

### Physical and Health Education

Local venues are used to teach the PHE curriculum; these ensure there are suitably sized basketball courts, badminton courts, running tracks and dance spaces.

#### Year 7 MYP1

Autumn Term	Spring Term	Summer Term
<b>Unit 1:</b> Health, Fitness and Wellbeing & Football	<b>Unit 3:</b> Space Awareness and Basketball	<b>Unit 6:</b> Human Body & Technique through Athletics
<b>Unit 2:</b> Skills & Strategies for Badminton	<b>Unit 4:</b> Health, Fitness and Aerobics	<b>Unit 5:</b> Invasion Games - Ultimate Disc Skills and Strategies

#### Year 8 MYP2

Autumn Term	Spring Term	Summer Term
<b>Unit 1:</b> Skills & Strategies in Football	<b>Unit 3:</b> Human Body, Fitness, Training and Pilates	<b>Unit 5:</b> Energy & Training through Athletics
<b>Unit 2:</b> Tactical Awareness and Badminton	<b>Unit 4:</b> Equity in Sport through inclusive games	<b>Unit 6:</b> Energy & Training through Athletics

#### Year 9 MYP3

Autumn Term	Spring Term	Summer Term
<b>Unit 1:</b> Skills and Strategies in Football	<b>Unit 3:</b> Human Body, Fitness, Training and Pilates	<b>Unit 5:</b> Technique, Training and Performance through Athletics
<b>Unit 2:</b> Skills & Skill acquisition - Badminton Skills & Strategies	<b>Unit 4:</b> Equity in Sport through inclusive games	

Two year groups are taught PHE together to provide bigger teams and better competition.

[IB World School MYP Physical and Health Education brief](#)

[https://www.ibo.org/globalassets/new-structure/brochures-and-infographics/pdfs/myp-brief\\_pys-health-ed\\_2015.pdf](https://www.ibo.org/globalassets/new-structure/brochures-and-infographics/pdfs/myp-brief_pys-health-ed_2015.pdf)