

# International Baccalaureate Middle Years Programme Subject Brief

## Physical and health education

From 2014

The IB Middle Years Programme (MYP) is designed for students aged 11 to 16. It provides a framework of learning that emphasizes intellectual challenge and encourages connections between studies in traditional subjects and the real world. The MYP focuses on “learning how to learn” through the systematic development of approaches to learning (ATL) skills for communication, collaboration, organization, self-management, reflection, research, informational literacy, media literacy, creative and critical thinking, and transfer of learning. It also fosters intercultural understanding and global engagement—essential qualities for young people today.

Interdisciplinary teaching and learning builds a connected curriculum that addresses the developmental needs of students and prepares them for further academic study and life in an increasingly interconnected world. The MYP uses concepts and contexts as starting points for meaningful integration and transfer of knowledge across eight subject groups.

For students seeking a formal qualification at the end of the programme’s Year 5, the IB offers eAssessments that lead to the IB MYP certificate or course results for individual subject areas. To earn the MYP certificate, students must complete 2 hour on-screen examinations in each of the following: language and literature, individuals and society, sciences, mathematics and interdisciplinary learning; submit an ePortfolio in language acquisition and one of the following: design, arts or physical and health education; complete a moderated personal project; and complete school-based expectations for service as action (community service).



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## I. Course description and aims

MYP physical and health education aims to empower students to understand and appreciate the value of being physically active while developing the motivation for making healthy and informed life choices. To this end, physical and health education courses foster the development of knowledge, skills and attitudes contributing to a balanced and healthy lifestyle.

Students engaged in physical and health education will explore a variety of concepts that help foster an awareness of physical development and health perspectives, as well as positive social interaction. Physical activity and health are of central importance to human identity and global communities, creating meaningful connections among people, nations, cultures and the natural world.

Through physical and health education, students 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 and intercultural understanding.

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.

## II. Curriculum overview

The MYP promotes sustained **inquiry** in physical and health education by developing **conceptual understanding** within **global contexts**.

**Key concepts** such as *change*, *communication* and *relationships* broadly frame the MYP curriculum.

**Related concepts** promote deeper learning grounded in specific disciplines. Examples of related concepts in MYP physical and health education include *energy*, *balance* and *refinement*.

Students explore key and related concepts through MYP **global contexts**.

- Identities and relationships
- Orientation in space and time
- Personal and cultural expression
- Scientific and technical innovation
- Globalization and sustainability
- Fairness and development

The MYP curriculum framework offers schools flexibility to determine engaging, relevant, challenging and significant content that meets local and national curriculum requirements. This inquiry-based curriculum explores factual, conceptual and debatable questions in the study of physical and health education.

The MYP requires at least 50 hours of teaching time for each subject area in each year of the programme. For students participating in MYP eAssessment, the IB recommends 70 hours of guided learning each year in MYP years 4 and 5.

### III. Assessment criteria

Each physical and health education objective corresponds to one of four equally weighted assessment criteria. Each criterion has eight possible achievement levels (1–8), divided into four bands with unique descriptors that teachers use to make judgments about students' work.

#### **Criterion A: Knowing and understanding**

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

#### **Criterion B: Planning for performance**

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

#### **Criterion C: Applying and performing**

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

#### **Criterion 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.*

### IV. MYP eAssessment

Students seeking IB-validated physical and health education course results must demonstrate their achievement of the subject group's objectives by submitting an ePortfolio in which they:

- identify a target that incorporates physical and psychological dimensions of performance in physical and health education
- create, implement and document progress towards their goal through multiple interim cycles of analysis
- record and evaluate their final performance
- reflect on their personal growth and interpersonal skills.

MYP ePortfolios are marked by students' classroom teachers against published criteria for MYP year 5. In each exam session, the IB moderates a sample of ePortfolios from each school, adjusting grades as necessary to ensure the application of rigorous and reliable international standards.

MYP physical and health education ePortfolio tasks are aligned with understanding and skills that prepare students for high levels of achievement in the IB Diploma Programme course in **sports, exercise and health science**.

The IB MYP certificate requires a satisfactory level of achievement in at least one course from physical and health education, arts or design.

About the IB: For over 45 years, the IB has built a reputation for high-quality, challenging programmes of education that develop internationally minded young people who are well prepared for the challenges of life in the 21st century and are able to contribute to creating a better, more peaceful world.

For further information on the IB Middle Years Programme, and a complete list of MYP subject briefs, visit: [www.ibo.org/myp/](http://www.ibo.org/myp/).

Complete subject guides can be accessed through the IB online curriculum centre (OCC) or purchased through the IB store: <http://store.ibo.org>.