

# Focus High School

## Standards and Procedures

2022-2023

Subject: Physical Education  
Grade level(s): WOTP

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**Term 1 (20%): 30 August - 18 November**  
**Term 2 (20%): 21 November - 15 March**  
**Term 2 (60%): 16 March - 23 June**

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 students performances across the year to identify development and progression</li> </ul>
<p><b>INTERACTION (Competency 2):</b> Interact 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>

**Term 1**

By **October 15<sup>th</sup>** students will be issued with a **Progress Report Card** with comments on their learning progress, behaviour and subject specific competencies. By **November 20<sup>th</sup>**, students will have been issued with a report card.

**Term 2**

Students will write mid-year exams that will account for 20% of their term marks. By **March 15**, students will be issued with a report card.

**Term 3**

At the end of the term, students will be given an End Of Year exam during class as well as MEQ exams during the examination period. Students will receive their Final Report Card on **June 23<sup>rd</sup>**.