



# CENTENNIAL REGIONAL HIGH SCHOOL

## COURSE OUTLINE 2023-2024

**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/Cross Fit	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:

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*