



## Course Outlines – Secondary 1

# Physical Education and Health Éducation physique et à la santé

Course Code: 543100

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### Competencies

<i>Practices physical activities individually</i>	33%
<i>Practices physical activities with other students</i>	33%
<i>Takes steps to adopt a healthy, active lifestyle</i>	34%

### Course Description

Secondary I Physical Education aims to give students the tools they will need to manage their health and well-being and help students integrate physical activity in their daily lives. By the end of the course, students should demonstrate responsible personal and social behaviour in physical activity settings, develop their motor efficiency and psychosocial skills, achieve and maintain a health-enhancing level of physical fitness, and recognize that physical activity can provide opportunities for enjoyment, challenge, self-expression, and social interaction. Students are taught to respect others, value teamwork, feel good about themselves, and appreciate a physically active lifestyle in a fun and tolerant atmosphere.

### Principle Themes

- Fitness, health and wellness
- Team sports, Teamwork (Football, Soccer, Cooperative Games, Ultimate Frisbee)
- Individual Sports (Badminton, Track and Field)
- Individual skills (Basketball – Shooting technique, dribbling sequence, lay-up, passing accuracy)
- Choreography

### Evaluation

- Learning and Evaluation Situations
- Evaluation Situations
- Skill drills
- Fitness Folder
- Self Evaluation

### Course Materials

- Regulation Villa Maria crested gym uniform
- Appropriate running shoes