



Westmount High School

Established in 1873



A College Board Advanced Placement School

STANDARDS & PROCEDURES

Department or Subject:	Physical Education & Health Secondary Two
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Term 1 (20%)		
Competencies Targeted	Evaluation Methods	General Timeline
<p><u>Competency 1 (30%)</u> Performs movement skills in <u>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>*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 sports, team sports and low cooperation activities such as: Flag Football Fitness Conditioning Handball Track & Field Team Games</p> <p>May include homework such as: Movement Minutes 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 Hydration Lifestyle Fitness Mental Health First Aid Sportsmanship Group Dynamics Game Rules Warm Ups and Cool Downs Stretching</p>	

	<i>Healthy Lifestyle Choices</i> <i>Fitness Components (cardiovascular, muscular and flexibility)</i> <i>Bodily Systems (cardiovascular, muscular, respiratory etc.)</i> <i>Exercise Training Routines</i>
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Term 2 (20%)

Competencies Targeted	Evaluation Methods	General Timeline
<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 <u>Competency 2 (50%)</u> <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	May include different methods of baseline fitness testing. May include different individual sports, team sports and low cooperation activities such as: Flag Football Fitness Conditioning Handball Track & Field Team Games May include presentations such as: Stretching Routine May include homework such as: Movement Minutes Tracking Personal Goal Setting Reflection Binder Check	The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. 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.

Communication to Students and Parents	Other Pertinent Information [Topics Examined]
Google Classroom Progress reports Report cards Emails Student Agendas Phone Calls	<i>Safe Participation</i> <i>Hydration</i> <i>Lifestyle Fitness</i> <i>Mental Health</i> <i>First Aid</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>Fitness Components (cardiovascular, muscular and flexibility)</i> <i>Bodily Systems (cardiovascular, muscular, respiratory etc.)</i> <i>Exercise Training Routines</i>

Term 3 (60%)

Competencies Targeted	Evaluation Methods	General Timeline
Competency 1 (30%)		The evaluation will be ongoing and based heavily on in-class

<p><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>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>
<p>Communication to Students and Parents</p>	<p>End of Year Evaluation</p>	<p>Other Pertinent Information [Topics Examined]</p>
<p>Google Classroom Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Final Fitness Evaluation and Year End Reflections</p>	<p>Safe Participation Lifestyle Fitness Sportsmanship Group Dynamics Game Rules Warm Ups and Cool Downs Stretching Stress Management Environmental Wellness</p>

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

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