

# Venture High School

## Standards and Procedures

2022-2023

### Physical Education

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Term 1 (20%): 30 August – 10 November	Term 2 (20%): 11 November – 16 February	Term 3 (60%): 17 February– 23 June
Competencies Targeted		Evaluation Methods
Performs movement skills in different physical activity settings ( <b>Competency 1</b> ) – 30%		<u>Skill demonstration</u> – students will demonstrate their ability to perform a skill we have been working on in individual activities such as how to perform a proper bicep curl, squat, or coordination activity
Interacts with others in different physical activity settings ( <b>Competency 2</b> ): 40%		<u>Skill demonstration</u> – students will demonstrate their ability to perform a skill we have been working on in group or team activities such as how communicating with teammates to make a play, adjusting the force of a pass based on a teammates location, playing their role in the team
Adopts a healthy, active lifestyle ( <b>Competency 3</b> ): 30%		<u>Self-assessment and work out plan</u> – students will complete a fitness assessment and then analyze their results in order to create and carry out a personalized work out program that demonstrates knowledge in

one or all of these areas: resistance training, cardiovascular training, flexibility, balance, coordination

Health assignments – students will complete various written health assignments in which they analyze their personal health

**Term 1**  
By **October 15<sup>th</sup>**, students will be issued a **Progress Report Card** with comments on their learning progress, behavior, and subject-specific competencies.  
By **November 17**, students will have been issued a Report Card.

**Term 2**  
By **March 2**, students will be issued a Report Card.

**Term 3**  
Students will receive their Final Report Card on **June 23 or before**.