

# Focus High School

## Standards and Procedures

2021-2022

### Physical Education and Health Secondary One

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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> Performs movement 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 students performances across the year to identify development and progression</li> </ul>
<p><b>Interaction (Competency 2):</b> Interacts with others in different physical activity settings – 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> <li>• Discussion and improvement of at least three healthy lifestyle habits</li> </ul>
<p><b>End Of Term 1 Additional Comments:</b> 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>End Of Term 2 Additional Comments:</b> By April 22<sup>nd</sup>, students will be issued with a Progress Report with comments on their learning progress, behaviour and subject specific competencies. Students will complete assessment based on physical activity, which will cover the range of material covered during the year.</p> <p><b>Progress Report Cards</b></p> <p><b>By November 19,</b> students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies.</p> <p><b>By April 22,</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.\*