



Westmount High School

Established in 1873



A College Board Advanced Placement School

STANDARDS & PROCEDURES

Department or Subject:	Physical Education & Health Secondary One
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Term 1 (20%)		
Competencies Targeted	Evaluation Methods	General Timeline
<p><u>Competency 1 (30%)</u> Performs movement skills in different physical activity settings Movement skills (how, when and why) Performance of effective movement skills</p> <p><u>Competency 2 (50%)</u> Interacts with others in different physical activity settings Individual or team strategy (theory and performance) Fair play</p> <p><u>Competency 3 (20%)</u> Adopts a healthy, active lifestyle Fitness tests / fitness training Personal health education/awareness</p> <p>*The ponderation of the marks for competencies not evaluated each term is pro-rated according to the value of the terms as indicated.</p>	<p>May include different methods of baseline fitness testing.</p> <p>May include different individual activities, team sports and low cooperation activities such as: Matball Soccer Fitness Conditioning Handball Track & Field Team Games</p> <p>May include homework such as: Movement Minute Tracking Healthy Lifestyle Assignment Binder Check</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task.</p> <p>Therefore, it is important for each student to come prepared with their proper physical education uniform and a water bottle filled and ready to hydrate.</p>
Communication to Students and Parents	Other Pertinent Information [Topics Examined]	
<p>Google Classroom Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Safe Participation Lifestyle Fitness Sportsmanship Group Dynamics Game Rules Warm Ups and Cool Downs Stretching Healthy Lifestyle Choices Personal Hygiene Self Image</p>	

	<i>Nutrition</i>
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Term 2 (20%)

Competencies Targeted	Evaluation Methods	General Timeline
<p><u>Competency 1 (30%)</u> <u>Performs movement skills in different physical activity settings</u> Movement skills (how, when and why) Performance of effective movement skills</p> <p><u>Competency 2 (50%)</u> <u>Interacts with others in different physical activity settings</u> Individual or team strategy (theory and performance) Fair play</p> <p><u>Competency 3 (20%)</u> <u>Adopts a healthy, active lifestyle</u> Fitness tests / fitness training Personal health education/awareness</p>	<p>May include different methods of baseline fitness testing.</p> <p>May include different individual activities, team sports and low cooperation activities such as: Matball Soccer Fitness Conditioning Handball Track & Field Team Games</p> <p>May include homework such as: Movement Minute Tracking Personal Goal Setting Reflection Binder Check</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task.</p> <p>Therefore, it is important for each student to come prepared with their proper physical education uniform and a water bottle filled and ready to hydrate.</p>
Communication to Students and Parents	Other Pertinent Information [Topics Examined]	
<p>Google Classroom Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p><i>Safe Participation</i> <i>Lifestyle Fitness</i> <i>Sportsmanship</i> <i>Group Dynamics</i> <i>Game Rules</i> <i>Warm Ups and Cool Downs</i> <i>Stretching</i> <i>Healthy Lifestyle Choices</i> <i>Personal Hygiene</i> <i>Self Image</i> <i>Nutrition</i></p>	

Term 3 (60%)

Competencies Targeted	Evaluation Methods	General Timeline
<p><u>Competency 1 (30%)</u> <u>Performs movement skills in different physical activity settings</u> Movement skills (how, when and why) Performance of effective movement skills</p> <p><u>Competency 2 (50%)</u></p>	<p>May include different methods of baseline fitness testing.</p> <p>May include different individual activities, team sports and low cooperation activities such as: Matball Soccer Fitness Conditioning Handball</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task.</p> <p>Therefore, it is important for each student to come prepared with their proper physical education uniform and a water bottle filled and ready to hydrate.</p>

<u>Interacts with others in different physical activity settings</u> Individual or team strategy (theory and performance) Fair play <u>Competency 3 (20%)</u> <u>Adopts a healthy, active lifestyle</u> Fitness tests / fitness training Personal health education/awareness	Track & Field Team Games May include homework such as: Movement Minute Tracking Personal Goal Setting Reflection Binder Check	
Communication to Students and Parents	End of Year Evaluation	Other Pertinent Information [Topics Examined]
Google Classroom Progress reports Report cards Emails Student Agendas Phone Calls	Final Fitness Evaluation and Year End Reflections	Safe Participation Lifestyle Fitness Sportsmanship Group Dynamics Game Rules Warm Ups and Cool Downs Stretching Substance Abuse Stress Management

Additional Information / Specifications (e.g., materials required):

Purple WHS Physical Education T-Shirt Black WHS Physical Education Shorts or Track Pants Running Shoes with Proper Support and that tighten (ex. laces) Socks (no tights or socks higher than the knee are permitted to be worn) Water Bottle (reusable) Individual Required Medication (ex. asthma inhaler, knee brace, EpiPen etc.) Health binder and pen
