



### Course Outline

Course: Physical Education and Health Sec 5

Class resources: Materials provided for health class

Course description: Phys.ed course with an emphasis on individual, team and health components.

#### Evaluation

Term 1 (20% of School Course Grade)		
Competencies Targeted	Evaluation Methods	Timeline
Competency 1: Practices physical activities individually - Fitness	May include, but not limited to: -Skills testing - Knowledge	To finish by Nov. 7
<i>Communication to Students and Parents</i>		<i>Materials Required</i>
- Email or parent teacher communication form as needed		-Proper phys.ed uniform

Term 2 (20% of School Course Grade)		
Competencies Targeted	Evaluation Methods	Timeline
Competency 2: Practices physical activities with other students -Badminton	May include, but not limited to: -Skills testing -Knowledge	To finish by Jan. 30
<i>Communication to Students and Parents</i>		<i>Materials Required</i>
- Email or parent teacher communication form as needed.		-Proper phys.ed uniform.

Term 3 (60% of School Course Grade)		
Competencies Targeted	Evaluation Methods	Timeline
Competency 1: Practices physical activities individually Competency 2: Practices physical activities with other students Competency 3: Takes steps to adopt a healthy, active lifestyle -Pool -Volleyball -Health components and various leadership concepts (For leadership course)	May include, but not limited to: -Skills testing -Knowledge -Written LES	To finish by Jun. 5
<i>Communication to Students and Parents</i>		<i>Materials Required</i>
- Email or parent teacher communication form as needed.		-Proper phys.ed uniform.

## Additional Information / Specifications

- This course does not have a final exam. The final course grade comes entirely from the school course grade.
- This course has a final exam administered by the English Montreal School Board. The final course grade is determined by taking 80% of the school course grade and 20% of the school board exam.
- This course has a final exam administered by the *Ministère d'éducation, de loisirs et de sports (MELS)*. The final course grade is determined by taking 50% of the school course grade and 50% of the MELS exam. Please note that the final course grade is subject to MELS moderation.