

Course: **Grade 7 Physical Education**

Teacher: Mrs. O'Neil

Room: 114

E-mail: moneil@emsb.qc.ca

Texts/workbooks:

Course description: Physical Education is the opportunity for students to learn, develop and improve skills. Students will participate in both team and individual activities throughout the year 3 out of 7 days.

	TERM 1 (20%)	
<p><i>Competencies Targeted</i></p> <p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p>	<p><i>Evaluation Methods</i></p> <p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing</p> <p><i>Mark will appear on the 2nd term report card</i></p>	<p><i>Timeline</i></p> <p>Every class</p>
	TERM 2 (20%)	
<p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p>	<p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing</p>	<p>Every class</p>
	TERM 3 (60%)	
<p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p>	<p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing.</p>	<p>Every class</p>

END OF YEAR RESULT										
Term 1		Term 2		Term 3	=	100%				
20%	+	20%	+	60%						

Additional Information / Specifications
<ul style="list-style-type: none"> All students are expected to participate in all classes. A medical note must be provided for a student to be excused from participation in Phys Ed class due to illness or injury. Evaluation in physical education is ongoing. It occurs every class. Students should arrive to P.E. class wearing the proper gym uniform – Royal West burgundy t-shirt, Royal West grey or blue shorts, socks and athletic footwear. Athletic footwear needs to have laces, slip-on shoes are not acceptable. Nylons and tights are not permitted. The regular Phys Ed uniform must be worn on Dress Down Days. Hair must be properly secured. No jewellery. Only RWA sweatshirts and sweatpants, including ECA apparel, are permitted for outdoor classes. No eating, nor chewing gum in the gym. Please purchase and use a lock to secure your belongings in the locker room during P.E. class. Failure to comply with the above listed specifications will be reflected in the student’s mark.

Day	Time
I will be available on days 2 and 4 at lunch in the New Gym office.	

Parent Signature: _____

Student Signature: _____