

Programme Mile End High School

Standards and Procedures

2024 - 2025

Physical Education, Secondary 3, 4, and 5

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Term 1 (20%): 29 August – 1 November	Term 2 (20%): 5 November – 31 January	Term 3 (60%): 4 February - 20 June
Competencies Targeted		Evaluation Methods
<p>Competency 1: Performs movement skills in different physical activity settings (33.33%)</p>		<ul style="list-style-type: none"> • Planning a variety of movement skills and movement sequences (basketball, ultimate frisbee, soccer, badminton, spikeball, etc.) • Performing movements skills and sequences as planned and using appropriate technique • Adjusting movement skills as needed • Applying safety rules • Demonstrating ethical behaviour • Evaluating the process and the results
<p>Competency 2: <i>Interacts with others in different physical activity settings (33.3%)</i></p>		<ul style="list-style-type: none"> • Cooperating with partner(s) in developing plans of action • Applying and adjusting principles of action, principles of synchronization and principles of communication • Applying and adjusting strategies and roles assigned • Applying safety rules • Demonstrating ethical behaviour
<p>Competency 3: <i>Adopts a healthy and active lifestyle (33.3%)</i></p>		<ul style="list-style-type: none"> • Developing plans for engaging in physical activity on a regular basis • Developing plans for improving or maintaining healthy lifestyle habits • Practicing moderate to high-intensity physical activity at school for at least 20 to 30 minutes • Applying safety rules • Demonstrating ethical behaviour
<p>Term 1: By October 15, students will be issued a Progress Report with comments on their learning progress, behavior and subject-specific competencies. By November 20, students will be issued a Report Card.</p> <p>Term 2: By February 22, students will be issued a report card.</p> <p>Term 3: In June students will be issued a final report card.</p>		

