

Westmount High School

STANDARDS & PROCEDURES WORKSHEET

Department or Subject:	PEH – Secondary One
Teacher(s):	Ms. Kleihauer & Ms. Le Templier
School Year:	2016-2017

Term 1 (20%)		
Competencies Targeted	Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)	General Timeline (e.g., end of term, midterm, etc.)
<p><u>Competency 2 – Interacts with others in different physical activity settings</u> Individual or team strategy (theory and performance) Fair play</p> <p><u>Competency 3</u> <u>Adopts a healthy, active lifestyle</u> Fitness tests / fitness training Personal health education/awareness</p>	<p>May include standardised tests such as: Beep Test</p> <p>May include different individual sports, team sports and low cooperation activities such as: Basketball Soccer Volleyball Team Games</p> <p>May include presentations such as: Stretching Routine</p> <p>May include homework such as: Healthy Lifestyle Assignment #1 Binder Check</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper physical education uniform to each class.</p>
Communication to Students and Parents (e.g., note home, website, agenda, report cards)	Other Pertinent Information	Materials Required
<p>Website Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Safe Participation Lifestyle Fitness Sportsmanship Group Dynamics Game Rules Warm Ups and Cool Downs Stretching Healthy Lifestyle Choices Personal Hygiene Self Image Nutrition</p>	<p>Purple WHS Physical Education T-Shirt</p> <p>Black WHS Physical Education Shorts or Track Pants</p> <p>Running Shoes with Proper Support and that tighten (ex. laces)</p> <p>Socks (no tights or socks higher than the knee are permitted to be worn)</p> <p>Water Bottle (reusable)</p> <p>Individual Required Medication (ex. asthma inhaler, knee brace, EpiPen etc.)</p>

Term 2 (20%)		
Competencies Targeted	Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)	General Timeline (e.g., end of term, midterm, etc.)
<p><u>Competency 1 – Performs movement skills in different physical activity settings</u> Performance of effective movement skills</p> <p><u>Competency 2 – Interacts with others in different physical activity settings</u> Individual or team strategy (theory and performance) Fair play</p> <p><u>Competency 3</u> <u>Adopts a healthy, active lifestyle</u> Fitness tests/fitness training Personal health education/awareness</p>	<p>May include standardised tests such as: Beep Test Cooper Test Strength Endurance Tests Flexibility Tests</p> <p>May include different individual sports, team sports and low cooperation activities such as: Snow Shoeing Yoga Fitness Conditioning Badminton Team Games</p> <p>May include presentations such as: Stretching Routine</p> <p>May include homework such as: Healthy Lifestyle Assignment #2 Binder Check</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper physical education uniform to each class.</p>
Communication to Students and Parents (e.g., note home, website, agenda, report cards)	Other Pertinent Information	Materials Required
<p>Website Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Safe Participation Lifestyle Fitness Sportsmanship Group Dynamics Game Rules Warm Ups and Cool Downs Stretching Healthy Lifestyle Choices Nutrition Puberty & Sexual Education</p>	<p>Purple WHS Physical Education T-Shirt</p> <p>Black WHS Physical Education Shorts or Track Pants</p> <p>Running Shoes with Proper Support and that tighten (ex. laces)</p> <p>Socks (no tights or socks higher than the knee are permitted to be worn)</p> <p>Water Bottle (reusable)</p> <p>Individual Required Medication (ex. asthma inhaler, knee brace, EpiPen etc.)</p>

Term 3 (60%)		
<i>Competencies Targeted</i>	<i>Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)</i>	<i>General Timeline (e.g., end of term, midterm, etc.)</i>
<p><u>Competency 1 – Performs movement skills in different physical activity settings</u> Movement skills (how, when and why) Performance of effective movement skills</p> <p><u>Competency 2 – Interacts with others in different physical activity settings</u> Individual or team strategy (theory and performance) Fair play</p> <p><u>Competency 3</u> <u>Adopts a healthy, active lifestyle</u> Healthy choices Fitness tests Personal health education/awareness</p>	<p>May include standardised tests such as: Beep Test Cooper Test Strength Endurance Tests Flexibility Tests</p> <p>May include different individual sports, team sports and low cooperation activities such as: Matball Basketball Soccer Fitness Conditioning Handball Track & Field Team Games</p> <p>May include presentations such as: Stretching Routine</p> <p>May include homework such as: Healthy Lifestyle Assignment #3 Binder Check</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper physical education uniform to each class.</p>
<i>Communication to Students and Parents (e.g., note home, website, agenda, report cards)</i>	<i>End of Year Evaluation (e.g., complementary exam, uniform exam, etc.)</i>	<i>Other Pertinent Information</i>
Website Progress reports Report cards Emails Student Agendas Phone Calls	Final Fitness Evaluation and Year End Reflections	Safe Participation Lifestyle Fitness Sportsmanship Group Dynamics Game Rules Warm Ups and Cool Downs Stretching Substance Abuse Stress Management