

**Teacher Name:** *Graham Fong*

**Subject:**

*Physical Education  
and Health*

**Email:** *gfong@wqsb.qc.ca*

**Grade Level**

*Secondary 4*

**Course Description:**

Physical Education and Health at the secondary level emphasizes the importance of living a healthy and active lifestyle. Students are expected to come to class prepared for physical activity and to participate to the best of their ability.

**Course Content:**

<b>Term 1: August 30<sup>th</sup> – November 4<sup>th</sup></b>		<b>20 % of year</b>
<b>Content</b>	<b>Timeline (Dates)</b>	<b>Evaluation Methods</b>
Tennis	September	Students will be evaluated based on the rubric found below for the Physical Education Portion of the term. (80%) -The health portion will be evaluated through assignments and quizzes. (20%)
Baseball	October	
Soccer	October - November	
Importance of Living an Active Lifestyle (Health)	Throughout the term	
<b>Term 2: November 4<sup>th</sup> – February 23<sup>rd</sup></b>		<b>20 % of year</b>
<b>Content</b>	<b>Timeline (Dates)</b>	<b>Evaluation Methods</b>
Handball	November	Students will be evaluated based on the rubric found below for the Physical Education Portion of the term. (80%) -The health portion will be evaluated through assignments and quizzes. (20%)
Volleyball	December	
Floor Hockey / Ringette / Broomball	January	
XC Skiing / Skating	February	
Mental Health (Health)	Throughout the term	
<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>
Badminton	April	Students will be evaluated based on the rubric found below for the Physical Education Portion of the term. (80%)
Basketball	May	
Ultimate Frisbee	June	

		-The health portion will be evaluated through assignments and quizzes. (20%)
<b>RESOURCES USED:</b>	<i>List the resources here</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

**General Information**

**Participation** – Students are expected to participate in class. In the case of an injury preventing participation, alternate arrangements will be made on a case-by-case basis.

**Behavior** – Students are expected to follow the school code of conduct at all times. Students should demonstrate respect to others, themselves and the equipment, following all rules and procedures in a sportsman-like manner.

**Preparedness** – Students should come to class prepared for physical activity. This includes a change of clothes and running shoes. Students should also be prepared for activities outside, such as swimming, XC skiing, and Skating. This means students should bring a bathing suit during the swimming unit, and winter clothes (gloves/mitts, hat, snow pants, jacket, boots) for the outdoor activities during the winter. Students have access to change rooms, and will be given time to change at the beginning and end of periods.

**Physical Education Grading Rubric**

	<b>25</b>	<b>20</b>	<b>15</b>	<b>10</b>	<b>5</b>	<b>0</b>
<b>Engagement and Effort</b>	Student is consistently actively engaged throughout all parts of the lesson, including warm-ups.	Student is very frequently engaged throughout all parts of the lesson, including warm-ups.	Student is often actively engaged throughout all parts of the lesson, including warm-ups.	Student is sometimes actively engaged throughout all parts of the lesson, including warm-ups.	Student is rarely actively engaged throughout all parts of the lesson, including warm-ups.	
<b>Attitude</b>	The student consistently demonstrates respect towards themselves, other students, teacher, and equipment	The student very frequently demonstrates respect towards themselves, other students, teacher, and equipment	The student often demonstrates respect towards themselves, other students, teacher, and equipment	The student sometimes demonstrates respect towards themselves, other students, teacher, and equipment	The student rarely demonstrates respect towards themselves, other students, teacher, and equipment	
<b>Development</b>	The student consistently attempts to apply knowledge gained.	The student very frequently attempts to apply knowledge gained.	The student often attempts to apply knowledge gained.	The student sometimes attempts to apply knowledge gained.	The student rarely attempts to apply knowledge gained.	
<b>Preparedness</b>	Student consistently changes into appropriate attire and on time for class	Student very frequently changes into appropriate attire and on time for class	Student often changes into appropriate attire and on time for class	Student sometimes changes into appropriate attire and on time for class	Student rarely changes into appropriate attire and on time for class	

Total:    /100