



Course:	Physical Education and Health – Secondary 4		
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 Movement competence. SMART Goal-setting for personal fitness goals	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 Health activities Learning and evaluation situations	30% *Subject to change based on student progress	Approximately two per month

TERM 2 – 20%		
Topics covered	Competencies targeted	
Territorial games and net-wall games Principles of training Exercise selection for major muscle groups Health and skill- related components of fitness and related assessments Sports nutrition Media literacy: Credible sources of information on 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
Written quizzes and reflections Self-evaluations Health activities Learning and evaluation situations	30% *Subject to change based on student progress	Approximately two per month

TERM 3 – 60%		
Topics covered		Competencies targeted
Target games, territorial games Striking-Fielding games Prevention of cancer and metabolic disease. Body image, self-esteem, emotional well-being Movement features and fundamental patterns Fitness industry trends		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, shorts / jogging pants, and running shoes.	

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