



Course:	Physical Education Leadership – 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 Students learn required skills for leadership in environments of physical activity		

TERM 1 – 20%		
Topics covered		Competencies targeted
Leadership styles Basic sports psychology Territorial games, net-wall games Fitness room activities and circuits Safety, injury prevention		1) Interacts with others in different physical activity settings 2) Performs movement skills in different physical activity settings
Evaluation methods	Mark breakdown	Timeline
Quizzes, evaluations, health / fitness assignments Active participation	30% 70% *Subject to change based on student progress	Approximately two per month Daily in class

TERM 2 – 20%		
Topics covered		Competencies targeted
Target and territorial games Basic principles of program design (FITT principle, training principals, exercise selection and technique) Movement features and fundamental patterns Common sports injuries and prevention Sports nutrition		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
Quizzes, evaluations, health / fitness assignments Active participation	30% 70% *Subject to change based on student progress	Approximately two per month Daily in class

TERM 3 – 60%		
Topics covered		Competencies targeted
Territorial and striking fielding games CPR and AED training Fitness industry and dietary trends Exercise intensity and training adaptations Factors affecting mental health and wellness		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
Quizzes, evaluations, health / fitness assignments Active participation	30% 70% *Subject to change based on student progress	Approximately two per month Daily in class

Online platform:	(Microsoft Teams, or Google Classroom, if Aim High)
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