

## Physical Health Education

MYP Year 1 (Year 7 & 8)	
Criterion	Descriptor
<b>A - Knowing and Understanding</b>  <b>Max. 8</b>	i. outline physical and health education-related factual, procedural and conceptual knowledge ii. identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations iii. apply physical and health terminology to communicate understanding.
<b>B - Planning for Performance</b>  <b>Max. 8</b>	i. identify goals to enhance performance ii. construct and outline a plan for improving physical activity and health.
<b>C - Applying and Performing</b>  <b>Max. 8</b>	i. recall and apply a range of skills and techniques ii. recall and apply a range of strategies and movement concepts iii. recall and apply information to perform effectively.
<b>D - Reflecting and improving performance</b>  <b>Max. 8</b>	i. identify and demonstrate strategies to enhance interpersonal skills ii. describe the effectiveness of a plan based on the outcome iii. describe and summarise performance.

MYP Year 3 (Year 9)	
Criterion	Descriptor
<b>A - Knowing and Understanding</b>  <b>Max. 8</b>	i. describe physical and health education factual, procedural and conceptual knowledge ii. apply physical and health education knowledge to explain issues and solve problems set in familiar and unfamiliar situations iii. apply physical and health terminology effectively to communicate understanding.
<b>B - Planning for Performance</b>  <b>Max. 8</b>	i. outline goals to enhance performance ii. design and explain a plan for improving physical performance and health.
<b>C - Applying and Performing</b>  <b>Max. 8</b>	i. demonstrate and apply a range of skills and techniques ii. demonstrate and apply a range of strategies and movement concepts iii. outline and apply information to perform effectively.
<b>D - Reflecting and improving performance</b>  <b>Max. 8</b>	i. describe and demonstrate strategies to enhance interpersonal skills ii. explain the effectiveness of a plan based on the outcome iii. explain and evaluate performance.