



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE

Subject: Physical Education and Health

Level: Cycle 1 Year 1 (Sec. 1)

COURSE DESCRIPTION AND CONTENT

| Sports | No. of classes |
|-------------------------|----------------|
| Soccer | 5-6 |
| Field Hockey | 5-6 |
| Ultimate Frisbee | 5-6 |
| Badminton | 5-6 |
| Gymnastics | 5-6 |
| Fitness/Weight Training | 5-6 |
| Basketball | 5-6 |
| Volleyball | 5-6 |
| Low Organized Games | 5-6 |
| Track & Field | 5-6 |
| Flag Football | 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 of 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 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***

Revised: July 2022