

Programme Mile End

Standards & Procedures

2021-2022

Physical Education and Health - Secondary 5

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Term 1 (40 %): 31 August – 28 January	Term 2 (60 %): 1 February – 23 June
Competencies Targeted	Evaluation Methods
Competency 1: <i>Performs movement skills in different physical activity settings (33.3 %)</i>	<ul style="list-style-type: none">• Planning a variety of movement skills and movement sequences (CrossFit, basketball, ultimate frisbee, soccer, badminton, spikeball, etc.)• Performing movements skills and sequences as planned and using appropriate technique• Adjusting movement skills as needed• Applying safety rules• Demonstrating ethical behaviour• Evaluating the process and the results
Competency 2: <i>Interacts with others in different physical activity settings (33.3 %)</i>	<ul style="list-style-type: none">• Cooperating with partner(s) in developing plans of action• Applying and adjusting principles of action, principles of synchronization and principles of communication• Applying and adjusting strategies and roles assigned• Applying safety rules• Demonstrating ethical behaviour• Evaluating the process and the results
Competency 3: <i>Adopts a healthy and active lifestyle (33.3 %)</i>	<ul style="list-style-type: none">• Developing plans for engaging in physical activity on a regular basis• Developing plans for improving or maintaining healthy lifestyle habits• Practicing moderate to high-intensity physical activity at school for at least 20 to 30 minutes• Applying safety rules• Demonstrating ethical behaviour• Evaluating the process, the plans, the results
End of Term 1: November 19, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies. At the end of term 1, students will complete a final assignment that will serve as a review of the concepts taught during the term.	
End of Term 2: By April 22, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies. At the end of term 2, students will complete a final assignment that will serve as a review of the concepts taught during the year.	