

# Perspectives I High School

Standards and Procedures

2021-2022

## Physical Education and Health: Secondary Cycle 1 (Years 1 and 2) Cycle 2 (Year 1)

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Term 1 (40%): August 31, 2021– January 28, 2022	Term 2 (60%): January 31-June 23 (July 10)
Competencies Targeted	Evaluation Methods
<b>Competency 1:</b> To perform skills in different physical activity settings – 30%	<ul style="list-style-type: none"><li>• Participation and effort</li><li>• Skill evaluations</li></ul>
<b>Competency 2:</b> To interact with others in different physical activity settings – 50%	<ul style="list-style-type: none"><li>• Sportsmanship</li><li>• Team play</li></ul>
<b>Competency 3:</b> To adopt a healthy, active lifestyle – 20%	<ul style="list-style-type: none"><li>• Participation</li><li>• Health awareness</li></ul>
<b>At The End Of Term 1:</b> To be able to participate regularly in physical education class. To perform the individual skills involved in various team sports. Finally, to understand and apply the rules of an activity.	
<b>At The End Of Term 2:</b> To be able to perform various fitness exercises and name which muscles are being targeted during each activity. To understand and apply concepts of leading a healthy, active lifestyle.	
<b>Progress Report Cards</b> <b>By November 19,</b> students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies. <b>By April 22,</b> students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies.	

\*End Of Year Exam will be given during class and during the examination period.\*