

**Focus High School**  
Standards and Procedures  
2021-2022

Subject: Physical Education  
Grade level: Secondary III  
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Term 1 (40%): August 31, 2021– January 28, 2022	Term 2 (60%): January 31-June 23 (July 10)
Competencies Targeted	Evaluation Methods
<p><b>MOVEMENT (Competency 1):</b> Perform skills in different physical activity settings – 35%</p>	<ul style="list-style-type: none"> <li>• Evaluation of a series of movements or skills in a variety of different physical activities</li> <li>• Self-assessment of progression</li> <li>• Evaluate student performances across the year to identify development and progression</li> </ul>
<p><b>REASONING (Competency 2):</b> Uses mathematical reasoning – 35%</p>	<ul style="list-style-type: none"> <li>• Evaluate how far the student engages in fair play</li> <li>• Self-assessment of individual contributions and their partner or partners</li> <li>• Assess how far a student improves cooperation and performance</li> </ul>
<p><b>HEALTHY LIFESTYLE (Competency 3):</b> Adopts a healthy, active lifestyle – 30%</p>	<ul style="list-style-type: none"> <li>• Students will develop a plan with regard to changing or maintain certain lifestyle habits</li> <li>• Evaluate a students physical activity of moderate or high intensity for 20-30 consecutive minutes</li> </ul>

	<ul style="list-style-type: none"> <li>• Discussion and improvement of at least three healthy lifestyle habits</li> </ul>
<p><b><u>End Of Term 1 Additional Comments:</u></b></p> <p>Throughout the term, students will complete a series of assessments based on physical activity and the development of healthy lifestyles. By November 19<sup>th</sup> students will be issued with a Progress Report with comments on their learning progress, behaviour and subject specific competencies</p> <p><b><u>End Of Term 2 Additional Comments:</u></b></p> <p>Throughout the term, students will complete a series of assessments based on physical activity and the development of healthy lifestyles. By November 19<sup>th</sup> students will be issued with a Progress Report with comments on their learning progress, behaviour and subject specific competencies</p> <p><b>Progress Report Cards</b></p> <p><b>By <u>November 19</u></b>, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies.</p> <p><b>By <u>April 22</u></b>, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies.</p>	

\*End Of Year Exam will be given during class and during the examination period.\*