



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE 2021-2022

Subject: Physical Education and Health

Level: Cycle 2 Year 2 (Sec. 4)

COURSE DESCRIPTION AND CONTENT

Sports	# of Classes
Tennis/Disc Golf	3-4
Soccer	3-4
Volleyball	3-4
Weight Training/Fitness	3-4
Basketball	3-4
Team Handball	3-4
Floor Hockey/Spartan	3-4
Tchoukball/GLO	3-4
Flag Football	3-4
Softball	3-4

The program consists of three interrelated “competencies” which students begin to develop at the elementary 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: 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*