



# COURSE DESCRIPTION 2011-2012

<b>COURSE NAME:</b>	Physical Education and Health	<b>LEVEL:</b>	Cycle 2, Year 2
<b>COURSE CODE:</b>	543 – 402	<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>
-Becomes 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
-Acts safely in both physical activity settings (instructions and game rules) and in everyday life
-Assesses her own performance in order to identify her strengths and weaknesses
<i>Activity Types in this competency: Technical/artistic activities (jazz ballet); combining and performing locomotor, non-locomotor, and manipulation skills (field hockey, volleyball); activities related to individual warm-ups</i>
<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
-Works 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
Demonstrates fair play in both victory and defeat; observes safety rules at all times
<i>Activity Types in this competency: Team sports (field hockey, advanced volleyball), Ultimate Frisbee, Jazz Ballet</i>
<b>Adopts a healthy, active lifestyle</b>
-The student gathers 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
-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 her progress
The student demonstrates integration of healthy lifestyle habits into her daily life
<i>Activity Types for this competency: Fitness labs; Personal fitness logs; health &amp; wellness; Physical Education uniform worn in class (healthy lifestyle habit)</i>

	Themes and Content	Projected Activities for Evaluation	Competencies		
	Field Hockey	<ul style="list-style-type: none"> <li>individual skill/team strategy &amp; game play</li> </ul>	C1	C2	
	Advanced Volleyball	<ul style="list-style-type: none"> <li>individual skill/team strategy &amp; game play (peer &amp; self-assessment)</li> <li>volleyball camp brochure</li> </ul>	C1	C2	
	Healthy Living	<ul style="list-style-type: none"> <li>beep test or 12 minute run</li> </ul>			C3
	Jazz Ballet	<ul style="list-style-type: none"> <li>individual skill/group routine (self-assessment)</li> </ul>	C1	C2	
	Combatives	<ul style="list-style-type: none"> <li>individual skill/peer work</li> </ul>	C1	C2	
	Ultimate Frisbee	<ul style="list-style-type: none"> <li>team strategy &amp; game play</li> </ul>	C1	C2	
	Healthy Living	<ul style="list-style-type: none"> <li>components of fitness labs and personal logs</li> </ul>			C3

### **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.