



# COURSE OUTLINE 2009-2010

<b>COURSE NAME:</b>	Physical Education and Health	<b>LEVEL:</b>	Cycle 2, Year 1
<b>COURSE CODE:</b>	543 – 302	<b>PERIODS PER CYCLE:</b>	2

## Subject Area Competencies:

<b>1.</b>	<b>The student participates in individual physical activities</b>
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 her strengths and weaknesses
<i>Activity Types in this competency:</i> -all activities related to individual warm-ups; rhythmic gymnastics; pyramid building sequences; combining and performing locomotor, non-locomotor, and manipulation skills (badminton)	
<b>2.</b>	<b>The student participates in group physical activities</b>
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; observe safety rules at all times
<i>Activity Types in this competency:</i> -team sports (touch/flag football, team handball); basic cooperative games	
<b>3.</b>	<b>The student takes steps to adopt a healthy, active lifestyle</b>
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 demonstrate 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:</i> -fitness labs; Healthy Active Living Journal; Physical Education uniform worn in class (healthy lifestyle habit)	

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.