



Course:	Physical Education and Health Secondary 2		
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, cooperative games Physical fitness and related assessments Healthy food and drink choices. Factors affecting nutritional habits Health and skill-related components of fitness		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	70%	Daily in class
Written quizzes and reflections Self-evaluations Learning and evaluation situations	30% *Subject to change based on student progress	Approximately two per month

TERM 2 – 20%		
Topics covered		Competencies targeted
Net-wall games, territorial games Safety and injury prevention. Signs and symptoms of concussion Smoking, vaping, oral hygiene and other health topics		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

TERM 3 – 60%		
Topics covered		Competencies targeted
Striking-Fielding games, territorial games Social and emotional learning skills: Coping with stress, managing emotions Fitness circuits and related activities. Routines and habits for mental health		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:	Microsoft Teams
Materials required for the course:	
T-shirt, jogging pants / shorts, and running shoes	

Communication with parents/guardians:	Report card schedule:
Email, telephone, 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

