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## Course Outline – Secondary 3

# Physical Education and Health

Course Code : 543302

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### Competencies

*Practices physical activities individually* 33%  
*Practices physical activities with other students* 33%  
*Takes steps to adopt a healthy, active lifestyle* 34%

### Course Description

In the Secondary 3 physical education program, students are encouraged to expand their repertoire of movement skills, increase their motor efficiency by engaging in individual and group physical activities, and apply what they learn to various contexts. Using different sports and physical activities, students will also learn different elements of physical health. The course is designed to help students gain a sense of self-responsibility, and become autonomous in developing, carrying out and assessing their learning process. Students will also improve their capacity to cooperate with peers, and become aware of the importance of adopting behaviours consistent with safety rules and ethics.

### Principle Themes

- Mini Indoor Soccer
- Bocce, Croquet
- Fitness
- Mini Badminton
- Softball Type Games (cricket, stickball)
- Indoor Ringuette
- Volleyball
- Track & Field

### Evaluation

- Learning and Evaluation Situations
- Evaluation Situations
- Self Evaluations
- Peer Evaluations

### Course Materials

- Regulation Villa Maria crested gym uniform
- Appropriate running shoes