



# COURSE DESCRIPTION 2011-2012

<b>COURSE NAME:</b>	Physical Education and Health	<b>LEVEL:</b>	Cycle 2, Year 1
<b>COURSE CODE:</b>	543 – 302	<b>PERIODS PER CYCLE:</b>	2
<b>TEACHER(S):</b>	<b>E-MAIL ADDRESS:</b>		
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## **Subject Area Competencies:**

<b>The student participates in individual physical activities</b>
- Become more aware of her body and of the physical environment (obstacles, terrain, climate, etc.)
- Carries out movement skills using strength, speed, and direction optimally, according to expected results
- Shows self-control at all times
- Act safely in both physical activity settings (instructions and game rules) and in everyday life
- Assess their own performance in order to identify their strengths and weaknesses
<i>Activity Types in this competency:</i>
- All activities related to individual warm-ups; technical/artistic activities (aerobics); combining and performing locomotor, non-locomotor, manipulation skills (badminton) and single action activities (throwing, jumping, etc.)
<b>The student participates in group physical activities</b>
- Develops various plans of action to adapt her movements to those of others, to synchronize her movements with those of others
- Work in pairs or with teammates and opponents to perform a joint task and establishes offensive as well as defensive strategies
- Assesses, with teammates, the effectiveness of own strategy or that of a peer or other team according to the setting
- Demonstrate fair play in both victory and defeat; observe safety rules at all times
<i>Activity Types in this competency:</i>
- Team sports (softball, basketball, badminton); basic cooperative games
<b>Takes steps to adopts a healthy, active lifestyle</b>
- The student gather information from a variety of sources on the impact of lifestyle habits on health and well-being, using critical judgement to apply it to herself
- The student performs physical activity of moderate to high intensity for a minimum of 20-30 minutes
- The student develops a plan, apply the plan, and assess their progress
- The student demonstrates integration of healthy lifestyle habits into their daily life
<i>Activity Types for this competency:</i>
- Fitness labs; Healthy & Wellness Activities; Physical Education uniform worn in class (healthy lifestyle habit)

	Themes and Content	Projected Activities for Evaluation	Competencies		
	Softball	<ul style="list-style-type: none"> <li>Individual Skill/Team Strategy</li> </ul>	C1	C2	
	Aerobics	<ul style="list-style-type: none"> <li>Routine</li> </ul>		C2	C3
	Circuit Training	<ul style="list-style-type: none"> <li>Fitness Labs</li> </ul>	C1		C3
	Basketball	<ul style="list-style-type: none"> <li>Individual Skill/Team Strategy (Peer &amp; Self Assessment)</li> </ul>	C1	C2	
	Cross-Country Skiing	<ul style="list-style-type: none"> <li>Individual Skill</li> </ul>	C1		
	Badminton	<ul style="list-style-type: none"> <li>Individual Skill/Team Strategy; Tournament</li> </ul>	C1	C2	
	Healthy Living	<ul style="list-style-type: none"> <li>Healthy Living Project</li> </ul>		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.