

Focus High School

Standards and Procedures

2022-2023

Subject: Physical Education

Grade level: Secondary II

Skylar Adams

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Term 1 (20%): 30 August - 18 November

Term 2 (20%): 21 November - 15 March

Term 3 (60%): 16 March - 23 June

Competencies Targeted	Evaluation Methods
MOVEMENT (Competency 1): Perform skills in different physical activity settings – 35%	<ul style="list-style-type: none">• Evaluation of a series of movements or skills in a variety of different physical activities• Self-assessment of progression• Evaluate student performances across the year to identify development and progression
INTERACTION (Competency 2): Interacts with others in different physical activity settings – 35%	<ul style="list-style-type: none">• Evaluate how far the student engages in fair play• Self-assessment of individual contributions and their partner or partners• Assess how far a student improves cooperation and performance
HEALTHY LIFESTYLE (Competency 3): Adopts a healthy, active lifestyle – 30%	<ul style="list-style-type: none">• Students will develop a plan with regard to changing or maintain certain lifestyle habits• Evaluate a students physical activity of moderate or high intensity for 20-30 consecutive minutes• Discussion and improvement of at least three healthy lifestyle habits

Term 1

By **October 15th** 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**.