



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE 2021-2022

Subject: Physical Education and Health

Level: Cycle 1 Year 2 (Sec. 2)

COURSE DESCRIPTION AND CONTENT

Sports	No. of classes
Flag Football	5-6
Badminton/Mini Tennis	5-6
Floor Hockey	5-6
Volleyball	5-6
Fitness/Crossfit	5-6
Gymnastics/Pyramids	5-6
Basketball	5-6
Tchoukball	5-6
GLO/Circus	5-6
Track & Field/ Spartan	5-6
Golf	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 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:

Term Weighting: 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*