



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE 2023-2024

Subject Physical Education and Health

Level: Cycle 2 Year 1 (Sec. 3)

COURSE DESCRIPTION AND CONTENT

Sports	No. of classes
Field Hockey	5-6
Soccer	5-6
Badminton/Mini Tennis	5-6
GLO/CPR	5-6
Basketball	5-6
Volleyball	5-6
Combatives	5-6
Aerobics/Fitness	5-6
Archery	5-6
Track & Field/Spartan	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 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:

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*