

Focus High School

Standards and Procedures

2021-2022

Physical Education and Health Secondary One

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Term 1 (40%): August 31, 2021– January 28, 2022	Term 2 (60%): January 31-June 23
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>End Of Term 1 Additional Comments: Students will participate in a variety of different physical activities throughout the semester. There will also be lessons on health and wellness. By November 19th students will be issued with a Progress Report with comments on their learning progress, behaviour, and subject specific competencies.</p> <p>End Of Term 2 Additional Comments: Students will participate in a variety of different physical activities throughout the semester. There will also be lessons on health and wellness. By April 22nd students will be issued with a Progress Report with comments on their learning progress, behaviour, and subject specific competencies.</p> <p>Progress Report Cards</p> <p>By November 19, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies.</p> <p>By April 22, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies.</p>	

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