



Course:	Physical Education and Health – Secondary 5		
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 Fitness activities and initial assessments Running form Health and skill-related components of fitness Principals of training, FITT principle SMART Goal-setting	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 assignments 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 Movement features and fundamental patterns Prevention of cancer and cardiovascular disease. Weight management, healthy food and drink choices Dietary 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

TERM 3 – 60%		
Topics covered		Competencies targeted
Territorial games Striking-Fielding games Fitness activities and follow-up assessments Exercise intensity, heart-rate monitoring and wearable technologies Substance abuse, addiction and related behaviors Factors affecting mental health and well- being. Mental illness		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 Written quizzes and reflections Self-evaluations Health assignments Learning and evaluation situations	70% 30% *Subject to change based on student progress	Daily in class Approximately two per month
Online platform:	Microsoft Teams	
Materials required for the course:		
T-shirts, jogging pants / shorts, and running shoes		

Communication with parents/guardians:	Progress report:
Email, telephones, 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