



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE

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*