

## **MYP 4 INTERDISCIPLINARY UNIT (IDU)**

### **SUBJECT: BIOLOGY AND PHYSICAL HEALTH AND EDUCATION**

**HOMEROOM: EDWARD BOUCHET**

### **Task: “Mind Over Muscle Performance Routine” – Short Performance or Role-Play**

#### **Task Description**

Develop a **5–7 minute mini-performance, routine, or role-play** that shows how athletes or individuals maintain performance under pressure using both **biological energy** and **mental resilience skills**.

#### **Requirements**

- Present a physical activity scenario (e.g., race, game, exam stress, emergency response).
- Show how **energy transformation** supports movement.
- Include **mental strategies** such as focus techniques, stress management, or cultural expressions of strength.
- End with a **reflection** explaining how Biology and PHE knowledge affects performance.

#### **Purpose (Interdisciplinary Link)**

- Helps students *experience* and *express* how the mind and body work together, connecting performance to scientific understanding.