

Phys-Ed & Health Standards and Procedures 2025-2026

Teacher: Mr. S. Danovitch

Student Competencies being evaluated:

- 150 minutes per week (Grades 1 through 6)
 - 60-90 minutes per week (Pre-School)
1. Athletic skill mastery when performing individual/solo related tasks.
 2. Contributions to the group when partaking in team activities.
 3. Commitment to a healthy lifestyle, including fitness level and physical condition.

Methods of Evaluation

1. In the gymnasium, much of the evaluating is based on teacher observations and is taking place at all times during their structured play periods.
2. The students are also evaluated on things that can be measured and quantified such as time trials, distances covered, endurance and stamina displayed, number of goals scored, heart rate at rest/when exercising/when recovering etc...
3. Periodically, some skill testing specific to a sport or specific to a set of movement patterns will be used as a tool to evaluate as well.

Physical Activities

1. Over the course of their elementary school years, the students will be introduced to almost every team sport imaginable.
2. They will also be required to try activities that demonstrate self-reliance, independence and highlight their own personal skill sets.
3. Other activities will allow us to assess their overall fitness level.

Reporting Periods

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| • Progress Report | Report issued on October 14, 2025 |
| • Term 1: September - November | Report issued on November 20, 2025 |
| • Term 2: November - February | Report issued on February 26, 2026 |
| • Term 3: March - June | Report issued on June 22, 2026 (Pre-School)
Report issued on June 23, 2026 (Grade 1-6) |

Conclusion

Research has shown that a healthy body often goes hand-in-hand with a healthy mind and good citizenship. Let's keep our children physically active.