

# Personal, Social and Physical Education POI 2021-2022

	How We Express Ourselves	Who We Are	How We Express Ourselves
<h1>ECEA</h1>	<p><b>Central Idea</b> Physical activities require skills, strategies and safety.</p> <p><b>Key Concepts:</b> Function, connection, responsibility</p> <p><b>Related Concepts:</b> Teamwork, losing</p> <p><b>Lines of Inquiry:</b> The function of teams</p> <p>Teamwork is a key element to success</p> <p>Taking risks and safety are equally important</p>	<p><b>Central Idea:</b> Healthy choices help to develop and maintain a healthy and safe body.</p> <p><b>Key Concepts:</b> Responsibility, form, connection</p> <p><b>Related Concepts:</b> Safety, health, exercise, emotion, wellbeing</p> <p><b>Lines of Inquiry:</b> Responsibility to keep my body healthy</p> <p>Safety at school</p> <p>Emotional and physical health connect to overall wellbeing</p>	<p><b>Central Idea</b> Through movement we express ourselves and learn about the world.</p> <p><b>Key Concepts:</b> Form, perspective, responsibility</p> <p><b>Related concepts:</b> Development, motion</p> <p><b>Lines of inquiry:</b> Movement patterns</p> <p>Expressing our thoughts and feelings through movement</p> <p>We are responsible for our action</p>

# ECEB

	How We Express Ourselves	Who We Are	How We Express Ourselves
	<p><b>Central Idea</b> Physical activities require skills, strategies and safety.</p> <p><b>Key Concepts:</b> Function, connection, responsibility</p> <p><b>Related Concepts:</b> Teamwork, losing</p> <p><b>Lines of Inquiry:</b> The function of teams</p> <p>Teamwork is a key element to success</p> <p>Taking risks and safety are equally important</p>	<p><b>Central Idea:</b> Healthy choices help to develop and maintain a healthy and safe body.</p> <p><b>Key Concepts:</b> Responsibility, form, connection</p> <p><b>Related Concepts:</b> Safety, health, exercise, emotion, wellbeing</p> <p><b>Lines of Inquiry:</b> Responsibility to keep my body healthy</p> <p>Safety at school</p> <p>Emotional and physical health connect to overall wellbeing</p>	<p><b>Central Idea</b> Through movement we express ourselves and learn about the world.</p> <p><b>Key Concepts:</b> Form, perspective, responsibility</p> <p><b>Related concepts:</b> Development, motion</p> <p><b>Lines of inquiry:</b> Movement patterns</p> <p>Expressing our thoughts and feelings through movement</p> <p>We are responsible for our action</p>



P1

	How We Express Ourselves	Who We Are	How We Express Ourselves
	<p><b>Central Idea:</b> Physical activities require skills, strategies and safety.</p> <p><b>Key Concepts:</b> Function, connection, responsibility</p> <p><b>Related Concepts:</b> Teamwork, losing</p> <p><b>Lines of Inquiry:</b> The function of teams</p> <p>Teamwork is a key element to success</p> <p>Taking risks and safety are equally important</p>	<p><b>Central Idea:</b> Healthy choices help to develop and maintain a healthy and safe body.</p> <p><b>Key Concepts:</b> Responsibility, form, connection</p> <p><b>Related Concepts:</b> Safety, health, exercise, emotion, wellbeing</p> <p><b>Lines of Inquiry:</b> Responsibility to keep my body healthy</p> <p>Safety at school</p> <p>Emotional and physical health connect to overall wellbeing</p>	<p><b>Central Idea</b> Through movement and games we express ourselves and learn about the world.</p> <p><b>Key Concepts:</b> Perspective, Connection, responsibility</p> <p><b>Related concepts:</b> Development, motion</p> <p><b>Lines of inquiry:</b> Movement is a way to learn about the world</p> <p>Games and movements are connected to culture</p> <p>We are responsible for our actions</p>



# P2

	How We Express Ourselves	How We Organize Ourselves	How We Express Ourselves
	<p><b>Central Idea:</b> Physical activities require skills, strategies and safety.</p> <p><b>Key Concepts:</b> Function, connection, responsibility</p> <p><b>Related Concepts:</b> Teamwork, winning, losing</p> <p><b>Lines of Inquiry:</b> Skills combined lead to mastery</p> <p>Growth mindset is a key element to success</p> <p>Developing our physical, social and emotional skills</p>	<p><b>Central Idea:</b> Group games teach teamwork skills.</p> <p><b>Key Concepts:</b> Change, causation, responsibility</p> <p><b>Related Concepts:</b> Function, causation, responsibility</p> <p><b>Lines of Inquiry:</b> There are many ways solve a problem</p> <p>My words and actions can affect others</p> <p>There are many ways to communicate with each other</p>	<p><b>Central Idea</b> Through movement and games we express ourselves and learn about the world.</p> <p><b>Key Concepts:</b> Perspective, Connection, responsibility</p> <p><b>Related concepts:</b> Development, motion</p> <p><b>Lines of inquiry:</b> Movement is a way to learn about the world</p> <p>Games and movements are connected to culture</p> <p>We are responsible for our actions</p>



# P3

	How We Express Ourselves	How We Organize Ourselves	How We Express Ourselves
	<p><b>Central idea:</b> Physical activities require skills, strategies and safety.</p> <p><b>Key concepts:</b> Function, connection, responsibility</p> <p><b>Related concepts:</b> Community, relationship</p> <p><b>Lines of inquiry:</b> Skills combined lead to mastery</p> <p>Motivation is a key element to success</p> <p>Taking risks and safety are equally important</p>	<p><b>Central Idea:</b> Group games teach teamwork skills.</p> <p><b>Key Concepts:</b> Function, causation, responsibility</p> <p><b>Related Concepts:</b> Teamwork, winning, losing</p> <p><b>Lines of Inquiry:</b> There are many ways solve a problem</p> <p>My words and actions can affect others</p> <p>There are many ways to communicate with each other</p>	<p><b>Central Idea</b> Through movement and games we express ourselves and learn about the world.</p> <p><b>Key Concepts:</b> Perspective, Connection, responsibility</p> <p><b>Related concepts:</b> Development, motion</p> <p><b>Lines of inquiry:</b> Movement is a way to learn about the world</p> <p>Games and movements are connected to culture</p> <p>We are responsible for our actions</p>



# P4

	<b>How We Organize Ourselves</b>	<b>Who We Are</b>	<b>How We Express Ourselves</b>
	<p><b>Central idea:</b> Physical activities require skills, strategies and safety.</p> <p><b>Key concepts:</b> Function, connection, responsibility</p> <p><b>Related concepts:</b> Community, relationship</p> <p><b>Lines of inquiry:</b> Skills combined lead to mastery</p> <p>Motivation is a key element to success</p> <p>Taking risks and safety are equally important</p>	<p><b>Central idea:</b> Daily exercise helps us build a healthy and balanced lifestyle.</p> <p><b>Key concepts:</b> Form, function, responsibility</p> <p><b>Related concepts:</b> Agility, flexibility</p> <p><b>Lines of inquiry:</b> The diversity of daily exercise</p> <p>The effect of daily exercise on our lives</p> <p>Making wise choices for our physical and mental health</p>	<p><b>Central idea:</b> Movement involves different elements and can be expressed in various ways.</p> <p><b>Key concepts:</b> Form, function, perspective</p> <p><b>Related concepts:</b> Development, motion</p> <p><b>Lines of inquiry:</b> Exploring different body movements</p> <p>The importance of motion and space in movements</p> <p>Different ways we can express our ideas and cultures in movement</p>



# P5

	<b>How We Organize Ourselves</b>	<b>How We Express Ourselves</b>	<b>Who We Are</b>
	<p><b>Central idea:</b> Physical activities require skills, strategies and safety.</p> <p><b>Key concepts:</b> Function, connection, responsibility</p> <p><b>Related concepts:</b> Community, relationship</p> <p><b>Lines of inquiry:</b> Skills combined lead to mastery</p> <p>Motivation is a key element to success</p> <p>Taking risks and safety are equally important</p>	<p><b>Central idea:</b> Movement involves different elements and can be expressed in various ways.</p> <p><b>Key concepts:</b> Form, function, perspective</p> <p><b>Related concepts:</b> Development, motion</p> <p><b>Lines of inquiry:</b> Exploring different body movements</p> <p>The importance of motion and space in movements</p> <p>Different ways we can express our ideas and cultures in movement</p>	<p><b>Central idea:</b> An effective group capitalizes on the strengths of its individual members.</p> <p><b>Key concepts:</b> Causation, perspective, responsibility</p> <p><b>Related concepts:</b> Collaboration, conflict, ideas</p> <p><b>Lines of inquiry:</b> Ways to solve problems</p> <p>The interaction between groups and individuals</p> <p>Ways to communicate with each other</p>



# P6

	<b>How We Organize Ourselves</b>	<b>How We Express Ourselves</b>	<b>Who We Are</b>
	<p><b>Central idea:</b> Physical activities require skills, strategies and safety.</p> <p><b>Key concepts:</b> Function, connection, responsibility</p> <p><b>Related concepts:</b> Community, relationship</p> <p><b>Lines of inquiry:</b> Skills combined lead to mastery</p> <p>Motivation is a key element to success</p> <p>Taking risks and safety are equally important</p>	<p><b>Central idea:</b> Movement involves different elements and can be expressed in various ways.</p> <p><b>Key concepts:</b> Form, function, perspective</p> <p><b>Related concepts:</b> Development, motion</p> <p><b>Lines of inquiry:</b> Exploring different body movements</p> <p>The importance of motion and space in movements</p> <p>Different ways we can express our ideas and cultures in movement</p>	<p><b>Central idea:</b> People develop their leading/social skills by guiding and planning in a variety of group activities.</p> <p><b>Key concepts:</b> Change, Form &amp; Responsibility</p> <p><b>Related concepts:</b> Collaboration &amp; Conflict</p> <p><b>Lines of inquiry:</b> There are many ways to solve a problem</p> <p>Coordinating and group decision making</p> <p>Effective communication and clear mission are the keys to success</p>