



Académie LaurenHill Academy

Senior Campus: 2505 Côte Vertu, St. Laurent, Québec H4R 1P3, Tel: 514.331.8781 Fax: 514.331.7145

Standards and Procedures

Academic Year: 2022-2023	Department: Physical Education & Health
Subject: Physical Education & Health	Level (Cycle and Year): Secondary 5.
Teacher Name: L. Tzortzis,	

TERM 1 (20%):

School Reporting Date(s): August 31st, 2022 to November 4th, 2022

Progress Report: October 13th, 2022

Term 1 Report Card: November 18th, 2022

Competency Targeted	<p><i>Competency 1: Performs movement skills in different physical activity settings</i></p> <p><i>Competency 2: Cooperates with others in different physical activity settings.</i></p>
Evaluation Methods/Tools	<ul style="list-style-type: none"> • Evaluate their competency in various types of physical activity, sports and games. • Evaluate their ability to perform skills or sequences that are appropriate in terms of the form and the performance of a specific sport/physical activity. • Students exhibit ethical behavior and apply safety rules required by the specific sport or physical activity. • Students should demonstrate his/her ability to relate to others. • Students participate in the fitness testing. • Development of the skills required of leaders in sport and physical activity. • <u>Formative Evaluation- 60%</u> Competency I & II (Performance of skills).
General Timeline	September to November (<i>5 periods per topic</i>).
Topics Covered	<p><u>Leadership & Personal Development</u></p> <ul style="list-style-type: none"> • What is a leader? • Roles of a leader. • Discussion of leadership styles. • Organization and administration skills. • Effective leadership Behavior. • Communication skills. <p><u>Officiating</u></p> <ul style="list-style-type: none"> • Responsibilities of an official. • Philosophy of officiating. • Communicating with partners of the game.



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<p>TERM 2 (20%): School Reporting Date(s): November 7th, 2022 to February 10th, 2023 Term 2 Report Card: February 24th, 2023</p>	
<p>Competencies Targeted</p>	<p>Competency 1: Performs movement skills in different physical activity settings.</p> <p>Competency 3: Adopts a healthy active lifestyle</p>
<p>Evaluation Methods/Tools</p>	<ul style="list-style-type: none"> ● 50% daily 5-point marking system based on participation and effort. ● 25% ability and skill acquisition and implementation. ● 25% Homework assignments (Google Classroom).
<p>General Timeline</p>	<p><i>November to February (5 periods per topic).</i></p>
<p>Topics Covered</p>	<p><u>Introduction to training methods</u></p> <ul style="list-style-type: none"> ● Fitness physical components: ● Design a training log/chart ● Assist to supervise intramurals <p><u>Health, Human Anatomy & Physiology</u></p> <ul style="list-style-type: none"> ● Exposure and awareness of the body, it's physical make-up such as bones, muscles and joints. ● Exposure to the body's functioning as it applies to exercise. <p><u>Prevention and Care of Athletic Injury</u></p> <ul style="list-style-type: none"> ● Prevention of injuries, equipment standards ● Care and treatment of various injuries ● Injury cycle ● First Aid & CPR certification ● Taping & Wrapping ● Endurance training methods ● Body composition & anthropometry ● Nutrition



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TERM 3 (60%): School Reporting Date(s): February 13 th , 2023 to June 22 nd , 2023 Term 3 Report Card: June 22 nd , 2023	
Competencies Targeted	<p>Competency 1: Performs movement skills in different physical activity settings.</p> <p>Competency 2: Cooperates with others in different physical activity settings.</p> <p>Competency 3: Adopts a healthy active lifestyle</p>
Evaluation Methods/Tools	<ul style="list-style-type: none"> ● 50% daily 5-point marking system based on participation and effort. ● 25% ability and skill acquisition and implementation. ● 25% Homework assignments (Google Classroom).
General Timeline	February to June
Topics Covered	<p>Theory of Coaching</p> <ul style="list-style-type: none"> ● Coaching theories and philosophies. ● Role of a coach. ● Team readiness. ● Mental Training. ● Team Selection. ● Scheduling and Tournament Draws. ● Goal Setting. <p>Officiating</p> <ul style="list-style-type: none"> ● Responsibilities of an official. ● Philosophy of officiating. ● Communicating with partners of the game.



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Communication to Students and Parents	Google Classroom & Mozaic
Missed Test Policy:	Students who miss tests or evaluations must see their respective teachers to make up the evaluation during lunch hour.
Late Assignment Policy	10% of the grade will be deducted per day late, up to three days after the due date. No late assignments will be accepted for grading after the third school day.
Vacation Policy	Trips should be planned based on the school calendar. No academic accommodations will be made for students who miss school.

This is a general outline and is subject to change if the teacher sees fit.

Enriched and Adapted classes may vary in the evaluation