



# CENTENNIAL REGIONAL HIGH SCHOOL

## COURSE OUTLINE 2023-2024

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**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:

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*