



Lester B. Pearson High School

Academic Year : 2025-2026	Department: Physical and Health Education
Subject: Physical and Health Education	Level (Cycle): Cycle 1 &2, DLP Program

Students will be following a modified program in PEH and will be evaluated according to their individual needs, all while following the 3 competencies for Physical Education and Health.

Competency 1: Performs movement skills in different physical activity settings

Competency 2: Interacts with others in different physical activity settings

Competency 3: Adopts a healthy, active lifestyle

At the end of the program students will be able to:

- Continue to expand their repertoire of movement skills
- Participate in individual and group physical activities
- Continue to development motor, spatial, and manipulation skills
- Understand and follow rules Develop good sportsmanship
- Continue to develop social and participation skills
- Recognize the importance of hygiene and adopt sound habits
- Select appropriate equipment for the chosen activity
- Be responsible and accountable for appropriate clothing (eg. uniform)
- Develop awareness of healthy lifestyle habits, including regular physical activity.

Term 1 -20% of School Grade			
<u>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.</u>			
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	80%
2. Self-Reflection	Goal setting, oral and/or written.	Ongoing	20%
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	80%
2. Group Reflection	Goal setting, oral and/or written.	Ongoing	20%

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	80%
2. Self-Reflection	Goal setting, oral and/or written.	Ongoing	20%

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	80%
2. Group Reflection	Goal setting, oral and/or written.	Ongoing	20%

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	80%
2. Teacher observation and checklists	Communication, preparation, execution	Ongoing	20%

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	80%
2. Group Reflection	Goal setting, oral and/or written.	Ongoing	20%
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%

<u>Addition Information</u>
<ul style="list-style-type: none"> ● 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).