

Time frame	Unit title	Key and Related Concepts	Global context and exploration	Statement of inquiry	Objective/ Objective strands	ATL skills	Content
20h	Health Related Fitness Components	Change Energy Environment	Fairness and Development: Rights, law, civic responsibility and the public sphere	Environment and change ignite energy through rights, law, civic responsibility and the public sphere	A. All strands B. All strands C. All strands D. All strands	Thinking Critical Thinking Skills Consider ideas from multiple perspectives Thinking Transfer skills Change the context of an inquiry to gain different perspectives	Students will learn the different rules and regulations of sports. Learn why they are in place and why would they want them changed or not. Students will use critical thinking skills and perspectives to come up with new and different ideas on how if possible to ignite change of rules in sports now. They will demonstrate that by doing a collaborative group project with classmates. As well as being sure to explain how their change will be impactful to either the environment, law, civic responsibility, or the public sphere.
25 hours	Team Sports	Creativity Interaction Refinement	Personal and Cultural Expression: Artistry, craft, creation, beauty	Interaction and refinement develop creativity to improve artistry, craft, creation, beauty	A. All strands B. All strands C. All strands D. All strands	Communication Communication Skills Organize and depict information logically. Self-management Reflection Skills Consider ATL skills development – What can I already do? – How can I share my skills to help peers who need more practice? – What will I work on next?	Continued participation in team sports students will develop and demonstrate leadership skills through being team captains, doing a group fitness project, through public speaking assignment leading a fitness and health debate/forum
20 hours	Improving Performance	Time, place and space Movement Choice	Orientation in space and time: Peoples, boundaries, exchange and interaction	Movement and time, place and space promote choice for peoples, boundaries, exchange and interaction	A. All strands B. All strands C. All strands D. All strands	Self Management Reflection Skills Develops new skills, techniques and strategies for effective learning Self-management Affective Skills Practice strategies to prevent and eliminate bullying.	Students will perform different exercises, Yoga positions, and Pilates positions that push them outside of their comfort zone. Learning the proper form and technique of body mechanics and body movements. Learning to respect their own personal space and others while performing these movements and exercises.