



| | | | |
|----------------------------|---|--------------|-----|
| Course: | Physical Education and Health – Secondary 5 | | |
| 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 Fitness activities and initial assessments Running form Health and skill-related components of fitness Principals of training, FITT principle SMART Goal-setting | 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 Written quizzes and reflections Self-evaluations Health assignments Learning and evaluation situations | 70% 30% *Subject to change based on student progress | Daily in class Approximately two per month |

| TERM 2 – 20% | | |
|---|--|---|
| Topics covered | Competencies targeted | |
| Net-wall games, territorial games Movement features and fundamental patters Prevention of cancer and cardiovascular disease. Weight management, healthy food and drink choices Dietary Trends | 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 Written quizzes and reflections Self-evaluations Health assignments Learning and evaluation situations | 70% 30% | Daily in class Approximately two per month |

| | | |
|--|--|--|
| | *Subject to change based on student progress | |
|--|--|--|

| TERM 3 – 60% | | |
|--|---|--|
| Topics covered | | Competencies targeted |
| Territorial games Striking-Fielding games Fitness activities and follow-up assessments Exercise intensity, heart-rate monitoring and wearable technologies Substance abuse, addiction and related behaviors Factors affecting mental health and well- being. Mental illness | | 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 quizzes and reflections Self-evaluations Health assignments Learning and evaluation situations | 30% *Subject to change based on student progress | Approximately two per month |
| Online platform: | Google Classroom | |
| Materials required for the course: | | |
| T-shirts, jogging pants / shorts, and running shoes | | |

| | |
|--|---|
| Communication with parents/guardians: | Progress report: |
| Email, telephones, and progress reports | 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. |
| Topics covered may vary according to the size and nature of each individual class |

| | |
|------------------------------|---------|
| Remediation schedule: | |
| Day 2 | 3:10 PM |

Final results:

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