



PYP PSPE Curriculum 2020-21
(Reference – IB PSPE Scope and Sequence)

<u>Active Living</u>				
Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> • Identify some of the effects of different physical activity on the body. • Recognize the importance of regular exercise the development of well-being. • Plan, perform and reflect on the movement sequences in order to improve. • Recognize the importance of water for our body 	<ul style="list-style-type: none"> • Identify some of the effects of different physical activities on the body. • Recognize that action upon instructions and being aware of others help to ensure safety. • Identify potential personal and groups out comes for risk-taking behavior. • Understand the need to act responsibly to help ensure the safety of themselves and others. 	<ul style="list-style-type: none"> • Identify healthy food choices. • Recognize the importance of being physically active, making healthy food choices and maintaining good hygiene in the development of well-being. • Understand the interdependence of factors that can affect health and wellbeing. • Identify ways to live a healthier lifestyle. 	<ul style="list-style-type: none"> • Adopt a variety of roles for the needs of the group, for example, leader and presenter. • Discuss ideas and ask questions to clarify meaning • An effective group can accomplish more than a set of individuals • Appropriate application of skills is vital to effective. • Demonstrate an understanding of the principal training in 	<ul style="list-style-type: none"> • Identify ways to live a healthier lifestyle. • Identify different stages of life and how these can affect physical performance. • Understand the interdependence of factors that can affect health and well-being • Identify realistic goals and strategies to improve personal fitness • Identify and discuss the changes that occur during puberty

<ul style="list-style-type: none"> • Engage in a variety of different physical activities. • Demonstrate an awareness of basic hygiene in their daily routines 	<ul style="list-style-type: none"> • Recognize the importance of regular exercise in the development of well-being. • Communicate their understanding of the need for good hygiene practices. 	<ul style="list-style-type: none"> • Understand how daily practices influence short and long-term health. • Demonstrate greater body control when performing movements. • Understand the interdependence of factors that can affect health and well-being. • Recognize the importance of moderation in relation to safe personal behavior 	<p>developing and maintaining fitness.</p> <ul style="list-style-type: none"> • Work towards a consensus, understanding the need to negotiate and compromise • Take action to support reparation in relationships and in the environment when harm has been done. • Self-assess performance and respond to feedback on performance from others. • Plan, perform and reflect on movement sequences in order to improve. 	<p>and their impact on well-being.</p> <ul style="list-style-type: none"> • Understand the connection between exercise nutrition and physical well-being • Understand physical, social, and emotional changes associated with puberty. • Identifying and participating in activities we enjoy can motivate us to maintain a healthy life style. • Exhibit effective decision making processes in the application of skills during physical activity.
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Interaction

Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> • Recognize the importance of light and sound in every field. • Identify their responsibilities towards others. • Recognize that people have an interdependent relationship with the environment and other living things. • Enjoy interacting, playing & engaging with others. • Reach out for help when it is needed for themselves or others 	<ul style="list-style-type: none"> • Identify when their actions have impacted on others. • Enjoy interacting, playing and engaging with others. • Understand how movements can be linked to create sequences and that these sequences can be created to convey meanings. • Discuss ideas and ask questions to clarify meaning • Ask questions and express wonderings 	<ul style="list-style-type: none"> • Share their own relevant ideas and feelings in an appropriate manner. • Identify the products used in various games/PSPE activities. • Give reason on why it is used. • Reach out for help when it is needed for themselves or others. • Value interacting playing and learning with others. • Identify their actions have impact on others. • Interact, play and engage with others, sharing ideas; cooperating and 	<ul style="list-style-type: none"> • Share their own relevant ideas and feelings in an appropriate manner. • Identify the value of interdependence between teams. • Analyze how society can influence our concept of self-worth (for example, through. • Independently use different strategies to resolve conflict. • Adopt a variety of roles for the needs of the group, for example, leader and presenter. • Discuss ideas and ask questions to clarify meaning 	<ul style="list-style-type: none"> ▪ Explore new and updated techniques. ▪ Build on previous experiences to improve group performance ▪ Work towards a consensus, understanding the need to negotiate and compromise ▪ Take action to support reparation in relationships and in the environment when harm has been done. ▪ People have responsibility to repair and restore relationships and environments

		communicating feelings in develop appropriate ways.	<ul style="list-style-type: none">• An effective group can accomplish more than a set of individuals• Build on previous experiences to improve group performance.	where harm has taken place <ul style="list-style-type: none">○ Recognize role of media in sports and influence of mass media.○ Adopt a variety of roles for the needs of the group, for example, leader and presenter.
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Identity

Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"> • Emotional awareness and personal skills to relate to and help others. • Recognize the importance of physically making healthy food choice and maintaining physical health. • Identify themselves in relation to others (for example - family, school class, gender.) • Describe how they have grown and changed. • Identify their feelings and emotions and explain possible causes. in order to build a deeper understanding of self. 	<ul style="list-style-type: none"> • Explain how self-talk can influence their behavior and their approach to learning. • Talk about similarities and differences between themselves and others. • Identify and explore strategies that help them to cope with change. • Identify their feeling and emotions and explain possible causes. • Identify how aspect of a person's identity can be exposed through symbols, dress, adornment personal attitudes, lifestyle, interest and activity perused. 	<ul style="list-style-type: none"> • Share their own relevant ideas and feelings in an appropriate manner. • Examine possible strategies to deal with change, including thinking flexibility and reaching out to seek help. • Recognize personal qualities, strengths and limitations • Identify how aspects of a person's identity can be expressed through symbols, dress, lifestyle, personal attitudes and activities pursued. • Different challenges and situations require different strategies. 	<ul style="list-style-type: none"> • Recognize how a person's identity affects self-worth. • Examine possible strategies to deal with change, including thinking flexibly and reaching out to seek help. • Accept and appreciate the diversity of culture, experiences and perspective of others. • Build on previous experiences to improve group performance. • Talk about similarities and differences between themselves and others. • Analyze how society can influence our concept of self-worth (for example, through the media and advertising) 	<ul style="list-style-type: none"> • Recognize how a person's identity affects how they are perceived by others and influences interactions. • Recognize how a person's identity affects self-worth • Identify how their self-knowledge can continue to support the growth and development of identity • Accept and appreciate the diversity of culture, experiences and perspectives of others. • Embrace a strong sense of self efficacy that enhances their accomplishments,

				<p>attitudes and personal well-being.</p> <ul style="list-style-type: none">• Identify the risks, challenges and opportunities faced by children worldwide.• Different challenges and situations required strategies.• A positive attitude help us to overcome challenges and approach problem.• There are many factors that contribute person's individual identity.
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