

Focus High School

Standards and Procedures

2022-2023

Physical Education and Health
 Secondary One
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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
<p>Movement (Competency 1): Performs movement skills in different physical activity settings – 35%</p>	<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 students performances across the year to identify development and progression
<p>Interaction (Competency 2): Interacts with others in different physical activity settings – 35%</p>	<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
<p>Healthy lifestyle (Competency 3): Adopts a healthy, active lifestyle – 30%</p>	<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
<p><u>Term 1</u> By October 15th students will be issued with a Progress Report Card with comments on their learning progress, behaviour and subject specific competencies. By November 20th, students will have been issued with a report card.</p> <p><u>Term 2</u> By March 15, students will be issued with a report card.</p> <p><u>Term 3</u></p>	

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