



Course:	Physical Education and Health Secondary 1		
Teacher:	M.Pfleeger	Room:	Gym
E-mail:	mpfleeger@emsb.qc.ca		
Texts/workbooks:	N/A		
Course description:	Students acquire essential knowledge and skills for physical literacy and a healthy lifestyle		

TERM 1 – 20%		
Topics covered		Competencies targeted
Territorial games, cooperative games Personal safety and injury prevention Fitness activities and related assessments Healthy eating and the Canada Food Guide		1) Interacts with others in different physical activity settings 2) Performs movement skills in different physical activity settings
Evaluation methods	Mark breakdown	Timeline
Active participation	70%	Daily in class
Written evaluations and assignments	Up to 30% *Subject to change based on student progress	Approximately twice a month

TERM 2 – 20%		
Topics covered		Competencies targeted
Net-wall games, territorial games Social and emotional learning skills: Managing emotions, coping with stress, sense of self Fitness activities and goal setting 24-Hour Movement Guidelines (Canadian Society of Exercise Physiology)		1) Interacts with others in different physical activity settings 2) Performs movement skills in different physical activity settings 3) Adopts a healthy, active lifestyle
Evaluation methods	Mark breakdown	Timeline
Active participation	70%	Daily in class
Written evaluations, quizzes, and health assignments	Up to 30 %	Approximately twice a month

	*Subject to change based on student progress	
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TERM 3 – 60%		
Topics covered		Competencies targeted
Net-wall games, territorial games, striking/fielding games Factors affecting fitness. Fitness circuits and various related activities Health-related components of fitness Mental health literacy		1) Interacts with others in different physical activity settings 2) Performs movement skills in different physical activity settings 3) Adopts a healthy, active lifestyle
Evaluation methods	Mark breakdown	Timeline
Active participation	70%	Daily in class
Written evaluations, quizzes, and health assignments	Up to 30 % *Subject to change based on student progress	Approximately twice a month

Online platform:	Google Classroom
Materials required for the course:	
T-shirt, shorts / jogging pants, running shoes.	

Communication with parents/guardians:	Progress report/Report card schedule:
Email, telephone, progress reports mpfleeger@emsb.qc.ca	Report cards: Term 1 – November. Term 2- February, Term 3: June

Additional information and specifications:
Regular attendance is required to receive a passing grade in the course.
A medical certificate is required in the event that a student is unable to participate for an extended period.
Sports and activities may vary according to the size and nature of each individual class.

Remediation schedule:

Day 2	3:10 PM
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Final results:

Term 1	+	Term 2	+	Term 3	=	School mark
20%		20%		60%		100%