

PHYSICAL & HEALTH EDUCATION (PHE)

The main goal of MYP Physical and Health Education at Spring Valley Academy is to encourage students to learn about and appreciate the benefits of being physically active and health conscious. We strive to motivate students to make healthy and informed lifestyle choices when it comes to health and fitness. Our physical and health education classes promote the growth of knowledge, skill performance, and a positive mindset that contributes to a healthy lifestyle.

The aims of MYP Physical and Health Education are to encourage and empower students to: (from the *International Baccalaureate Middle Years Programme Subject Brief for Physical and Health Education*)

- 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

SVA Eagles Physical & Health Education Everyday Non-Negotiable Expectations

N.N. 1: You and I belong to the International Baccalaureate World of the Middle Years Programme—each day we strive to be: inquirers, knowledgeable, thinkers, communicators, principled, open-minded, caring, risk-takers, balanced, and reflective.

N.N. 2: You and I maintain a positive environment in which everyone feels safe—physically, mentally/academically, and socially/emotionally. (caring, thinker)

N.N. 3: You and I make everyone feel comfortable by putting forth 100% personal best effort, following directions, and being a good listener. (balanced, caring, knowledgeable, principled)

N.N. 4: You participate and practice 100%, so you have the opportunity to experience success, regardless of skill/ability. (inquirer, risk-taker)

N.N. 5: You put forth 100% effort by dressing properly in order to be active during class time and to participate fully. (open-minded)

N.N. 6: You and I empower others by using positive words of encouragement or offering specific feedback/coaching. (communicator, reflective)

N.N. 7: You experience observable and measurable changes in performance as a result of physical & health education instruction. (balanced, risk-taker, reflective)

N.N. 8: You are respectful and keep hands, feet, and objects to yourself (unless activity requires contact), and you respect and treat equipment with care. (reflective, caring, principled)

N.N. 9: You take ownership for your actions and words (intended and/or unintended), and act with integrity and honesty. (principled)

N.N. 10: You know that I care about your health and the health of our SVA learning community.

PHE Intervention & Restoration

- 1st verbal warning
- 2nd observation deck and/or conference with teacher
- 3rd call home or school messenger via Jupiter Grades
- 4th referral to Dean or Counselor
- 5th possible suspension from class

California Department of Education Physical Education Standards: Grade 6-8

1. Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
2. Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
3. Students assess and maintain a level of physical fitness to improve health and performance.
4. Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.