

# Programme Mile End

## Standards and Procedures

2023-2024

### Physical Education and Health – Secondary 3, 4, 5

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Term 1 (20%): 30 August – 27 October	Term 2 (20%): 31 October – 2 February	Term 3 (60%): 5 February – 21 June
<b>Competencies Targeted</b>	<b>Evaluation Methods</b>	
<b>Competency 1:</b> <i>Performs movement skills in different physical activity settings (33.33%)</i>	<ul style="list-style-type: none"> <li>● Planning a variety of movement skills and movement sequences (basketball, ultimate frisbee, soccer, badminton, spikeball, etc.)</li> <li>● Performing movements skills and sequences as planned and using appropriate technique</li> <li>● Adjusting movement skills as needed</li> <li>● Applying safety rules</li> <li>● Demonstrating ethical behaviour</li> <li>● Evaluating the process and the results</li> </ul>	
<b>Competency 2:</b> <i>Interacts with others in different physical activity settings (33.3%)</i>	<ul style="list-style-type: none"> <li>● Cooperating with partner(s) in developing plans of action</li> <li>● Applying and adjusting principles of action, principles of synchronization and principles of communication</li> <li>● Applying and adjusting strategies and roles assigned</li> <li>● Applying safety rules</li> <li>● Demonstrating ethical behaviour</li> <li>● Evaluating the process and the results</li> </ul>	
<b>Competency 3:</b> <i>Adopts a healthy and active lifestyle (33.3%)</i>	<ul style="list-style-type: none"> <li>● Developing plans for engaging in physical activity on a regular basis</li> <li>● Developing plans for improving or maintaining healthy lifestyle habits</li> <li>● Practicing moderate to high-intensity physical activity at school for at least 20 to 30 minutes</li> <li>● Applying safety rules</li> <li>● Demonstrating ethical behaviour</li> <li>● Evaluating the process, the plans, the results</li> </ul>	
<p><b>Term 1:</b> By October 15, students will be issued a Progress Report with comments on their learning progress, behaviour and subject-specific competencies. At the end of term, students will be evaluated through their healthy habits log as well as participation in an active activity. By November 19, students will be issued a Report Card.</p> <p><b>Term 2:</b> Students will be evaluated based on their healthy habits log their participation in an active activity, as well a project. By March 15, students will be issued a Report Card.</p> <p><b>Term 3:</b> At the end of term, students will be evaluated based on their healthy habits log their participation in an active activity, as well a final assignment that will serve as a review of concepts taught during the year.</p>		