



COURSE DESCRIPTION 2011-2012

COURSE NAME:	Physical Education and Health	LEVEL:	Cycle 2, Year 3
COURSE CODE:	543 – 502	PERIODS PER CYCLE:	2
TEACHER(S):	E-MAIL ADDRESS:		
Ms. Karen Craigmyle	craigmyle.k@qaa.qc.ca		

Subject Area Competencies:

The student participates in individual physical activities
-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 (dance); combining & performing locomotor, non-locomotor & manipulation skills (touch rugby, racquet sports); activities related to warm-ups</i>
The student participates in group physical activities
-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; observe safety rules at all times
<i>Activity Types in this competency: team sports (touch rugby, badminton, etc.), salsa dance, tennis</i>
Adopts a healthy, active lifestyle
-The student gathers 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 assesses her fitness level (flexibility, endurance, strength, etc) and demonstrate good fitness level according to Canadian standards for her age group
-The student performs physical activity of moderate to high intensity for a minimum of 20-30 minutes
-The student develops a plan, applies the plan, and assesses her progress
-The student demonstrates integration of healthy lifestyle habits into her daily life
<i>Activity Types for this competency: Fitness labs; health & wellness; stress management; Physical Education uniform worn in class (healthy lifestyle habit)</i>

	Themes and Content	Projected Activities for Evaluation	Competencies		
	Touch Rugby	<ul style="list-style-type: none"> individual skill/team strategy & game play peer teaching 	C1	C2 C2	
	Advanced Dance	<ul style="list-style-type: none"> creative group routine individual skill (compulsories & salsa dance) 	C1	C2	
	Healthy Living	<ul style="list-style-type: none"> beep test or 12 minute run 			C3
	Badminton, Racquetball & Ping Pong	<ul style="list-style-type: none"> individual skill/team strategy & game play tournament 	C1	C2	
	Tennis	<ul style="list-style-type: none"> individual skill/team strategy & game play 	C1	C2	
	Ultimate Frisbee	<ul style="list-style-type: none"> individual skill/team strategy & game play 	C1	C2	
	Healthy Living	<ul style="list-style-type: none"> fitness collage stress management/fitness 			C3 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.