

**Year 1 PE and Health
Subject Overview**

Time frame	Unit title	Key and Related Concepts	Global context and exploration	Statement of inquiry	Practice	ATL skills	Content
20 hours	Health Related Fitness Components	Relationships Movement Refinement	Identities and Relationships: Health and well being	Relationships impact refinement and movement which influence our health and well being	A. All strands B. All strands C. All strands D. All strands	Self Management Affective skills Practice dealing with change Practice strategies of "bouncing back" after adversity, mistakes and failures.	Using the target movement students can focus on learning the rules and beginner skill level of playing basketball, soccer, street hockey, and flag football. For example when playing basketball the objective is to develop team chemistry while trying to score a team basket. When on defense you are trying to defend your basket while using team communication skills and being in sync.
20 hours	Team Sports	Communication Function Systems	Identities and Relationships: Cooperation and healthy competition	Systems require communication and function to improve cooperation and healthy competition	A. All strands B. All strands C. All strands D. All strands	Communication Communication Skills Organize and depict information logically. Self-management: Affective Skills- Practice dealing with disappointment and unmet expectations. Self-management: Reflection Skills - Develop new skills, techniques and strategies for effective learning.	Students being provided the skills to improve communication through doing team building and performance can focus on showing respect to others before, during, and after an activity or game. This will be done through practicing good sportsmanship during the game/activity. Through positive communication skills and positive feedback to others. Balancing out the teams and identifying students strengths and weaknesses is a good way to ensure cooperation and healthy competition.
20 hours	Improving Performance	Form Connection Reflection	Fairness and Development: Justice, peace and conflict management	Reflection develops a form of connection which encourages justice, peace and conflict management	A. All strands B. All strands C. All strands D. All strands	Self-management: Affective Skills; Practice "failing well" Thinking: Critical Thinking Skills Consider ideas from multiple perspectives.	Students being provided the skills to improve conflict management through picking teams, learning to strategies during capture the flag, obstacle courses, and team races. Students will practice on working together collaboratively using each others ideas to achieve one common goal as a team.