

Subject-Group Overviews:

Physical and Health Education

Created in the Late Fall of 2014 at Rochester Montessori School, Revised June 2016, 2017

2014-2015 Grade 6

Unit Name	Key Concept	Related Concepts	Global Context	Statement of Inquiry	Objectives	ATL Skills	Content
2017-2018							
Striking and Fielding/Let's Create	Change	Adaptation	Scientific and technical innovation adaptation, ingenuity and progress	We can adapt and change rules to create new activities.	-A i, ii,iii -B i, ii -D i, Dii, Diii	Transfer skills Thinking skills/creative thinking skills Social skills- collaboration	Striking and fielding rules, strategies concepts/game sense
Basketball	Relationships	Function Interaction	Identities and Relationships •Exploration to Develop: Competition, Cooperation; teams, affiliation, and leadership	In order to function and interact with others you need to build relationships.	Ai, ii,iii Ci,ii,iii	Communication skills- (giving and receiving feedback) Critical Thinking- practice observing carefully in order to recognize problems	Ball Familiarity, control, passing, shooting, dribbling, moving into space, Defending and

							attacking, support play, game situations, (Basketball) Plays Basic rules
Fitness-Your Choice?	Change	Choice	Identities and relationships Health and well-being; lifestyle choices	You have the choice to change yourself and make an impact on your health and well-being.	-B i, ii D ii, iii	Self-Management- Plan strategies and take action to achieve personal and academic goals Thinking- critical thinking skills	Fitness tests and interpreting scores; Designing workout, based on components of fitness
Dance- Moving to Your Beat	Communication	Movement	personal and cultural expression artistry, craft, creation, beauty	You can communicate and express yourself through movement, and create a "work of art".	Bi, Bii Ci, ii, iii Di, ii, iii	Communication- Transfer Self management	Learn line dances Create own line dance
Volleyball	Communication	Function	Identities and relationships Teams, affiliation and leadership	In order to support relationships and function effectively, you must communicate clearly.	Ai, ii, iii C i, ii,iii	Critical thinking Reflection	Volleyball skills; Game performance and evaluation

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Years Two/Three, Grades 2/3:

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Ultimate Frisbee	Change	Environment Adaptation	Globalization and sustainability Human impact on the environment	Performers respond and adapt to changing environments, challenges and situations.	-B i, ii, iii Ci, ii, iii Di, ii, iii	Communication- give and receive appropriate feedback Social- collaboration skills Research- informati on literacy	Ultimate Frisbee History, rules, skills; Planning of a play
Striking and Fielding	Communication	Refinement	Identities and Relationships Leadership	The quality of communication and your leadership can determine the effectiveness of technique refinements.	Ai, ii, iii Di, ii, iii	research-informati on literacy thinking-critical thinking Self-management -reflection Communication	Leadership in helping peer with striking/fielding skill
Just Dance	Creativity	Refinement	Personal and cultural expression Artistry, craft, creation, beauty	You can creatively express yourself through refined movements.	Bi, Bii Ci, Cii, Ciii Dii. Diii	Thinking skills- critical thinking Thinking skills- creative Social- Collaboration skills	Create and refine dance steps

						Communication– Communication skills.	
Spikeball/ Net and Wall Games	Relationships	Movement	Orientation in space and time people’s, boundaries, exchange and interaction	In order to understand how relationships affect movement, people must evaluate how they interact with each other.	Ai, Aii, Aiii	Thinking- Critical thinking skills- Analyzing and evaluating issues and ideas Communication-Co mmunication skills- Using language to gather and communicate information communication skills.	Learn spikeball skills, rules, strategies Analyze ineffective elements of game-suggest solutions
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Striking and Fielding	Communication	Interaction	Identities and Relationships leadership	Relationships are built on interacting and communicating effectively.	Ai, ii,iii Bi,ii Di, ii,iii	research/informati on literacy communication	Skills for striking and fielding games Leadership/coaching attributes
Invasion Games/Speed-a- way	Change	Adaptation Environment	Globalization and sustainability Human impact on the environment	You can respond and adapt to changing environments, challenges and situations.	A i,ii,iii C i, ii,iii	Critical thinking skills Transfer skills	speed-a-way skills and strategies of game play

Mind and Body Together	Relationships	Balance Movement	Identities and relationships Health and well-being; personal, physical, mental, social and spiritual health	You can have a balanced relationship between body and mind through purposeful movement.	Bi, ii	Creative thinking skills Critical thinking skills	Mindfulness, Exploration of physical and mental health through movement, Yoga movements
Pickleball	Relationships	Movement Interaction	Orientation in space and time People's, boundaries, exchange and interaction	Team members must interact with each other in order to understand the relationships and movement on the court.	Ci, Cii, Ciii Di, Dii, Diii	Communication Social Thinking Communication- interaction skills	Pickleball skills and strategies Interpersonal skills