Académie LaurenHill Academy

Standards and Procedures

Physical Education and Health 4

2016 – 2017
J. King, L. Tzortzis, Z. MacDonald

TERM 1 (20%):

Competency Targeted	**Competency 1** Performs skills in different physical activity settings. **Competency 2** Interacts with others in different physical activity settings. **Competency 3** Adopts a healthy active lifestyle.
Evaluation Methods	-5 point daily marking system on participation in physical activities -Tests -Written assignments/Homework -Individual Projects -Group Projects
General Timeline	Ongoing throughout the term.
Topics Covered	Softball, Soccer, Fitness, Badminton

TERM 2 (20%):

Competencies Targeted	**Competency 1** Performs skills in different physical activity settings. **Competency 2** Interacts with others in different physical activity settings. **Competency 3** Adopts a healthy active lifestyle.

Evaluation Methods	-5 point daily marking system on participation in physical activities -Tests -Written assignments/Homework -Individual Projects -Group Projects
General Timeline	Ongoing throughout the term.
Topics Covered	Fitness appraisal, Volleyball, Indoor soccer, Fitness, Basketball, Games Unit, Tchoukball, Lacrosse, Handball, Stress Unit

TERM 3 (60%):

Competencies Targeted	**Competency 1** Performs skills in different physical activity settings. **Competency 2** Interacts with others in different physical activity settings. **Competency 3** Adopts a healthy active lifestyle.
Evaluation Methods	-5 point daily marking system on participation in physical activities -Tests -Written assignments/Homework -Individual Projects -Group Projects
General Timeline	Ongoing throughout the term.
Topics Covered	Volleyball, Softball, Tennis, Soccer, Fitness, Badminton, Fitness testing, Tchoukball, Lacrosse, Handball, Pyramids, Swimming

Communication to Students and Parents	Physical Education and Health (P.E.H.) classes are offered only two periods per nine-day cycle. This amount of physical activity does not meet the minimum levels of physical activity for young individuals. Therefore, students are expected to participate in LHA intramural and interscholastic activities as part of P.E. course requirements. This is necessary in order to increase the amount of physical activity, to improve the acquired skills and physical fitness as well as to fulfill **Competency III** course requirements. Students will receive course credit based on their participation in these activities. • A medical note is required for absences due to injury or illness. • Students must wear the official gym uniform consisting of: the LHA gym t-shirt, LHA black gym shorts, and white cotton athletic socks. The physical education uniform must always be clean for hygienic reasons • The Physical Education department is not responsible for any items that may be lost or stolen. Students are responsible for their own belongings.

Note: This standard and procedure is subject to change in accordance with the need to adjust to the students within the parameters set by MELS.

Should the teacher finds it necessary, evaluations and assignments are subject to change.