

**Teacher Name:** Mary Joy Pasco-Lafontaine  
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**Subject:** Physical Education  
**Grade Level:** PHY510

**Course Description:**

In Physical Education class, students will learn to perform movement skills in different physical activity settings, to interact with others in different physical activity settings and to adopt a healthy and active lifestyle.

**Course Content:**

Term 1: August 30 <sup>th</sup> – November 4 <sup>th</sup>		20 % of year
Content	Timeline (Dates)	Evaluation Methods
<p><b>Active participation:</b> <i>Fair play, participate regularly safety</i></p> <p><b>Exploring movement</b></p> <ul style="list-style-type: none"> <li>➤ Variety of tag games</li> <li>➤ Active games</li> <li>➤ Throwing and catching skills</li> <li>➤ Precision Skills</li> </ul> <p><b>Cooperative games</b></p> <ul style="list-style-type: none"> <li>➤ Soccer</li> <li>➤ Basketball</li> </ul> <p><b>Low organization games</b></p> <ul style="list-style-type: none"> <li>➤ Dodgeball</li> <li>➤ Scooter Soccer</li> <li>➤ Cross country skiing</li> <li>➤ Snowshoeing</li> <li>➤ Floor Hockey</li> </ul>	September -November	<ul style="list-style-type: none"> <li>✚ Checklists</li> <li>✚ Rubrics</li> <li>✚ Observations</li> <li>✚ Participation/Attitude</li> <li>✚ Effort</li> </ul> <ul style="list-style-type: none"> <li>• Students will be evaluated based on the rubrics found below for the Physical Education Portion of the term. (80%)</li> <li>• The health portion will be evaluated through assignments and quizzes. (20%)</li> </ul>
Term 2: November 4 <sup>th</sup> – February 23 <sup>rd</sup>		20 % of year
Content	Timeline (Dates)	Evaluation Methods
<p><b>Active participation:</b> <i>Fair play, participate regularly safety</i></p> <p><b>Cooperative games</b></p> <ul style="list-style-type: none"> <li>➤ Yoga</li> <li>➤ Softball</li> </ul>	November-February	<ul style="list-style-type: none"> <li>✚ Checklists</li> <li>✚ Rubrics</li> <li>✚ Observations</li> <li>✚ Participation/Attitude</li> <li>✚ Effort</li> </ul>

<p><b>Low organization games</b></p> <ul style="list-style-type: none"> <li>➤ Dodgeball</li> <li>➤ Scooter Soccer</li> <li>➤ Cross country skiing</li> <li>➤ Snowshoeing</li> <li>➤ Floor Hockey</li> </ul>		<ul style="list-style-type: none"> <li>• Students will be evaluated based on the rubrics found below for the Physical Education Portion of the term. (80%)</li> <li>• The health portion will be evaluated through assignments and quizzes. (20%)</li> </ul>
<b>Term 3: February 24<sup>th</sup> – June 22<sup>nd</sup></b>		<b>60 % of year</b>
<b>Content</b>	<b>Timeline (Dates)</b>	<b>Evaluation Methods</b>
<p><b>Active participation:</b> <i>Fair play, participate regularly safety</i></p> <p><b>Track and field activities</b></p> <p><b>Low organization games</b></p> <ul style="list-style-type: none"> <li>➤ Dodgeball</li> <li>➤ Scooter Soccer</li> <li>➤ Cross country skiing</li> <li>➤ Snowshoeing</li> <li>➤ Floor Hockey</li> </ul> <p><b>Skill building Activities</b></p> <ul style="list-style-type: none"> <li>➤ Ultimate frisbee</li> <li>➤ Capture the Flag</li> <li>➤ Volleyball Tennis</li> </ul>	<p>February-June</p>	<ul style="list-style-type: none"> <li>✚ Checklists</li> <li>✚ Rubrics</li> <li>✚ Observations</li> <li>✚ Participation/Attitude</li> <li>✚ Effort</li> </ul> <ul style="list-style-type: none"> <li>• Students will be evaluated based on the rubrics found below for the Physical Education Portion of the term. (80%)</li> <li>• The health portion will be evaluated through assignments and quizzes. (20%)</li> </ul>
<b>RESOURCES USED:</b>	<i>P.E Equipment</i>	

\*Course content & timelines may be adjusted as the year progresses to meet the needs of the students\*

**Communication:**

Students will be provided with a minimum of 4 communications throughout the school year.

- October 15<sup>th</sup> – Progress report
- November 20<sup>th</sup> – 1<sup>st</sup> term report card
- March 15<sup>th</sup> – 2<sup>nd</sup> term report card
  - July 10<sup>th</sup> – Final report card