



# Lester B. Pearson High School

<b>Academic Year:</b> 2021-2022	<b>Department:</b> Physical Education
<b>Subject:</b> Physical Education and Health	<b>Level (Cycle and Year):</b> Cycle 1: Year 1-2

## Term 1 - 40% of School Grade

**School Reporting Date(s)** : August 31<sup>st</sup>, 2021-January 7<sup>th</sup>, 2022  
**Progress Report:** November 12<sup>th</sup>, 2021  
**Term 1 Report Card:** January 25<sup>th</sup>, 2022

**Teacher Methods of Communication:** Standards and Procedures, Progress Report, Parent-Teacher conferences, Report Card, Online Platforms, E-mail, Phone Calls, Syllabus

**Competency Evaluated and Percentage of Term Grade:**  
 C1- Performs movement skills in a variety of physical activity settings **(30% of Final Term I Grade)**

Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
Fitness Testing	Muscular endurance	4-5 fitness evaluations	100%
	Cardiovascular endurance		
	Muscular strength		
	Agility		
	Speed /Power		

**Competency Evaluated and Percentage of Term Grade:**  
 C2- Interacts with others in a variety of Physical Activity Environments **(50% of Final Term I Grade)**

Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
Sports Skills	Synchronization	3-5 skills	100%
	Cooperation		
	Communication		
	Sportsmanship		

\*Note that social distancing will be practiced as much as possible; subject to change depending on Ministry guidelines.

<b>Competency Evaluated and Percentage of Term Grade:</b> C3- Adopts a Healthy, Active Lifestyle <b>(20% of Final Term I Grade)</b>			
Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
Weekly Observations	Brings necessary materials to class	10-12	100%
	Effort		
	Participation		

<b>Term 2 - 60% of School Grade</b>			
<b>Reporting Date:</b> January 10 <sup>th</sup> , 2022-June 23 <sup>rd</sup> , 2022 <b>Progress Report:</b> April 21 <sup>st</sup> , 2022 <b>Term 2 Report Card:</b> June 29 <sup>th</sup> , 2022			
<b>Teacher Methods of Communication:</b> Standards and Procedures, Report Card, Online Platforms, E-mail, Phone Calls, Syllabus E-mail, Phone Call, Syllabus, Parent-teacher conference			
<b>Competency Evaluated and Percentage of Term Grade:</b> C1- Performs movement skills in a variety of physical activity settings <b>(30% of Final Term II Grade)</b>			
Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
Fitness Testing	Muscular endurance	5 fitness evaluations	100%
	Cardiovascular endurance		
	Strength		
	Agility		
	Speed/Power		
<b>Competency Evaluated and Percentage of Term Grade:</b> C2- Interacts with others in a variety of Physical Activity Environments <b>(50% of Final Term II Grade)</b>			
Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
Sports Skills	Synchronization	5 skills	100%
	Cooperation		
	Communication		

	Sportsmanship		
<b>Competency Evaluated and Percentage of Term Grade:</b>			
C3- Adopts a Healthy, Active Lifestyle <b>(20% of Final Term II Grade)</b>			
<b>Evaluation Methods/Tools</b>	<b>Skill(s) Evaluated</b>	<b>Timeline or Frequency of Evaluations</b>	<b>Weight of Evaluation</b>
Weekly Observations	Brings necessary materials to class	14-16	100%
	Effort		
	Participation		

- Late work policy :
  - Students are allowed to submit the assignment the next day without penalty.
  - After one day, 5% is deducted for each additional day it is late
  - Once the assignment in question is handed back to students, no late assignments will be accepted and will receive a mark of Zero (0).