



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE 2023-2024

SUBJECT: Physical Education and Health

Level: Cycle 2 Year 3 (Sec. 5)

COURSE DESCRIPTION AND CONTENT

Sports	No. of classes
Golf/Ultimate	3-4
Flag Football	3-4
GLO/Tchoukball	3-4
Combatives	3-4
Basketball	3-4
Volleyball/Spartan	3-4
Aerobics/Weight Training	3-4
Badminton/Tennis	3-4
Softball	3-4
Tennis	3-4

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*