

Programme Mile End

Standards & Procedures

2020-2021

Physical Education and Health - Secondary 4

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Term 1 (50 %): 31 August – 18 December	Term 2 (50 %): 4 January – 23 June
Competencies Targeted	Teaching & Evaluation Methods
Competency 1: <i>Performs movement skills in different physical activity settings (33.3 %)</i>	<ul style="list-style-type: none">● Monthly tests on the musculoskeletal system● Monthly units on sports (CrossFit, basketball, soccer, etc.) to demonstrate skills (communication, synchronization, roles, locomotor, nonlocomotor, manipulation, etc.)
Competency 2: <i>Interacts with others in different physical activity settings (33.3 %)</i>	<ul style="list-style-type: none">● Monthly tests on the technical aspects of movement related to activities● Monthly units on sports (CrossFit, basketball, soccer, etc.) to demonstrate skills (communication, synchronization, roles, locomotor, nonlocomotor, manipulation, etc.)
Competency 3: <i>Adopts a healthy and active lifestyle (33.3 %)</i>	<ul style="list-style-type: none">● Daily relaxation techniques : breath work, stretching, meditation, mindfulness● Monthly tests on the physiology of the human body● Term projects on the principles of programming : assessment, exercise selection, intensity, volume, frequency, recovery● Term health journals : sleep, nutrition, media use, substance abuse, stress and anxiety
Students are given credit for their participation in: <ul style="list-style-type: none">- the school <i>Fitness Club</i>, available everyday during lunch;- yoga sessions, occasionally available during the week;- basketball clinics, available every Friday afternoons.	