



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE 2023-2024

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

**Please note that every student is responsible for 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: February 2023