



Lester B. Pearson High School

Academic Year : 2025-2026	Department: Physical and Health Education
Subject: Physical and Health Education	Level (Cycle): Cycle 1 &2, Secondary 1,2, 3, 4 & 5

Term 1 -20% of School Grade			
<i>One of the two following competencies will be selected to be evaluated in Term 1 at 100%, at the discretion of the teacher and level. Based on activities prepared in class.</i>			
Competency Evaluated and Percentage of Term Grade: Student performs movement skills in a variety of settings. Content (C1) (100%)			
<u>OR</u>			
Competency Evaluated and Percentage of Term Grade: Student interacts with others in a variety of settings. (C2) (100%)			
Evaluation C1 Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1. Teacher observation and checklist	Individual movement activities, manipulation, technical skills Goal setting	Ongoing	70%
2. Self-Reflection	Goal setting, oral and/or written.	Ongoing	30%
Evaluation C2 Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1. Teacher observations and checklist	Developing, understanding strategies in sports with others	Ongoing	70%
2. Group Reflection	Goal setting, oral and/or written.	Ongoing	30%

Term 2 - 20% of School Grade

One of the two following competencies will be selected to be evaluated in Term 2 at 60%, at the discretion of the teacher and level. Based on activities prepared in class and competency 3 will be evaluated.

Competency Evaluated and Percentage of Term Grade: Student performs movement skills in a variety of settings. Content (C1) (60%)

OR

Competency Evaluated and Percentage of Term Grade: Student interacts with others in a variety of settings. (C2) (60%)

And

Competency Evaluated and Percentage of Term Grade: Adopts a healthy and active lifestyle (C3). 40%

Evaluation C1 Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1. Teacher observation and checklist	Individual movement activities, manipulation, technical skills Goal setting	Ongoing	70%
2. Self-Reflection	Goal setting, oral and/or written.	Ongoing	30%

Evaluation C2 Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1. Teacher observations and checklist	Developing, understanding strategies in sports in with others	Ongoing	70%
2. Group Reflection	Goal setting, oral and/or written.	Ongoing	30%

Competency Evaluated and Percentage of Term Grade: Adopts a healthy and active lifestyle (C3). 40%

Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1. Self-Reflection	Theoretical knowledge, goal setting, oral and/or written.	Ongoing	40%
2. Teacher observation	Uniform, participation,	Ongoing	60%

Term 3 - 60% of School Grade

In Term 3, students will be evaluated on ALL 3 competencies, each worth 33% of their term mark

Competency Evaluated and Percentage of Term Grade: Student performs movement skills in a variety of settings (C1) 33%

EvaluationC1 Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1. Teacher observation and checklists	Individual movement activities , manipulation, technical skills Goal setting	Ongoing	50%
2. Teacher observation and checklists	Communication, preparation, execution	Ongoing	50%

Student interacts with others in a variety of settings (C2) 33%

Evaluation C2 Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1. Teacher observations and checklist	Developing, understanding strategies in sports in with others	Ongoing	70%
2. Group Reflection	Goal setting, oral and/or written.	Ongoing	30%

Competency Evaluated and Percentage of Term Grade: Adopts a healthy and active lifestyle (C3) 33%

Evaluation C3 Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1. Written or oral evaluation	Health and Wellness knowledge	Ongoing	20%
2. Checklists and self-reflection	Goal setting, (oral and/or written)	Ongoing	20%

2. Teacher observation	Uniform, participation, organization	Ongoing	60%
------------------------	--------------------------------------	---------	-----

Addition Information

- Each student is responsible for their own P.E. uniform.
- Students without a P.E. uniform will not be able to participate in P.E. lessons will be given a detention as of their second offense.
- Participation in all P.E. lessons is mandatory.
- A valid medical note is required in order to be exempt from participating in P.E.
- All students entering the gym must read and abide by the Gymnasium rules.
- In case of absenteeism, it is the responsibility of the student to inquire what was missed.
- The use of cellular devices as well as ear/headphones is strictly prohibited during P.E. class. Any student who is seen with these devices will be sent to the office and sent home for the remainder of the day (suspension).
- ***Secondary 3 students will be taught a first aid course through the ACT Foundation, during either Term 2 or 3. With a passing grade, they will receive their first aid certification.***
- ***Students in secondary 3 must pass all courses to be promoted in that subject. Any failed course will prevent advancement in that subject as per the new promotion policy. Students will repeat any course they have not passed within the framework of our school organization. Some students may be referred to another school when this is not possible at LBP.***