

Department or Subject:	Physical Education
Teacher(s):	Alexander Rio
Cycle and Level	Pre-K and Kindergarten (ungraded) Gr.1- Gr.6 (graded)
School Year:	2021-2022



Commission scolaire English-Montréal
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Competencies Targeted:

Competency 1: The student performs movement skills in a variety of settings.

- Skill development
- Performance of movements, drills, and techniques.

Competency 2: The student interacts with others in a variety of settings.

- Effort, teamwork, co-operation and participation.

Competency 3: The student adopts a healthy lifestyle. A completed duo tang will be handed in for evaluation.

- A commitment to improving one's fitness and health throughout the year.

Term Weighting:

Term 1: 40%

Term 2: 60%

All competencies will be evaluated twice during the year.

Course Requirements:

- Full P.E. uniform (T-Shirt, shorts or sweatpants, running shoes).
- One inch binder or folder, and pencil (teacher will request this when needed).
- Removal of jewelry.

Course description:

Term 1: Skill development and practice. Practicing commonly used techniques in physical literacy in the context of games, drills and other activities. Doing so with a focus on team building and proper interaction with others. There will be a fitness unit as well as a team building unit.

Terms 2: The teacher will choose from a variety of the following activities, again doing so with a focus on team building and proper interaction with others.

Basketball, Badminton, CPR/First Aid, Gymnastics, Goalball, Handball, Kinball, Hockey, Lacrosse, Peer Teaching, Fitness, Soccer, SoccerBaseball, Spinning, Tchoukball, Ultimate Frisbee, Volleyball, Track and Field, American Football...The teacher may choose activities not on this list as well.

Term 2 sports/activities will consist of exercises based on observations of students during the first term, and subsequent assessments of each group of students. For example: If it is deemed that a particular group would benefit more from teamwork and cooperative activities, the teacher may select games that fit that category. Alternatively, if it is deemed that a particular group would benefit more from specific individualized or small group activities, the teacher may select activities that fit those categories as well.

Evaluation methods:

Students will be evaluated in written and oral capacities using logs, reflections, self-evaluations. Students will also be evaluated during their physical performance.

Your teacher will be conducting formative evaluations throughout the term using a rubric on a competency scale ranging from 1-4.

Students are graded for each unit and must demonstrate the following:

1) Participation and Effort (Competency 1 and 2):

Being on time, in proper uniform, engaged, and demonstrates effort.

2) Following of rules, regulations, and community (Competency 2 and 3):

Safety, teamwork, and community experience, and rules of the facility noted here including interrupting the teacher or disrupting the activity.

3) Execution of activity (Competency 1):

Progression of learning for each activity (proper form, passing, receiving, positional awareness, stickhandling, shooting, pivoting, progression chart...any skill relevant to the unit...)

4) Continuous improvement of ability based on practice (Competency 1, 2, 3)

5) Knowledge of what is being practiced, to be expressed in written or oral form. This includes tests, assignments, projects and presentations.

Grade 6 students will have additional quizzes, written assignments and projects as part of their course requirements.

Communication with students and parents:

The teacher will use in person, verbal, telephone and email communication.

Feel free to email the teacher at ario@emsb.qc.ca

Class Rules:

1) Try your best.

2) Follow instructions.

3) If you can, help somebody in the class.

Message to students:

Let's combine fun with learning. It's a proven method to achieve success individually and collectively.

First Written Communication (Progress Report)	The first written communication, which will include comments on the student's learning and behaviour, will be issued on November 17, 2021.
First Report Card	This report card will cover the period from August 31, 2021 to January 28, 2022 and will count for 40% of the final mark for the year.
Second Written Communication (Progress Report)	The second written communication, which will include comments on the student's learning and behaviour, will be issued on April 27, 2022.
Second Report Card	This report card will cover the period February 1 to June 23, 2022 and will count for 60% of the final mark for the year. It will include the End of Year Evaluation and any End of Cycle exams.