High School - Health And Physical Education
Middle Years Programme / IB Diploma Programme

Introduction

The health and physical education (HPE) curriculum has been designed with the perspective that the knowledge and skills students develop during the program will assist them throughout their lives and allow them to develop and adapt to an ever-changing world. The goal is to use what they have learned to help them gain mental health and well-being, physical and health literacy, and also the comprehension, capacity, and commitment they will need to lead healthy, active lives and promote lifelong healthy, active living.

Middle Years Programme

Grade 9 - HPE

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| Team sports  | Team members must work together to develop interconnected, responsive movement patterns to maintain positional balance. | ● What physical skills are required to participate in a specific sport appropriately?  
● Why do patterns of movement need to change even though the end goal remains the same?  
● Why does a team need to work together to have balance? |
| Game creation| Using creativity to adapt games helps to understand form and function when developing new games. | ● Do games and sports have their own unique history?  
● What is challenging about adapting or creating your own game?  
● Does changing the rules always improve a game? |
| Teach a sport | Teaching and communicating the form and function of fundamental skills from a specific sport helps to deepen our own understanding of these skills. | ● What are the fundamental skills needed to introduce someone to a sport?  
● Can you be introduced to a sport without learning the fundamental skills?  
● Would two people teaching the same sport have chosen different fundamental skills to introduce? |

Grade 10 - HPE

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| Team sports  | Team members must work together to develop interconnected, responsive movement patterns to maintain positional balance. | ● What makes an effective system of communication during gameplay?  
● Can you acquire the skills necessary to contribute to a team or are they innate?  
● What are the most efficient strategies for building highly collaborative teams? |
| Game creation| Using creativity to adapt games helps to understand form and function when developing new games. | ● Do different games and sports share a similar history or starting point?  
● What are the challenges of creating a game in a group? |
• Why do the rules of games and sports change over time?

Teach a sport
Teaching and communicating the form and function of fundamental skills from a specific sport helps to deepen our own understanding of these skills.

• Are fundamental skills similar across different sports?
• How do you teach someone to apply fundamental skills to gameplay?
• Is choosing which fundamental skills of a specific sport are debatable?

Yoga - Grade 11 and 12

INTL offers yoga classes to students in the IB Diploma Programme.

Athletics Program

The after school sports program emphasizes sportsmanship and team spirit and all students are encouraged to participate throughout the school year. The athletics program currently includes cross country (coed), tennis (coed), and volleyball (girls).