



SYMMES~D'ARCY MCGEE HIGH SCHOOL

Physical Education Syllabus 2020-2021

Mrs. J White E-mail: jwhite@wqsb.qc.ca

Website: www.symmesdarcy.com or www.mswhitepe.weebly.com

Secondary Cycle II, Year III (Grade 11)

The focus of this course will be on creating the mindset needed to continue developing physical literacy throughout a student's lifetime. Students will work towards developing the knowledge, skills and attitudes to enable them to value, attain and maintain a healthy active lifestyle beyond high school. Students will also be evaluated on continually participating actively, effectively, safely and respectfully in a wide range of individual and group activities inside their classroom cohort.

Physical Education has one Subject Specific Competency

Weight (100%)

- Performs movement skills in different physical activity settings
- Interacts with others in different activity settings
- Adopts a healthy, active lifestyle
- Safe Participation and Fair Play

Term Evaluation Weighting: Term 1 20%, Term 20%, Term 3 60%

Evaluation Breakdown

50% Quality Effort, Attitude, Respect towards self, peers, others and preparation for class

30% Quizzes, Assignments, Journals, Self-Evaluations

20% Skill and Fitness Evaluations

Rules and Expectations:

- **Respect:** self, others and surroundings.
- Know, Understand and Follow all Classroom Rules (consult Rules Sheet).
- It is your responsibility to attain missed work/assessments due to absences.
- **Safety is of great importance:**
 - Only students displaying appropriate behaviour will be permitted to participate in class activities.
 - Any students who do not follow Covid-19 protocols will be sent to administration.
- No electronic devices or ear phones permitted during physical education classes.
- Appropriate gym clothes required: t-shirt/sweatshirt, athletic bottoms and running shoes
- Be prepared for all classes this year to be held outside even in the winter.
- Consult your school agenda for discipline policies and consequences for breaking any of the above rules.

Communication:

- Class communication will be done through Microsoft Teams

*Students are expected to be dressed to go outside regardless of the weather (rain is no exception)

*All grading criteria and rules are subject to change without notice due to our every changing climate