

# OUTREACH SCHOOL

Standards and Procedures

2020-2021

## Physical Education & Health, Secondary 4 & 5

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Term 1 (50%): 31 August – 22 January		Term 2 (50%): 23 January – 23 June	
Competencies Targeted		Teaching & Evaluation Methods	
100%	<b>Competency 1:</b> Performs movement skills in different physical activity settings.	A variety of sports activities.	
	<b>Competency 2:</b> Interacts with others in different physical activity settings.	Encouraging the joy of fair teams/participation and trying hard with minimum emphasis on victory.	
	<b>Competency 3:</b> Adopts a healthy and active lifestyle.	Leading a sense of pleasure and success in physical activity, especially team play.	
Students are given credit for their level of participation and teamwork rather than skill level. Some students take the option to work on health & nutrition projects.			