



**STANDARDS & PROCEDURES
 WORKSHEET**

Department or Subject:	Physical & Health Education
Teacher(s):	Mina Garoufalís
Cycle and Level	Pre-school & Cycles 1 to 3
School Year:	2023-2024

Term 1 (20%)		
Competencies Targeted	Evaluation Methods	General Timeline
To perform movement skills and interact with others in different physical settings and to adopt a healthy active lifestyle	Self-assessment and peer feedback. Observation, rubrics, goal setting, written reflections. Physical fitness standard tests and observations during structured play. Participation in warm up as well as designated physical activity.	Junior students will work on small routines and games. Both senior and junior students will work on fundamental movement skills and game sense in small-sided games. We will continue to build our repertoire of self-regulation techniques.
Communication to Students and Parents	Cycle 2 and 3 PE is in French. We use the Teaching Games for Understanding model in which we modify games to enable students to develop strategic understanding of game categories and the importance of physical skills in the context of the game.	
Conversations, notes in the agenda, phone calls, e-mails: mgaroufalís@emsb.qc.ca		

Term 2 (20%)		
Competencies Targeted	Evaluation	General Timeline
To perform movement skills and interact with others in different physical settings and to adopt a healthy active lifestyle	Self-assessment and peer feedback. Teacher observation, during structured play periods and monitoring of participation. Students will be evaluated on gymnastics, agility, as well as physical stamina and improved fitness level.	We will work on gymnastics, fundamental movement skills, cardiovascular fitness, flexibility, and sports in order to develop healthy habits. Safety is critical.
Communication to Students and Parents	We will continue to work on team sports and sportsmanship as well as gymnastic movements and circus skills.	
Same as above.		

Term 3 (60%)		
Competencies Targeted	Evaluation Methods	General Timeline
To perform movement skills and interact with others in different physical settings and to adopt a healthy active lifestyle.	Teacher observation, checklists, rubrics, goal setting and reflection and monitoring of participation.	We will continue building our game sense with net/wall, striking/fielding and pursuit/evasion games. Climbing and fitness circuit activities will develop fundamental movement skills.
Communication to Students and Parents	End of Year Evaluation	Other Pertinent Information
Same as above.	The progress and development of learning will be evaluated in a global fashion. How has your child progressed in all 3 competencies this year?	We will foster student leadership with opportunities for our senior students to lead small group games with our junior students.

Please contact me with any questions, concerns or comments.

We share the common goal of supporting your children to become the best they can be.

Research shows that a healthy body goes hand-in-hand with a healthy mind and good citizenship. Let's encourage our children to be physically active.

First Written Communication (Progress Report) The first written communication, which will include comments on the student's learning and behaviour, will be issued on October 12, 2023.

First Report Card This report card will cover the period from August 30 to November 17, 2023 and will count for 20% of the final mark for the year.

Second Report Card This report card will cover the period from November 20, 2023 to February 27, 2024 and will count for 20% of the final mark for the year.

Third Report Card This report card will cover the period February 28 to June 21, 2024 and will count for 60% of the final mark for the year. It will include the End of Year Evaluation.