teachers and students can also make interdisciplinary connections through spontaneous learning experiences and conversations.

All MYP subject group teachers are responsible for developing meaningful ongoing opportunities for interdisciplinary teaching and learning.

MYP projects

The MYP community project (for students in years 3 or 4) and MYP personal project (for students in year 5) aim to encourage and enable sustained inquiry within a global context that generates new insights and deeper understanding. In these culminating experiences, students develop confidence as principled, lifelong learners. They grow in their ability to consider their own learning, communicate effectively and take pride in their accomplishments.

Courses in physical and health education help students to develop key approaches to learning (ATL) that lead to success and enjoyment in MYP projects. In this subject group, students have important opportunities to practice ATL skills, especially social skills and self-management skills. Working collaboratively and personal planning are essential aspects of physical and health education.

From their learning experiences in this subject group, students can find inspiration for their projects. As they complete these consolidations of learning, students can enjoy being physically active and helping others to develop a better understanding of personal and community well-being. Physical and health education teachers provide an important resource for students whose projects involve physical activity, personal development and social responsibility.

Physical and health education offers many opportunities for learning through action. Inspiration from physical and health education for community projects and personal projects might include inquiries into:

- sports or recreational activities, organizations or facilities
- important personal, community or global health issues
- goals for increased well-being or performance
- healthier lives in the school, local community or wider world.

Requirements

Teaching hours

Schools must allocate the teaching hours necessary to meet the requirements of MYP physical and health education.

The MYP requires at least 50 hours of teaching time for each subject group in each year of the programme.

In practice more time is often necessary to meet subject area aims and objectives and to provide for the sustained, concurrent teaching that enables interdisciplinary study.

For students pursuing IB MYP results that can contribute to the awarding of the IB MYP certificate, physical and health education courses should include at least 70 teaching hours in each of the final two years of the programme (MYP Year 4 and MYP Year 5).

MYP physical and health education courses must engage students in physical education activities for **at least 50 percent** (50%) of the total teaching time allocated to this subject.

Driver education, extracurricular sports and musical organizations, intramural activities and interscholastic sports league play do not count towards the required minimum teaching hours.

Organizing physical and health education in the school

In order to give the students an opportunity to meet the MYP physical and health education objectives at the highest level, teachers should plan a balanced curriculum that includes significant content, including

- 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, gymnastics, aerobics, martial arts, jump rope, yoga, capoeira)

Students must complete an **aesthetic movement routine** that is **assessed against criterion B** (planning for performance) in **every year** of the programme.

- team sports (for example, football codes, basketball, handball, volleyball, hockey)
- individual sports (for example, golf, athletics, swimming, squash, fencing)
- international sports/activities (including athletic traditions and forms of movement beyond students' personal and cultural experiences).

Schools can also include:

- alternative recreational sports (for example, ultimate Frisbee®, in-line skating, skateboarding, parkour)
- adventure activities (for example, orienteering, rock climbing, hiking, cross-country skiing, mountain biking, kayaking).

Planning the physical and health education curriculum

IB World Schools are responsible for developing and structuring MYP physical and health education courses that provide opportunities for students to meet the aims and objectives of the programme. Each school's circumstances, including local and national curriculum requirements, determine the organization of physical and health education within the school.

MYP standards and practices require schools to facilitate and promote collaborative planning for the purpose of curriculum development and review.

Physical and health education objectives for years 1 to 5 of the curriculum provide continuity and outline a progression of learning. These objectives guide teachers in making decisions about developmentally appropriate learning experiences, including formative and summative assessments.

As they develop the vertical articulation of physical and health education over the years of the programme, teachers should plan increasingly complex units of work that encompass multiple objectives. However, within these units, discrete tasks or smaller units of work might concentrate on specific objectives or individual strands.

Physical and health education courses offer many opportunities to build interdisciplinary connections across the curriculum. Horizontal articulation for each year of the programme should coordinate teaching and learning across courses in physical and health education, as well as identify shared conceptual understandings and approaches to learning that span multiple subject groups and help to create a coherent learning experience for students throughout the year.

Teaching and learning through inquiry

Inquiry, in the broadest sense, is the process that people use to move to deeper levels of understanding. Inquiry involves speculating, exploring, questioning and connecting. In all IB programmes, inquiry develops curiosity and promotes critical and creative thinking.

The MYP structures sustained inquiry in physical and health education by developing **conceptual understanding** in **global contexts**. Teachers and students develop a **statement of inquiry** and use **inquiry questions** to explore the subject. Through their inquiry, students develop specific interdisciplinary and disciplinary **approaches to learning** skills.

Conceptual understanding

A concept is a “big idea”—a principle or notion that is enduring, the significance of which goes beyond particular origins, subject matter or place in time. Concepts represent the vehicle for students’ inquiry into the issues and ideas of personal, local and global significance, providing the means by which they can explore the essence of physical and health education.

Concepts have an important place in the structure of knowledge that requires students and teachers to think with increasing complexity as they organize and relate facts and topics.

Concepts express understanding that students take with them into lifelong adventures of learning. They help students to develop principles, generalizations and theories. Students use conceptual understanding as they solve problems, analyse issues, and evaluate decisions that can have an impact on themselves, their communities and the wider world.

In the MYP, conceptual understanding is framed by prescribed key and related concepts. Teachers must use these concepts to develop the curriculum. Schools may identify and develop additional concepts to meet local circumstances and curriculum requirements.

Key concepts

Key concepts promote the development of a broad curriculum. They represent big ideas that are both relevant within and across disciplines and subjects. Inquiry into key concepts can facilitate connections between and among

- courses within the physical and health education subject group (intra-disciplinary learning)
- other subject groups (interdisciplinary learning).

Table 1 lists the key concepts to be explored across the MYP. The key concepts contributed by the study of physical and health education are **change**, **communication** and **relationships**.

Aesthetics	Change	Communication	Communities
Connections	Creativity	Culture	Development
Form	Global interactions	Identity	Logic
Perspective	Relationships	Time, place and space	Systems

Table 1
MYP key concepts

These key concepts provide a framework for physical and health education, informing units of work and helping to organize teaching and learning.

Change

Change is a conversion, transformation, or movement from one form, state or value to another. Inquiry into the concept of change involves understanding and evaluating causes, processes and consequences.

In many ways, physical and health education involves inquiry into change. In response to stimuli from players and the environment, individuals and teams change strategies and tactics. Change is an essential aspect of human development, and adolescents are acutely aware of their changing bodies and abilities. Physical and health education courses can help to foster positive personal, social, emotional, mental and physical change that can lead to more balanced, healthy lives.

Communication

Communication is the exchange or transfer of signals, facts, ideas and symbols. It requires a sender, a message and an intended receiver. Communication involves the activity of conveying information or meaning. Effective communication requires a common “language” (which may be written, spoken or non-verbal).

Physical and health education requires students to utilize, create, adapt and understand a variety of strategic communication tools. Communication within this subject relies on a strong connection between form and function. Students will understand that communication is not simply about giving and receiving information, but also **how** that information is transferred. Communication is an essential part of all personal and social development; it helps people to understand themselves, others and the world around them.

Relationships

Relationships are the connections and associations between properties, objects, people and ideas—including the human community’s connections with the world in which we live. Any change in relationship brings consequences—some of which may occur on a small scale, while others may be far reaching, affecting large networks and systems like human societies and the planetary ecosystem.

In physical and health education, the concept of relationship offers opportunities to explore the connections human beings need in order to function and interact effectively. Through physical and health education, students will develop and reflect on a wide variety of personal and social relationships in which they can assess and develop their interpersonal skills.

Other key concepts can also be important in physical and health education. For example, **connections** emphasize personal opportunities and risks related to people, places, communities, climate and cultures. The connection between physical activity, physical education and health is also critical. **Form** is evident in all aspects of sport and dance. **Logic** underpins reflective activities in both physical education and health: players and performers use logic (including scientific thinking) to analyse, evaluate and improve performance.

Related concepts

Related concepts promote deep learning. They are grounded in specific disciplines and are useful for exploring key concepts in greater detail. Inquiry into related concepts helps students develop more complex and sophisticated conceptual understanding. Related concepts may arise from the subject matter of a unit or the craft of a subject—its features and processes.

Table 2 lists related concepts for the study of physical and health education.

Related concepts in physical and health education		
Adaptation	Balance	Choice
Energy	Environment	Function
Interaction	Movement	Perspectives
Refinement	Space	Systems

Table 2
Related concepts in physical and health education

The appendix contains a glossary of these related concepts for physical and health education.

Global contexts for teaching and learning

Global contexts direct learning toward independent and shared inquiry into our common humanity and shared guardianship of the planet. Using the world as the broadest context for learning, MYP physical and health education can develop meaningful explorations of:

- identities and relationships
- orientation in space and time
- personal and cultural expression
- scientific and technical innovation
- globalization and sustainability
- fairness and development.

Teachers must identify a global context for teaching and learning, or develop additional contexts that help students explore the relevance of their inquiry (why it matters).

Many inquiries into physical and health education concepts naturally focus on identities and relationships. However, courses in this subject group should over time offer students multiple opportunities to explore all MYP global contexts in relationship to the aims and objectives of the subject group.

Statements of inquiry

Statements of inquiry set conceptual understanding in a global context in order to frame classroom inquiry and direct purposeful learning. Table 3 shows some possible statements of inquiry for MYP physical and health education units:

Statement of inquiry	Key concept Related concepts Global context	Possible project/study
Managing player and team conflict requires cooperation between differing perspectives.	- Communication - Perspectives, interaction - Identity and relationships	Coaching
For a team to function effectively, all team members must communicate efficiently and clearly.	- Communication - Function, systems - Personal and cultural expression	Team sports
Team members must work together to develop interconnected, responsive movement patterns to maintain positional balance.	- Relationships - Development, movement, patterns, balance - Orientation in space and time	- Doubles badminton - Doubles tennis
The use of technology can impact the function of body systems that support physical and mental well-being.	- Relationships - Systems, function - Scientific and technical innovation	- Body systems - Lifestyle choices - Special Olympics sports
Performers respond and adapt to changing environments, challenges and situations.	- Change - Environment, adaptation - Globalization and sustainability	- Golf - Ultimate Frisbee
Participants in sport can bring different perspectives to the development and application of rules.	- Change - Perspective, choice - Fairness and development	- Issues in sport - Sport Education in Physical Education (SEPEP)
Athletes and performers analyse current movement patterns so that they can refine technique and maximize performance energy.	- Change - Refinement, movement, patterns, energy - Personal and cultural expression	- Athletics - Martial arts

Table 3
Example statements of inquiry

Inquiry questions

Teachers and students use statements of inquiry to help them identify factual, conceptual and debatable inquiry questions. Inquiry questions give direction to teaching and learning, and they help to organize and sequence learning experiences.

Table 4 shows some possible inquiry questions for MYP physical and health education units:

Factual questions: Remembering facts and topics	Conceptual questions: Analysing big ideas	Debatable questions: Evaluating perspectives and developing theories
- What are the functions of specific roles or positions in this sport? - How can team members communicate? - What are the rules?	- How can we create balance between the mind and body? - Why can the energy of a performance feel different to the audience and the performer? - How can we create usable space?	- What makes an effective system of communication during game play? - What are the most efficient strategies for building highly collaborative teams? - Why do patterns of movement need to change even though the end goal remains the same?

Table 4
Examples of factual, conceptual and debatable questions

Approaches to learning (ATL)

All MYP units of work offer opportunities for students to develop and practise ATL skills. ATL skills provide valuable support for students working to meet the subject group's aims and objectives.

ATL skills are grouped into five categories that span the IB continuum of international education. IB programmes identify discrete skills in each category that can be introduced, practised and consolidated in the classroom and beyond.

While ATL skills are relevant across all MYP subject groups, teachers may also identify ATL skill indicators especially relevant for, or unique to, a particular subject group or course.

Table 5 suggests some of the indicators that can be important in physical and health education.

Organizer	Skill indicator
Thinking skills	Evaluate the benefits and limitations of set plays
Social skills	Give specific feedback on technique that will improve the performance of others
Communication skills	Develop systems of non-verbal communication to execute team movement effectively
Self-management skills	Practice positive thinking to improve mental strength
Research skills	Make connections between the various aspects of health and how they impact well-being

Table 5

Examples of physical and health education-specific skill indicators

Well-designed learning engagements and assessments provide rich opportunities for students to practise and demonstrate ATL skills. Each MYP unit explicitly identifies ATL skills around which teaching and learning can focus, and through which students can authentically demonstrate what they are able to do. Formative assessments provide important feedback for developing discrete skills, and many ATL skills support students as they demonstrate their achievements in summative assessments of subject group objectives.

Table 6 lists some specific ATL skills that students can demonstrate through performances of understanding in physical and health education.

Approaches to learning
Thinking (critical thinking): observing tactics in order to recognize personal and team strengths and weaknesses Communication (interaction): actively listen to verbal calls and observe non-verbal cues in order to understand teammates during game play

Table 6

Examples of physical and health education demonstrations of ATL skills

Subject-specific guidance

Class size

MYP courses in physical and health education require schools to plan for class sizes small enough to ensure a learning environment characterized by:

- adequate supervision
- individual attention and full participation
- appropriate access to equipment and facilities
- safe and enjoyable learning experiences for all students.

Practical activity time

The **minimum requirement** for students to be physically active during physical and health education is fifty percent (50%) of the total teaching time allocated to the subject. The recommended requirement is for students to be physically active for seventy-five percent (75%) of total teaching time in physical and health education courses.

Providing access and promoting inclusion

All students should participate in physical and health education. Physical activity is especially important for many students with disabilities because of its demonstrated role in developing physical, cognitive and social skills. Regular exercise can help students manage emotions, reduce anxiety and improve self-esteem and concentration. In this subject group, students who face physical and emotional challenges need carefully planned learning experiences in order to find success and enjoyment. Students with disabilities can face many challenges to full participation in physical education, including limited physical access, transport and teacher education. However, with careful preparation, school communities can work together to minimize and eliminate these barriers.

Inclusive physical and health education requires schools and teachers to assess students' potential and provide a learning environment that values progress and development.

Alignment of objectives and criteria

In the MYP, assessment is closely aligned with the written and taught curriculum. Each strand from MYP physical and health education has a corresponding strand in the assessment criteria for this subject group. Figure 3 illustrates this alignment and the increasingly complex demands for student performance at higher levels of achievement.

C: Applying and performing

At the end of year 5, students should be able to:

- i. demonstrate and apply a range of skills and techniques effectively
- ii. demonstrate and apply a range of strategies and movement concepts
- iii. analyse and apply information to perform effectively.

Achievement level	Level descriptor
0	The student does not reach a standard identified by any of the descriptors below.
1–2	The student: i. demonstrates and applies skills and techniques with limited success ii. demonstrates and applies strategies and movement concepts with limited success iii. recalls information to perform.
3–4	The student: i. demonstrates and applies skills and techniques ii. demonstrates and applies strategies and movement concepts iii. identifies and applies information to perform.
5–6	The student: i. demonstrates and applies a range of skills and techniques ii. demonstrates and applies a range of strategies and movement concepts iii. analyses and applies information to perform.
7–8	The student: i. demonstrates and applies a range of complex skills and techniques ii. demonstrates and applies a range of complex strategies and movement concepts iii. analyses and applies information to perform effectively.

Figure 3
Physical and health education objectives and criteria alignment

Assessment criteria overview

Assessment for physical and health education courses in all years programme is criterion-related, based on four equally weighted assessment criteria:

Criterion A	Knowing and understanding	Maximum 8
Criterion B	Planning for performance	Maximum 8
Criterion C	Applying and performing	Maximum 8
Criterion D	Reflecting and improving performance	Maximum 8

Subject groups **must** address **all** strands of **all** four assessment criteria **at least twice** in each year of the MYP.

In the MYP, subject group objectives correspond to assessment criteria. Each criterion has nine possible levels of achievement (0–8), divided into four bands that generally represent limited (1–2); adequate (3–4); substantial (5–6); and excellent (7–8) performance. Each band has its own unique descriptor which teachers use to make “best-fit” judgments about students’ progress and achievement.

This guide provides the **required assessment criteria** for years 1, 3 and 5 of MYP physical and health education. In response to national or local requirements, schools may add criteria and use additional models of assessment. Schools must use the appropriate assessment criteria as published in this guide to report students’ final achievement in the programme.

Teachers clarify the expectations for each summative assessment task with direct reference to these assessment criteria. Task-specific clarifications should clearly explain what students are expected to know and do. They might be in the form of:

- a task-specific version of the required assessment criteria
- a face-to-face or virtual classroom discussion
- a detailed task sheet or assignment.

Physical and health education assessment criteria: Year 1

Criterion A: Knowing and understanding

Maximum: 8

At the end of year 1, students should be able to:

- i. outline physical health education-related factual, procedural and conceptual knowledge
- ii. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations
- iii. apply physical and health terminology to communicate understanding.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. recalls some physical health education factual, procedural conceptual knowledge ii. identifies physical and health education knowledge to outline issues iii. recalls physical and health terminology.
3–4	The student: i. recalls physical health education factual, procedural and conceptual knowledge ii. identifies physical and health education knowledge to outline issues and suggest solutions to problems set in familiar situations iii. applies physical and health terminology to communicate understanding with limited success.
5–6	The student: i. states physical health education factual, procedural and conceptual knowledge ii. identifies physical and health education knowledge to outline issues and solve problems set in familiar situations iii. applies physical and health terminology to communicate understanding.

7–8	The student: outlines physical health education factual, procedural and conceptual knowledge identifies physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations applies physical and health terminology consistently to communicate understanding.
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Notes for criterion A

- Criterion A must be assessed in non-performance/non-playing situations.
- Criterion A can be assessed only through written or oral tasks.

Criterion B: Planning for performance

Maximum: 8

At the end of year 1, students should be able to:

- i. construct and outline a plan for improving health or physical activity
- ii. describe the effectiveness of a plan based on the outcome.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. states plans for improving health or physical activity ii. states the effectiveness of a plan.
3–4	The student: i. outlines a basic plan for improving health or physical activity ii. states the effectiveness of a plan based on the outcome.
5–6	The student: i. outlines a plan for improving health or physical activity ii. identifies the effectiveness of a plan based on the outcome.
7–8	The student: i. constructs and outlines a plan for improving health or physical activity ii. describes the effectiveness of a plan based on the outcome.

Notes for criterion B

- Criterion B can be assessed through units that require students to inquire and plan. Examples include: composition of aesthetic movement routines (such as gymnastics, dance, sport aerobics, martial arts), fitness training programmes, coaching programmes, game creation and laboratory investigations (such as fitness, skill acquisition, energy systems).
- Planning for the execution of skills is not appropriate for assessment against this criterion. (For example, criterion B is not used to assess a student's plan of how to execute a skill such as tackling in rugby or performing a lay-up in basketball.)
- In order to meet the requirements of criterion B, students must carry out their plan to evaluate it.

Criterion C: Applying and performing

Maximum: 8

At the end of year 1, students should be able to:

- i. recall and apply a range of skills and techniques effectively
- ii. recall and apply a range of strategies and movement concepts
- iii. recall and apply information to perform effectively.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. recalls some skills and techniques ii. recalls some strategies and movement concepts iii. applies information to perform with limited success.
3–4	The student: i. recalls skills and techniques ii. recalls strategies and movement concepts iii. applies information to perform.
5–6	The student: i. recalls and applies skills and techniques ii. recalls and applies a range of strategies and movement concepts iii. applies information to perform effectively.
7–8	The student: i. recalls and applies a range of skills and techniques ii. recalls and applies a range of strategies and movement concepts iii. recalls and applies information to perform effectively.

Notes for criterion C

- Criterion C must be assessed in **performance/playing situations**.
- A student's ability to recall and apply **skills and techniques** effectively could include: accuracy, efficiency, control, coordination, timing, fluency, speed and power.
- A student's ability to recall and apply **strategies and movement concepts** effectively could include: the use of space, force and flow of movement and adaptation to various situations.
- A student's ability to recall and apply **information** to perform effectively could include: reading the situation, processing information, responding to feedback and making appropriate decisions. Depending on the nature of the activity, these sorts of characteristics should be considered.
- Criterion C is not appropriate for assessing replication of movement routines and umpiring/refereeing.

Criterion D: Reflecting and improving performance

Maximum: 8

At the end of year 1, students should be able to:

- i. identify and demonstrate strategies to enhance interpersonal skills
- ii. identify goals and apply strategies to enhance performance
- iii. describe and summarize performance.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. states a strategy to enhance interpersonal skills ii. states a goal to enhance performance iii. describes performance.
3–4	The student: i. lists strategies to enhance interpersonal skills ii. states a goal and applies strategies to enhance performance iii. summarizes performance.
5–6	The student: i. identifies strategies to enhance interpersonal skills ii. lists goals and applies strategies to enhance performance iii. outlines and summarizes performance.
7–8	The student: i. identifies and demonstrates strategies to enhance interpersonal skills ii. identifies goals and applies strategies to enhance performance iii. describes and summarizes performance.

Notes for criterion D

- Criterion D is appropriate for assessing personal and social development in sports/performance leadership and officiating.

Physical and health education assessment criteria: Year 3

Criterion A: Knowing and understanding

Maximum: 8

At the end of year 3, students 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 in familiar and unfamiliar situations
- iii. apply physical and health terminology effectively to communicate understanding.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. recalls physical and health education factual, procedural and conceptual knowledge ii. identifies physical and health education knowledge to outline issues and suggest solutions to problems set in familiar situations iii. applies physical and health terminology to communicate understanding with limited success.
3–4	The student: i. states physical and health education factual, procedural and conceptual knowledge ii. identifies physical and health education knowledge to describe issues and to solve problems set in familiar situations iii. applies physical and health terminology to communicate understanding.
5–6	The student: i. outlines physical and health education factual, procedural and conceptual knowledge ii. applies physical and health education knowledge to describe issues to solve problems set in familiar situations and suggest solutions to problems set in unfamiliar situations iii. applies physical and health terminology consistently to communicate understanding.

7–8	The student: describes physical health education factual, procedural and conceptual knowledge applies physical and health education knowledge to explain issues and solve problems set in familiar and unfamiliar situations applies physical and health terminology consistently and effectively to communicate understanding.
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Notes for criterion A

- Criterion A must be assessed in non-performance/non-playing situations.
- Criterion A can be assessed only through written or oral tasks.

Criterion B: Planning for performance

Maximum: 8

At the end of year 3, students 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.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. outlines a plan for improving physical performance and health ii. states the effectiveness of a plan based on the outcome.
3–4	The student: i. constructs and outlines a plan for improving physical performance and health ii. outlines the effectiveness of a plan based on the outcome.
5–6	The student: i. constructs and explains a plan for improving physical performance and health ii. describes the effectiveness of a plan based on the outcome.
7–8	The student: i. designs and explains a plan for improving physical performance and health ii. explains the effectiveness of a plan based on the outcome.

Notes for criterion B

- Criterion B can be assessed through units that require students to inquire and plan. Examples include: composition of aesthetic movement routines (such as gymnastics, dance, sport aerobics, martial arts), fitness training programmes, coaching programmes, game creation and laboratory investigations (such as fitness, skill acquisition, energy systems).
- Planning for the execution of skills is not appropriate for assessment against this criterion. (For example, criterion B is not used to assess a student's plan of how to execute a skill such as tackling in rugby or performing a lay-up in basketball.)
- In order to meet the requirements of criterion B, students must carry out their plan to evaluate it.

Criterion C: Applying and performing

Maximum: 8

At the end of year 3, students 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.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. recalls and applies skills and techniques with limited success ii. recalls and applies strategies and movement concepts with limited success iii. recalls and applies information to perform.
3–4	The student: i. demonstrates and applies skills and techniques with limited success ii. demonstrates and applies strategies and movement concepts with limited success iii. identifies and applies information to perform.
5–6	The student: i. demonstrates and applies skills and techniques ii. demonstrates and applies strategies and movement concepts iii. identifies and applies information to perform effectively.
7–8	The student: i. demonstrates and applies a range of skills and techniques ii. demonstrates and applies a range of strategies and movement concepts iii. outlines and applies information to perform effectively.

Notes for criterion C

- Criterion C must be assessed in **performance/playing situations**.
- A student's ability to recall and apply **skills and techniques** effectively could include: accuracy, efficiency, control, coordination, timing, fluency, speed and power.
- A student's ability to recall and apply **strategies and movement concepts** effectively could include: the use of space, force and flow of movement and adaptation to various situations.
- A student's ability to recall and apply **information** to perform effectively could include: reading the situation, processing information, responding to feedback and making appropriate decisions. Depending on the nature of the activity, these sorts of characteristics should be considered.
- Criterion C is not appropriate for assessing replication of movement routines and umpiring/refereeing.

Criterion D: Reflecting and improving performance

Maximum: 8

At the end of year 3, students should be able to:

- describe and demonstrate strategies to enhance interpersonal skills
- outline goals and apply strategies to enhance performance
- explain and evaluate performance.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: identifies strategies that enhance interpersonal skills lists goals to enhance performance summarizes performance.
3–4	The student: identifies and demonstrates strategies that enhance interpersonal skills identifies goals to enhance performance outlines and summarizes performance.
5–6	The student: outlines and demonstrates strategies that enhance interpersonal skills identifies goals and applies strategies to enhance performance outlines and evaluates performance.

Achievement level	Level descriptor
7–8	The student: describes and demonstrates strategies that enhance interpersonal skills outlines goals and applies strategies to enhance performance explains and evaluates performance.

Notes for criterion D
Criterion D is appropriate for assessing personal and social development in sports/performance leadership and officiating.

Physical and health education assessment criteria: Year 5

Criterion A: Knowing and understanding

Maximum: 8

At the end of year 5, students should be able to:

- i. explain physical health education factual, procedural and conceptual knowledge
- ii. apply physical and health education knowledge to analyse issues and solve problems set in familiar and unfamiliar situations
- iii. apply physical and health terminology effectively to communicate understanding.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. states physical and health education factual, procedural and conceptual knowledge ii. applies physical and health education knowledge to investigate issues and suggest solutions to problems set in familiar situations iii. applies physical and health terminology to communicate understanding with limited success.
3–4	The student: i. outlines physical and health education factual, procedural and conceptual knowledge ii. applies physical and health education knowledge to analyse issues and to solve problems set in familiar situations iii. applies physical and health terminology to communicate understanding.
5–6	The student: i. identifies physical and health education factual, procedural and conceptual knowledge ii. applies physical and health education knowledge to analyse issues to solve problems set in familiar and unfamiliar situations iii. applies physical and health terminology consistently to communicate understanding.

7–8	The student: explains physical and health education factual, procedural and conceptual knowledge applies physical and health education knowledge to analyse complex issues to solve complex problems set in familiar and unfamiliar situations applies physical and health terminology consistently and effectively to communicate understanding.
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Notes for criterion A

- Criterion A must be assessed in non-performance/non-playing situations.
- Criterion A can be assessed only through written or oral tasks.

Criterion B: Planning for performance

Maximum: 8

At the end of year 5, students should be able to:

- i. design, explain and justify plans to improve physical performance and health
- ii. analyse and evaluate the effectiveness of a plan based on the outcome.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. constructs and outlines a plan to improve physical performance or health ii. outlines the effectiveness of a plan based on the outcome.
3–4	The student: i. constructs and describes a plan to improve physical performance or health ii. explains the effectiveness of a plan based on the outcome.
5–6	The student: i. designs and explains a plan to improve physical performance or health ii. analyses the effectiveness of a plan based on the outcome.
7–8	The student: i. designs, explains and justifies a plan to improve physical performance or health ii. analyses and evaluates the effectiveness of a plan based on the outcome.

Notes for criterion B

- Criterion B can be assessed through units that require students to inquire and plan. Examples include: composition of aesthetic movement routines (such as gymnastics, dance, sport aerobics, martial arts), fitness training programmes, coaching programmes, game creation and laboratory investigations (such as fitness, skill acquisition, energy systems).
- Planning for the execution of skills is not appropriate for assessment against this criterion. (For example, criterion B is not used to assess a student's plan of how to execute a skill such as tackling in rugby or performing a lay-up in basketball.)
- In order to meet the requirements of criterion B, students must carry out their plan to evaluate it.

Criterion C: Applying and performing

Maximum: 8

At the end of year 5, students should be able to:

- i. demonstrate and apply a range of skills and techniques effectively
- ii. demonstrate and apply a range of strategies and movement concepts
- iii. analyse and apply information to perform effectively.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. demonstrates and applies skills and techniques with limited success ii. demonstrates and applies strategies and movement concepts with limited success iii. recalls information to perform.
3–4	The student: i. demonstrates and applies skills and techniques ii. demonstrates and applies strategies and movement concepts iii. identifies and applies information to perform.
5–6	The student: i. demonstrates and applies a range of skills and techniques ii. demonstrates and applies a range of strategies and movement concepts iii. analyses and applies information to perform.
7–8	The student: i. demonstrates and applies a range of complex skills and techniques ii. demonstrates and applies a range of complex strategies and movement concepts iii. analyses and applies information to perform effectively.

Notes for criterion C

- Criterion C must be assessed in **performance/playing situations**.
- A student's ability to recall and apply **skills and techniques** effectively could include: accuracy, efficiency, control, coordination, timing, fluency, speed and power.
- A student's ability to recall and apply **strategies and movement concepts** effectively could include: the use of space, force and flow of movement and adaptation to various situations.
- A student's ability to recall and apply **information** to perform effectively could include: reading the situation, processing information, responding to feedback and making appropriate decisions. Depending on the nature of the activity, these sorts of characteristics should be considered.
- Criterion C is not appropriate for assessing replication of movement routines and umpiring/refereeing.

Criterion D: Reflecting and improving performance

Maximum: 8

At the end of year 5, students should be able to:

- i. explain and demonstrate strategies to enhance interpersonal skills
- ii. develop goals and apply strategies to enhance performance
- iii. analyse and evaluate performance.

Achievement level	Level descriptor
0	The student does not reach a standard described by any of the descriptors below.
1–2	The student: i. identifies and demonstrates strategies to enhance interpersonal skills ii. identifies goals to enhance performance iii. outlines and summarizes performance.
3–4	The student: i. outlines and demonstrates strategies to enhance interpersonal skills ii. outlines goals and applies strategies to enhance performance iii. describes and summarizes performance.
5–6	The student: i. describes and demonstrates strategies to enhance interpersonal skills ii. explains goals and applies strategies to enhance performance iii. explains and evaluates performance.
7–8	The student: i. explains and demonstrates strategies to enhance interpersonal skills ii. develops goals and applies strategies to enhance performance iii. analyses and evaluates performance.

Notes for criterion D

- Criterion D is appropriate for assessing personal and social development in sports/performance leadership and officiating.

eAssessment

Students seeking **IB MYP results** for subject courses complete an ePortfolio in which they can demonstrate their achievement of subject group objectives. The portfolio is marked by the student's teacher(s), following the school's internal standardization of tasks and judgments against the criteria for Year 5. Successful results can contribute to students' attainment of the **IB MYP certificate**.

A process of external moderation assures accurate and consistently-applied standards, as set forth in the *Guide to MYP eAssessment*.

Related concepts in physical and health education

Related concept	Definition
Adaptation	Adaptation is the adjustment or changing of a skill, technique, strategy, tactic, process or choice in order to enhance its suitability to meet the needs of a situation or application. Adaptation may need to occur as a result of: environmental influences, feedback (internal and external), player interactions, team interactions and the outcomes of choices.
Balance	Balance is a state of equilibrium between contrasting, opposing, or interacting factors. Balance can occur in many forms, such as the aesthetically pleasing integration of elements in movement routines, the team stability provided by the even distribution of player roles, as a means of judging and deciding upon lifestyle choices, or by placing equal importance on each dimension of health.
Choice	Choice involves making a decision between at least two alternatives, knowing that, in making a choice, we will have to go without the other(s). Choices should be made by evaluating the situation and considering the resources available. Depending on the situation some choices will need to be decided upon quickly; such as choices required during game play. Other choices allow for longer periods of consideration; such as choices made in relation to nutrition or fitness development.
Energy	Energy is a fundamental entity that is transferred between parts of a system in the production of change within the system. It is the capacity for doing work and as such the amount and form of energy an individual requires is dependent on the task(s) they are completing. The restoration of an individual's energy levels is determined by a variety of factors such as rest, nutritional intake and time. Energy levels influence all aspects of human life, from our ability to think and make effective choices, to our ability to be physically active.
Environment	Environment refers to the circumstances, objects, or conditions by which an individual is surrounded. The effective performance of techniques, skills, strategies and tactics are influenced by environmental factors. Performers must understand environmental influences in order to be successful. An environment does not have to be physical. The digital environment, especially social media, has a significant impact on personal, mental, emotional and social health.
Function	A function is the action or role that something is specifically designed for or used to do. Functions can be voluntary or involuntary. A function can be part of a group of related actions that contribute to a larger action, such as the function of the heart contributing to the overall health of the human body, or the function of a setter in a volleyball team who is responsible for orchestrating their team's offence. A variety of factors can influence the choice and effectiveness of specific functions.

Interaction	An interaction is the result of two or more objects, groups or ideas affecting each other. Interactions can occur in a variety of forms, such as verbally, physically and digitally. Depending on their nature, successful interactions can contribute to improved personal, social and performance outcomes.
Movement	Movement refers to the types and ways in which objects move. Sporting movements are normally divided into two categories: offensive (attacking) and defensive; however, various degrees occur within these two categories. Movement can also occur in relation to thoughts and ideas, a type of movement that relies on people aligning their thinking with others in relation to a specific cause or ideal.
Perspective	Perspectives enable the development of different interpretations, understandings and findings. Perspectives can be gained through putting yourself in the place of others and striving to understand their opinions and disposition. People gain perspective by listening to others and considering the ways in which their points of view align or differ. Seeking and considering multiple perspectives is crucial to personal, mental and social health development, as well as to our ability to develop effective sporting techniques, tactics and strategies.
Refinement	Refinement is the process of modifying something to enhance its overall effectiveness. Refinement can occur in relation to personal behaviours, thought processes, techniques, tactics and strategies. Refinements are made based on internal and/or external feedback.
Space	Space refers to the physical dimensions of a playing or performance area (for example, a badminton court), the distance between people or objects (for example offensive and defensive lines in field sports), and the opportunity to experience something (for example, space to discover identity). Space can be created, adapted, determined, used, taken, won and lost; therefore “space” is rarely absolute.
Systems	Systems are sets of interacting or interdependent components that form an integrated whole. All individuals and communities rely on multiple systems working together to provide the structure and processes that they need in order to function effectively. Effective game play relies on participants’ understanding of multiple systems, including their components and interaction. Systems are often dynamic; they frequently need to be adapted to meet changing circumstances.

Physical and health education glossary

Term	Definition
Aesthetic movement routines	A visually appealing way to sequence related physical actions
(Un)familiar situation	(Un)known conditions or settings of which students have had (no) prior experience or knowledge
Flow	Refers to the smoothness and continuity of movements and linking movements
Force	Refers to the energy level of the movement
Intramural activities	Competitions or activities held by the school
Interscholastic sports	Sporting competitions or friendly meets held between schools
(Non-) performance/ playing situation	A situation in which the student is (not) physically involved in game play (sports) or performance of an activity (movement routines)
Projectile motion	The movement of an object through space
Skill	An ability acquired or developed through training or experience
Strategy	A plan of action incorporating tactics designed to achieve an overall goal
Tactic	A manoeuvre or action planned to achieve a specific goal

MYP command terms for physical and health education

Term	Definition
Analyse	Break down in order to bring out the essential elements or structure. To identify parts and relationships, and to interpret information to reach conclusions
Apply	Use knowledge and understanding in response to a given situation or real circumstances
Construct	Display information in a diagrammatic or logical form
Demonstrate	Prove or make clear by reasoning or evidence, illustrating with examples or practical application
Describe	Give a detailed account or picture of a situation, event, pattern or process
Design	Produce a plan, simulation or model
Evaluate	Assess the implications and limitations; make judgments in relation to selected criteria
Explain	Give a detailed account
Identify	Provide an answer from a number of possibilities
Investigate	Observe, study, or make a detailed and systematic examination, in order to establish facts and reach new conclusions
Justify	Give valid reasons or evidence to support and answer or conclusion
List	Give a sequence of brief answers with no explanation
Outline	Give a brief account
Recall	Remember or recognize from prior learning experiences
Solve	Obtain the answer(s) using appropriate methods
State	Give a specific name, value or other brief answer without explanation or calculation
Suggest	Propose a solution, hypothesis or other possible answer
Summarize	Abstract a general theme or major point(s)

Selected reading

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