



COURSE DESCRIPTION 2011-2012

COURSE NAME:	Physical Education and Health	LEVEL:	Cycle 1, Year 1
COURSE CODE:	543 – 100	PERIODS PER CYCLE:	2
TEACHER(S):	E-MAIL ADDRESS:		
Ms. Anna Haller	haller.a@gaa.qc.ca		

Subject Area Competencies:

The student participates in individual physical activities	
	-The student becomes more aware of her body and of the physical environment (obstacles, terrain, climate, etc.)
	-The student carries out movement skills using strength, speed, and direction optimally, according to expected results
	-The student shows self-control at all times
	-The student acts safely in both physical activity settings (instructions and game rules) and in everyday life
	-The student assesses her own performance in order to identify her strengths and weaknesses
<i>Activity Types in this competency:</i>	
-all activities related to individual warm-ups	
-rhythmic gymnastics	
-pyramid building sequences	
-combining and performing locomotor, non-locomotor, and manipulation skills (badminton)	
The student participates in group physical activities	
	-The student develops various plans of action to adapt her movements to those of others, to synchronize her movements with those of others
	-The student works in pairs or with teammates and opponents to perform a joint task and establishes offensive as well as defensive strategies
	-The student assesses, with teammates, the effectiveness of own strategy or that of a peer or other team according to the setting
	-The student demonstrates fair play in both victory and defeat; observe safety rules at all times
Adopts a healthy, active lifestyle	
	-Gather information from a variety of sources on the impact of lifestyle habits on health and well-being, using critical judgment to apply it to herself.
	-Performance of physical activity of moderate to high intensity for a minimum of 20-30 minutes.
	-Develops a plan, apply the plan, and assess their progress.
	-Demonstrate integration of healthy lifestyle habits into their daily life.

	Themes and Content	Projected Activities for Evaluation	Competencies	
	Team Handball/Basketball Golf Healthy Living	<ul style="list-style-type: none"> Individual Skills/Team Strategy Individual Skill Healthy Lifestyle Assessment Sleep Journal 	C1 C1 C3	C2
	Rhythmic Gymnastics	<ul style="list-style-type: none"> Individual Skills Group Routines 	C1 C2	
	Badminton Cross-Country Skiing/Skating Healthy Living	<ul style="list-style-type: none"> Individual Skill/ Mini Tournament Self –Assessment Healthy Lifestyle Application 	C1 C1 C3	
	Pyramid Unit Yoga Floor Hockey Touch Football	<ul style="list-style-type: none"> Mini Routine Flexibility Assessment Team Strategy-Game Play Team Strategy-Game Play 	C2 C1	C2 C2

Evaluation

- ❖ Your daughter shall receive a mark out of 100% for each term based on the subject competencies areas mentioned above.
- ❖ The following weightings have been assigned to each term in all schools throughout Québec, as follows:
 - The results of Term 1 will count for 20% of a student’s final mark.
 - The results of Term 2 will count for 20% of the final mark.
 - The results of Term 3 will count for 60% of the final mark.

Additional points of interest:

- 1) Students are required to wear running shoes at all times in the gym during intense physical activity.
- 2) The QAA PE uniform is mandatory.
- 3) In the event of an absence, the student is responsible for checking in with the teacher to find out about missed assignments and/or quiz dates.
- 4) Parent/ teacher communication is most effective through e-mail. Please notify the teacher of any problems or concerns.
- 5) Students with long term injuries must present a doctor’s note to the teacher.
- 6) Homework, links, handouts and other important information will be available in the Physical Education and Health folder on First Class.