



# Westmount High School

Established in 1873



A College Board Advanced Placement School

## STANDARDS & PROCEDURES

<b>Department or Subject:</b>	<b>Physical Education &amp; Health Secondary Three</b>
-------------------------------	--

Term 1 (20%)		
<i>Competencies Targeted</i>	<i>Evaluation Methods</i>	<i>General Timeline</i>
<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 cooperation sports and activities such as: Badminton Soccer Ultimate Frisbee</p> <p>May include homework such as: Movement Minutes Tracking Fitness Assignments Personal Goal Setting Reflection</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>
<i>Communication to Students and Parents</i>	<i>Other Pertinent Information [Topics Examined]</i>	
<p>Google Classroom Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p><i>Hydration (bring a personal water bottle to every class)</i> <i>Ethics</i> <i>Safety Rules</i> <i>Game Rules</i> <i>Segments in a stable position and movement in different planes (sagittal, frontal, horizontal)</i> <i>Speed of movement and travel</i> <i>Cardiovascular endurance</i> <i>Flexibility</i></p>	

	<p><i>Strength-endurance</i></p> <p><i>Improving the quality of recovery, the ability to work and the body's response or emergency's response</i></p> <p><i>Effect on body weight</i></p>
--	---

**Term 2 (20%)**

<b>Competencies Targeted</b>	<b>Evaluation Methods</b>	<b>General Timeline</b>
<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 presentations such as: Cool downs Warm ups</p> <p>May include written tests such as: Rules and regulations of a game, sport, activity</p> <p>May include different cooperation sports and activities such as: Badminton Basketball Handball Flag Football</p> <p>May include strategy evaluation such as: Practice Written</p> <p>May include different individual sports and activities such as: Circuit training / Aerobics Running Track and field</p> <p>May include homework such as: Movement Minutes Tracking Fitness Assignments Personal Goal Setting Reflection</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>

<b>Communication to Students and Parents</b>	<b>Other Pertinent Information [Topics Examined]</b>
<p>Google Classroom Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p><i>Improved muscle mass and tone, posture and flexibility</i></p> <p><i>Improved coordination and efficiency physical</i></p> <p><i>Improved cardiovascular endurance</i></p> <p><i>Needs depending on the intensity of the activity (ex. hydration, food choices to support before, during or after activity)</i></p> <p><i>Effects on their physical well-being</i></p> <p><i>Effects on their psychological well-being</i></p>

<b>Term 3 (60%)</b>		
<b>Competencies Targeted</b>	<b>Evaluation Methods</b>	<b>General Timeline</b>
<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 presentations such as:            Cool downs            Warm ups</p> <p>May include written tests such as:            Rules and regulations of a game, sport, activity</p> <p>May include different cooperation sports and activities such as:            Badminton            Basketball            Handball            Flag Football</p> <p>May include strategy evaluation such as:            Practice            Written</p> <p>May include different individual sports and activities such as:            Circuit training / Aerobics            Running            Track and field</p> <p>May include homework such as:            Movement Minutes Tracking            Fitness Assignments            Personal Goal Setting Reflection</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>
<b>Communication to Students and Parents</b>	<b>End of Year Evaluation</b>	<b>Other Pertinent Information [Topics Examined]</b>
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 Warm Ups and Cool Downs Goal setting Strategy implementation

**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