



COURSE OUTLINE 2009-2010

COURSE NAME:	Physical Education and Health	LEVEL:	Cycle 1, Year 2
COURSE CODE:	543 – 204	PERIODS PER CYCLE:	2

Subject Area Competencies:

1.	The student participates in individual physical activities
33%	-The student becomes more aware of her body and of the physical environment (obstacles, terrain, climate, etc.)
	- The student carries out movement skills using strength, speed, and direction optimally, according to expected results
	- The student shows self-control at all times
	-The student acts safely in both physical activity settings (instructions and game rules) and in everyday life
	- The student assesses her own performance in order to identify their strengths and weaknesses
<i>Activity Types in this competency: all activities related to rhythmic gymnastics; juggling; combining and performing locomotor, non-locomotor, and manipulation skills; single-action activities (throwing, jumping, etc).</i>	
2.	The student participates in group physical activities
33%	- The student develops various plans of action to adapt her movements to those of others, to synchronize her movements with those of others
	- The student works in pairs or with teammates and opponents to perform a joint task and establishes offensive as well as defensive strategies
	- The student assesses, with teammates, the effectiveness of own strategy or that of a peer or other team according to the setting
	- The student demonstrates fair play in both victory and defeat; observes safety rules at all times
<i>Activity Types in this competency: team sports (volleyball, inter-crosse); basic cooperative games</i>	
3.	The student takes steps to adopt a healthy, active lifestyle
34%	- The student gathers information from a variety of sources on the impact of lifestyle habits on health and well-being, using critical judgement to apply it to herself
	- The student assesses her fitness level (flexibility, endurance, strength, etc) and demonstrates good fitness level according to Canadian standards for her age group
	- The student performs physical activity of moderate to high intensity for a minimum of 20-30 minutes
	- The student develops a plan, applies the plan, and assesses her progress
	- The student demonstrates integration of healthy lifestyle habits into her daily life
<i>Activity Types for this competency: fitness labs; Healthy Active Living Journal; Physical Education uniform worn in class (healthy lifestyle habit)</i>	

Please read both our Information Handbook and the Course Description book for details on absences, homework, Parent/Teacher interviews, evaluation, requirements for graduating, requirements for entering CEGEP, and many other pertinent topics.