



Lester B. Pearson High School

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

| Term 1 - 20% of School Grade | | | |
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| <p><u>The Fitness and Leadership Course exposes students to different physical activity settings and environments such as, sports, games, fitness and development Leadership and management skills. Students attending the course are expected to complete 20 hours of voluntary service to the school. This can entail; helping manage and organize extra-curricular activities, at lunch, afterschool or during the school day should there be an event.</u></p> | | | |
| Competency Evaluated and Percentage of Term Grade: Physical Education Content (C1) (100%) | | | |
| Evaluation Methods/Tools | Skill(s) Evaluated | Timeline or Frequency of Evaluations | Weight of Evaluation |
| 1. Teacher observation and checklist | Participation, Developing and understanding strategies, activity management and organization. | Ongoing | 70% |
| 2. Self-Reflection | Goal setting, oral and/or written. | Ongoing | 30% |
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| Term 2 - 20% of School Grade | | | |
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| <u>Increased exposure and creation of Fitness and Leadership opportunities and components through in class work and extra-curricular activities.</u> | | | |
| Competency Evaluated and Percentage of Term Grade: Physical Education Content (C1) (100%) | | | |
| Evaluation C1 Methods/Tools | Skill(s) Evaluated | Timeline or Frequency of Evaluations | Weight of Evaluation |
| 1. Teacher observation and checklist | Participation, Developing and strategies, activity management and organization. Implementation of concepts taught in class. | Ongoing | 70% |
| 2. Self-Reflection | Goal setting, oral and/or written. | Ongoing | 30% |
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| Term 3 - 60% of School Grade | | | |
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| <u>Further development of Fitness & Leadership skills and components.</u> | | | |
| Competency Evaluated and Percentage of Term Grade: Physical Education Content (C1) (100%) | | | |
| EvaluationC1 Methods/Tools | Skill(s) Evaluated | Timeline or Frequency of Evaluations | Weight of Evaluation |
| 1. Teacher observation and checklists | Participation, Developing and strategies, activity management and organization. | Ongoing | 50% |

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| | Implementation of concepts taught in class. | | |
| 2. Teacher observation and checklists, self reflection | Communication, preparation, execution | Ongoing | 50% |
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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 lessons is mandatory.
- A valid medical note is required in order to be exempt from participating.
- All students entering the gym and weight room must read and abide by the appropriate 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).
- Students who are chosen to participate in organization of events, playdays and/or trips during the school day are responsible to notify their teachers for any assignments or tests they will be missing that day.
- **Secondary 4 students who are unable to complete the 20 hours, may not be permitted to attend the Fitness and Leadership Course in Secondary 5.**
- **Students who do not display Leadership qualities in class, school or in organized events may be unable to attend the course the following year.**