



École secondaire John F. Kennedy High School

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<http://www.emsb.qc.ca/jfk>

STANDARDS & PROCEDURES

Department or Subject:	Physical Education and Health
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Term 1 (20%)		
Competencies Targeted	Evaluation Methods	General Timeline
<u>Competency Evaluated and Percentage of Term Grade:</u> Student performs movement skills in a variety of settings. (C1) - 60%	-Skill development -Performance of movements, drills and techniques. <i>Evaluated using observations, checklists and/or quiz.</i>	BEGINNING-MIDTERM -Ongoing assessment. END OF TERM -3 skill evaluation periods. - completion of assignment and/or quiz.
<u>Competency Evaluated and Percentage of Term Grade:</u> Student adopts a healthy and active lifestyle. (C3) - 40%	-Fitness progression chart. -Demonstrate an understanding of fitness principles. <i>Evaluated using observations, checklist, assignment and/or quiz.</i>	
Communication to Students and Parents	Other Pertinent Information [Topics Examined]	
-Communication through google classroom and/or Mozaik	Anatomy, Hygiene, Fitness, Weight training (weight room) Skill development (sports)	

Term 2 (20%)		
Competencies Targeted	Evaluation Methods	General Timeline
<u>Competency Evaluated and Percentage of Term Grade:</u> Student interacts with others in a variety of settings. (C2) - 60%	-Demonstrate effort, teamwork, co-operation and participation. <i>Evaluated using observations, checklists,</i>	BEGINNING-MIDTERM -Ongoing assessment. END OF TERM -3 skill evaluation periods.

<u>Competency Evaluated and Percentage of Term Grade:</u> Student adopts a healthy and active lifestyle. (C3) - 40%	<i>performance assessment and/or quiz</i> - Demonstrate one's improvement of fitness and health throughout the year. <i>Evaluated using observations, checklists and/or quiz.</i>	- completion of assignment and/or quiz.
Communication to Students and Parents -Communication through google classroom and/or Mozaik	Other Pertinent Information [Topics Examined] Team sports, Fitness	

Term 3 (60%)		
Competencies Targeted	Evaluation Methods	General Timeline
<u>Competency Evaluated and Percentage of Term Grade:</u> Student performs movement skills in a variety of settings. (C1) 33%	-Skill development -Performance of movements, drills and techniques. <i>Evaluated using observations, checklists and/or quiz.</i>	BEGINNING-MIDTERM -Ongoing assessment. END OF TERM -3 skill evaluation periods. - completion of assignment and/or quiz.
<u>Competency Evaluated and Percentage of Term Grade:</u> Student interacts with others in a variety of settings. (C2) 33%	-Demonstrate effort, teamwork, co-operation and participation. <i>Evaluated using observations, checklists, performance assessment and/or quiz</i>	
<u>Competency Evaluated and Percentage of Term Grade:</u> Adopts a healthy and active lifestyle. (C3) 33%	- Demonstrate one's improvement of fitness and health throughout the year. <i>Evaluated using observations, checklists and/or quiz.</i>	

Communication to Students and Parents	End of Year Evaluation	Other Pertinent Information [Topics Examined]
-Communication through google classroom and/or Mozaik	Summative end of unit quiz and performance evaluations.	

Additional Information / Specifications (e.g., materials required):

- Students must bring P.E. uniform and proper footwear to class or risk receiving a detention.
- Participation in all P.E. lessons is mandatory.
- A valid medical note is required to be exempt from participating in P.E.
- All students entering the gym must read and abide by the Gymnasium rules.
- In case of absenteeism, it is the responsibility of the student to inquire what was missed.
- The use of cellular devices as well as ear/headphones is strictly prohibited during P.E. and will be confiscated in accordance with the school policy.