



Course Outlines – Secondary 2

Physical Education and Health

Course Code: 543204

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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

Using different sports and physical activities, this course focuses on the learning of different elements, such as helping students to gain a sense of self-responsibility, in terms of what to do to ensure their health and well-being; become autonomous in developing, carrying out and assessing their learning process; improve their capacity to cooperate with peers; and become aware of the importance of adopting behaviours consistent with safety rules and ethics.

We encourage all students to expand their repertoire of movement skills, increase their motor efficiency by engaging in individual; physical activities and apply what they learned to different contexts; expand their repertoire of movement skills and develop their social skills by practicing group activities; commit to a process geared toward changing some of their lifestyle habits.

Principle Themes

- Field Hockey
- Soccer
- Aerobics/Fitness
- Basketball
- Fitness/ Games
- Badminton
- Fitness/Skipping
- Touch Football
- Track and Field

Evaluation

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

Course Materials

- Regulation Villa Maria crested gym uniform
- Appropriate running shoes