

PE G1G2 1920 POI BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.

Week Beginning	WK	G1			G2			WK
5 Aug First day 9 th	0	How We Organize Ourselves Adventure Challenge - collaborative	Related Concepts • Rules • Routines • Community • Relationships	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	How We Organize Ourselves Adventure Challenge	Learner Profile • Caring • Open-Minded	PSPE Identity P1.1f P1.1h P1.1m	0
12 Aug	1	Central Idea Communities develop their own rules and routines to allow them to live and work together			Central Idea The ability to discuss and share ideas positively creates more chances for team success.	Approaches to Learning Communication • Listening Self-Management • Codes of behavior • Informed Choices	Active Living P3.1.1	1
19 Aug	2	Lines of Inquiry • Essential agreements and routines	Approaches to Learning Social • Respecting Others • Cooperation • Resolving conflict	PSPE Identity P1.1f P1.1h P1.1m	Lines of Inquiry • The different ways to solve team challenges • The different roles and responsibilities in a team	Social • Respecting others • Cooperation • Resolving conflict		2
26 Aug	3	• Rules and routines of the communities we belong to • Reaching agreements	Self-Management • Safety • Codes of behavior	Active Living P3.1.1	Key Concepts • Perspective • Responsibility	SDGs 5.5	Interactions P6.1.1a P6.1.1b P6.1.1c P6.1.1j	3
2 Sept	4	Key Concepts • Causation • Connection • Perspective SDGs 5.5	Learner Profile • Principled • Reflective	Interactions P6.1.1a P6.1.1b P6.1.1c P6.1.1j	Related Concepts • Optimism • Emotions • Communication • Roles • Responsibilities		BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	4
9 Sept 13 no school	5	Who We Are Health and Fitness	Related Concepts • Goals • Growth Mindset • Independence • Physical literacy	PSPE Identity P1.1c P1.1e P1.1l	Who We Are Health and Fitness collaborative	Related Concepts • Well-being • Nutrition • Exercise • Spiritual health • Mental health • Physical literacy	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	5
16 Sept	6	Central Idea Having self-belief and perseverance towards set goals can help achieve a healthier lifestyle			Central Idea Making balanced choices enables us to have a healthy lifestyle	Approaches to Learning Research • Formulating questions • Collecting data	PSPE Identity P1.1c P1.1e P1.1l	6
23 Sept 27 (3:30 finish)	7	Lines of Inquiry • How self-belief and perseverance can improve health and well-being • How to take ownership of personal health and to promote health to others	Approaches to Learning Self-Management • States of mind Thinking • Metacognition / reflection Communication • Exchanging information	Active Living P3.1.3 P4.1.1 P4.1.2 SDGs 5.5	Lines of Inquiry • What it means to have a healthy and balanced lifestyle • How nutrition and exercise influence our health • How mental and spiritual health influence our well-being	Social • Accepting responsibility	Active Living P3.1.3 P4.1.1 P4.1.2	7
OCTOBER BREAK 30th SEPTEMBER – 6th OCTOBER								
7 Oct	8	Key Concepts • Causation • Responsibility	Learner Profile • Knowledgeable • Inquirer	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	Key Concepts • Connection • Responsibility • Causation	Self-Management • Gross motor skills • Healthy lifestyle • Informed choices	SDGs 5.5	8
14 Oct 18 PTC: no school	9						Learner Profile • Balanced • Reflective	9
21 Oct	10							10
28 Oct	11	Who We Are Target Games	Related Concepts • Physical literacy • Motivation • Practice	PSPE Identity P1.1a P1.1d	Who We Are Target Games	Related Concepts • Personal growth • Consequences • Self-assess • Feedback	PSPE Identity P1.1a P1.1d	11
4 Nov 7-8 PD days	12	Central Idea Using self-knowledge can help enhance movement skills and teamwork			Central Idea Using self-knowledge can help enhance movement skills and teamwork		Active Living P2.1.4 P2.1.5	12
11 Nov	13		Learner Profile • Inquirer • Knowledgeable	Active Living P2.1.4 P2.1.5	Lines of Inquiry • The different games people engage in • The variety of ways teams work together	Learner Profile • Courageous • Reflective		13
18 Nov	14	Lines of Inquiry • How self-knowledge can promote skill and team development					SDGs 5.5	14
25 Nov	15	• How practice is influenced by motivation	Approaches to Learning Communication • Speaking Research • Formulating Questions Self-Management • Safety	SDGs 5.5 BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	Key Concepts • Form • Perspective	Approaches to Learning Research • Collecting data • Formulating Questions Social • Respecting others	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	15
2 Dec	16							16
9 Dec 13 Noon finish	17	Key Concepts • Function • Causation						17
WINTER BREAK 14th DECEMBER – 5th JANUARY								

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Week Beginning	WK	G1			G2			WK
6 Jan	18	Who We Are Invasion Games	Related Concepts • Physical literacy • Personal growth	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	Who We Are Invasion Games	Approaches to Learning Research • Observing • Recording data Social • Adopting a variety of group roles • Group decision making	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	18
13 Jan	19	Central Idea Actively learning and applying new skills enhances personal growth	Learner Profile • Communicators • Courageous		Central Idea Actively learning and applying new skills enhances personal growth.			19
20 Jan (22- 2:40 finish)	20	Lines of Inquiry • How to actively engage in an activity • The way learning new skills can promote personal growth			Lines of Inquiry • The different games people engage in • How people play different games • The way learning new skills can promote personal growth			20
CHINESE NEW YEAR 23rd JANUARY – 2nd FEBRUARY								
3 Feb	21	Key Concepts • Function • Connection	Approaches to Learning Thinking • Application Research • Observing • Planning Self-Management • Spatial Awareness Social • Resolving Conflicts	PSPE Identity P1.1b P1.1i P1.1j Active Living P2.2.3 P2.2.4 SDGs 5.5	Key Concepts • Form • Function Related Concepts • Active learning • Personal growth • Physical literacy	Learner Profile • Communicators • Thinkers	PSPE Identity P1.1b P1.1i P1.1j Active Living P2.2.3 P2.2.4 SDGs 5.5	21
10 Feb	22							
17 Feb	23							
24 Feb	24							
2 March	25							
9 March	26							
16 March 19 SLC 20- PD day	27							
23 March 27: 3.30pm finish	28							
APRIL BREAK 30th MARCH – 6th APRIL								
6 April 7 school starts	29	Who We Are Striking and Fielding			Who We Are Striking and Fielding			29
13 April WWW	30	Week Without Walls						30
20 April	31	Central Idea Personal strategies can be used to develop new skills and help improve teamwork Lines of Inquiry • How understanding different personal strategies can promote skill development • How to apply personal strategies to further team progress Key Concepts • Causation • Responsibility	Related Concepts • Behavior management • Team development Approaches to Learning Thinking • Analysis Research • Observing • Planning Self-Management • Safety Social • Accepting Responsibility	Learner Profile • Communicators • Courageous BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world. PSPE Identity P1.1g P1.1k Active Living P3.1.2 P4.1.3 SDGs 5.5	Central Idea Personal strategies can be used to develop new skills and help improve teamwork Lines of Inquiry • How understanding different personal strategies can promote skill development • How to apply personal strategies to further team progress Key Concepts • Causation • Responsibility	Related Concepts • Behavior management • Team development Approaches to Learning Thinking • Analysis Research • Observing • Planning Self-Management • Safety Social • Accepting Responsibility	Learner Profile • Inquirers • Knowledgeable BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world. PSPE Identity P1.1g P1.1k Active Living P3.1.2 P4.1.3 SDGs 5.5	31
27 April May 1 st - No school	32							
4 May	33							
11 May	34							
18 May	35							
25 May	36							
1 June	37							
8 June Noon finish	38							

PE G3G4G5 1920 POI BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.

Week Beginning	WK	G3			G4			G5			WK
5 Aug First day 9 th	0	How We Express Ourselves Movement Composition – collaborative	Related Concepts • Expression • Emotions • Cultures	Learner Profile • Open-Minded • Courageous	Who We Are Adventure Challenges - collaborative	Related Concepts • Global citizen • Values • Systems • Behavior • Consequences	Learner Profile • Open-Minded • Balanced • Principled	How We Organize Ourselves Adventure Challenge	Learner Profile • Communicators • Thinkers	PSPE Identity P1.1h, P1.1i Interactions P6.1.1a, P6.1.1c, P6.1.1d, P6.1.1e	0
12 Aug	1	Central Idea People express themselves differently through dance and music	Approaches to Learning Communication • Non-verbal communication	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	Central Idea Values are both personal and social; value systems can influence codes of behavior.	PE Related Concepts Sportsmanship, Perseverance	BCIS Mission The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	Central Idea Teams can adopt a variety of strategies to solve problems and support human progress	Approaches to Learning Thinking • Evaluation • Application	Social Studies Strand: Social organisation and culture Skills: Identify roles, rights and responsibilities in society	1
19 Aug	2	Lines of Inquiry • How people express themselves through dance	Self-Management • Gross Motor Skills • Spatial Awareness	PSPE Identity P1.1.c Active Living P2.1.1, P2.1.2, P2.2.2	Lines of Inquiry • Personal and social values • Value systems • How value systems influence us	Approaches to Learning Social • Accepting responsibility • Respecting others	PSPE Identity P1.1.i Active Living P5.1.1 Interactions P6.1.1c, P6.1.1.e, P6.1.1.f, P6.1.1.h	Lines of Inquiry • The roles and responsibilities in a group challenge • How to solve problems within a group	Social • Group decision making • Adopting a variety of roles	Language Arts Listening & Speaking E4.1.1a, E4.1.c, E4.1.d, E4.2.2	2
26 Aug	3	• How people can express themselves through music	Thinking • Analysis • Synthesis • Evaluation	SDGs 5.5	Key Concepts • Responsibility • Perspective • Form	Communication • Reading • Speaking	PSPE Identity P1.1.i Active Living P5.1.1 Interactions P6.1.1c, P6.1.1.e, P6.1.1.f, P6.1.1.h	Key Concepts • Responsibility • Connection	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	SDGs 5.5	3
2 Sept	4	• How music and dance represent culture				Self-Management • Codes of Behavior • Informed Choices		Related Concepts • Choice • Roles • Teamwork • Communication			4
9 Sept 13 no school	5	Key Concepts • Form • Perspective • Connection									5
16 Sept	6	Who We Are Track and Field	Related Concepts • Feedback • Independence • Perseverance	Approaches to Learning Self-Management • States mind • Organisation Research • Information literacy	Who We Are Track and Field	Related Concepts • Independence • Self-assessment • Feedback • Safety	PSPE Identity P1.1.k, P1.1.l Active Living P2.2.1, P5.1.2, P3.1.2	Who We Are Track and Field	Related Concepts • Body control • Body form • Goals • Technique • Self-Efficacy • Feedback	PSPE Identity P1.1m, P1.1n Active Living P2.2.1, P5.1.2	6
23 Sept 27 (3:30 finish)	7	Central Idea The ability to self-assess and to respond to feedback on performance enhances skill mastery.	Learner Profile • Caring • Principled		Central Idea Independent training, intrinsic motivation and self-belief can enhance skill execution.	Learner Profile • Reflective • Knowledgeable	SDGs 5.5	Central Idea Learning independently involves different strategies and traits to assist human accomplishment	Learner Profile • Knowledgeable • Thinker	Language Arts Listening & Speaking E4.1.1 b, c, d	7
OCTOBER BREAK 30th SEPTEMBER – 6th OCTOBER											
7 Oct	8	Lines of Inquiry • The skills executed in events • How self-motivation can improve skill	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	PSPE Identity P1.1.j Active Living P2.2.1, P5.1.2, P3.1.2	Lines of Inquiry • The events we practice for • What effective practice looks like • How we can improve	Approaches to Learning Thinking • Metacognition / reflection Research • Information literacy	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people , who act for the good of all and for the sustainable development of the world.	Lines of Inquiry • The skills and techniques required to perform • Self-assessment and feedback to help reach a goal • How to use motivation	Approaches to Learning Thinking • Metacognition / reflection Self-Management • States of mind	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	8
14 Oct 18 PTC	9			SDGs 5.5	Key Concepts • Function • Responsibility						9
21 Oct	10										10
28 Oct	11	Key Concepts • Form • Responsibility									11
4 Nov 7-8 PD days	12										12
11 Nov	13	How We Organize Ourselves Adventure Challenge	Key Concepts • Form • Function • Causation	Learner Profile • Knowledgeable • Reflective	Who We Are Health and Fitness	Key Concepts • Causation • Responsibility • Perspective	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	Who We Are Invasion Games	Related Concepts • Skills • Strategies • Teamwork	Learner Profile • Principled • Reflective	13
18 Nov	14	Central Idea Successful teams have a variety of roles with active, emotionally aware, people that have their own strengths.	Related Concepts • Emotions • Interactions • Strengths • Roles	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	Central Idea Recognizing the factors that affect health and fitness can help improve people's well-being.	Related Concepts • Motivation • Endurance	Identity P1.1.g Active Living P3.1.3, P3.1.4, P4.1.1, P4.1.2, P4.1.3	Central Idea Teams actively learn physical and personal skills to help cope with adversity	Approaches to Learning Self-management • Spatial Awareness • Respecting Others	PSPE Identity P1.1f, P1.1g, P1.1j Active Living P2.1.4, P2.1.5, P2.2.3, P5.1.1 Interactions P6.1.1b	14
25 Nov	15				Lines of Inquiry • The impact of our lifestyle choices on health • How a body system works • How to promote an active lifestyle to others upon learning how to live it	Approaches to Learning Thinking • Analysis • Evaluation		Lines of Inquiry • The skills and techniques required to play games/sports • The offensive and defensive strategies used when playing games • How actively learning new skills can assist in overcoming adversity	Thinking • Application • Evaluation	Social Studies Strand: Social organization and culture Skills: Identify roles, rights and responsibilities in society	15
2 Dec	16	Lines of Inquiry • The many challenges faced as a team • How a successful team functions • What happens when a team applies different strategies	Approaches to Learning Communication • Speaking Social • Group decision making • Respecting others	PSPE Identity P1.1.h Active Living P5.1.1 Interactions P6.1.1.b, P6.1.1.d, P6.1.1.g	Learner Profile • Thinkers	Self-Management • Healthy Lifestyle	SDGs 5.5	Key Concepts • Connection • Responsibility	BCIS Mission: The BCIS Mission is to challenge and empower students to be compassionate and inspired people, who act for the good of all and for the sustainable development of the world.	Language Arts Listening & Speaking E4.1.1 b, c, d	16
9 Dec 13 Noon	17		SDGs 5.5								17
WINTER BREAK 14th DECEMBER – 5th JANUARY											

