

# Programme Mile End

Standards & Procedures

2021-2022

## Physical Education and Health - Secondary 4

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Term 1 (40 %): 31 August – 28 January	Term 2 (60 %): 1 February – 23 June
Competencies Targeted	Evaluation Methods
<p><b>Competency 1:</b> <i>Performs movement skills in different physical activity settings (33.3 %)</i></p>	<ul style="list-style-type: none"> <li>● Planning a variety of movement skills and movement sequences (CrossFit, basketball, ultimate frisbee, soccer, badminton, spikeball, etc.)</li> <li>● Performing movements skills and sequences as planned and using appropriate technique</li> <li>● Adjusting movement skills as needed</li> <li>● Applying safety rules</li> <li>● Demonstrating ethical behaviour</li> <li>● Evaluating the process and the results</li> </ul>
<p><b>Competency 2:</b> <i>Interacts with others in different physical activity settings (33.3 %)</i></p>	<ul style="list-style-type: none"> <li>● Cooperating with partner(s) in developing plans of action</li> <li>● Applying and adjusting principles of action, principles of synchronization and principles of communication</li> <li>● Applying and adjusting strategies and roles assigned</li> <li>● Applying safety rules</li> <li>● Demonstrating ethical behaviour</li> <li>● Evaluating the process and the results</li> </ul>
<p><b>Competency 3:</b> <i>Adopts a healthy and active lifestyle (33.3 %)</i></p>	<ul style="list-style-type: none"> <li>● Developing plans for engaging in physical activity on a regular basis</li> <li>● Developing plans for improving or maintaining healthy lifestyle habits</li> <li>● Practicing moderate to high-intensity physical activity at school for at least 20 to 30 minutes</li> <li>● Applying safety rules</li> <li>● Demonstrating ethical behaviour</li> <li>● Evaluating the process, the plans, the results</li> </ul>
<p><b>End of Term 1:</b> November 19, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies. At the end of term 1, students will complete a final assignment that will serve as a review of the concepts taught during the term.</p> <p><b>End of Term 2:</b> By April 22, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies. At the end of term 2, students will complete a final assignment that will serve as a review of the concepts taught during the year.</p>	