



Course:	Physical Education and Health – Secondary 3		
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 Health and skill-related components of fitness and related assessments FITT principle. Goal setting and planning for fitness Healthy food and drink choices	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
Quizzes, assignments, written evaluations	30 %	Approximately two per month

TERM 2 – 20%		
Topics covered	Competencies targeted	
Net-wall games, territorial games Fitness room activities and circuits Major muscle groups and exercise technique Weight management and body image Media literacy: Credible sources of information concerning health and fitness	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
Quizzes, health assignments, written evaluations	30%	Approximately two per month

TERM 3 – 60%		
Topics covered		Competencies targeted
Striking/fielding games, territorial games Fitness room activities and circuits Sleep habits. Sleep hygiene and symptoms of sleep deprivation Substance use, addiction and related behaviors.		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
Quizzes, health assignments, written evaluations	30%	Approximately two per month
Microsoft Teams		
Materials required for the course:		
T-shirt, shorts / jogging pants, and running shoes.		

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