



# CENTENNIAL REGIONAL HIGH SCHOOL

## COURSE OUTLINE 2021-2022

---

**Subject:** Physical Education and Health

**Level:** Cycle 1 Year 1 (Sec. 1)

### COURSE DESCRIPTION AND CONTENT

Sports	No. of classes
Soccer	5-6
Field Hockey	5-6
Ultimate Frisbee	5-6
Badminton	5-6
Gymnastics	5-6
Fitness/Weight Training	5-6
Basketball	5-6
Volleyball	5-6
Low Organized Games	5-6
Track & Field	5-6
Flag Football	5-6

The program consists of three interrelated “competencies” which students begin to develop at the elementary school level. Evaluation will be based on:

- 1) The performance of movement skills in different physical activity settings
- 2) The interaction of with others in different physical activity settings
- 3) The adoption of a healthy, active lifestyle

### UNIFORM AND MATERIALS:

Running Shoes or Court Shoes  
T-Shirt -Burgundy  
Shorts - Black

**EVALUATION:** Each term will be weighted as follows, TERM 1: 40%, and TERM 2: 60%

Evaluation will be based on skills and fitness testing, online assignments, group work, participation, and performance observations

***\*Please note that every student is responsible for any and ALL classes missed and is required to communicate with their teacher ASAP for any work, information, and notes.***

***\*\*Please refer to the Faculty & Staff Directory at <http://www.crhs.rsb.qc.ca/> for your teacher's email/website address***

Revised: August 2021