

# Focus High School

## Standards and Procedures

2022-2023

Subject: Physical Education  
 Grade level: Secondary I  
 Skylar Adams  
 sadams@emsb.qc.ca

| <b>Term 1 (20%): 30 August - 18 November</b><br><b>Term 2 (20%): 21 November - 15 March</b><br><b>Term 3 (60%): 16 March - 23 June</b> |   |
|--|---|
| Competencies Targeted  | Evaluation Methods  |
| <b>MOVEMENT (Competency 1):</b><br>Perform skills in different physical activity settings – 35%  | <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>  |
| <b>INTERACTION (Competency 2):</b><br>Interacts with others in different physical activity settings – 35%                              | <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>   |
| <b>HEALTHY LIFESTYLE (Competency 3):</b><br>Adopts a healthy, active lifestyle – 30%   | <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 a **Progress Report Card** with comments on their learning progress, behaviour and subject specific competencies. By **November 20th**, students will have been issued 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 a report card.

**Term 3**

Students will receive their Final Report Card on **June 23rd**.