



## BANCROFT ELEMENTARY SCHOOL

4563 St. Urbain St., Montréal, Québec, H2T 2V9

Tel: (514) 845-8031

### STANDARDS and PROCEDURES 2021-2022

<b>Subject:</b>	<b>Physical and Health Education</b>
<b>Teacher:</b>	<b>Isabelle Gagnon-Zeberg</b>
<b>Cycle and Level:</b>	<b>Cycle 1 (Grade 1C)</b>

#### Communication

**General Timeline:** August 31<sup>st</sup>, 2021 – October 9<sup>th</sup>, 2021

#### Term 2 (50%)

**General Timeline:** October 9<sup>th</sup>, 2021 – January 8<sup>th</sup>, 2022

#### Term 3 (50%)

**General Timeline:** January 9<sup>th</sup>, 2022 – June 23<sup>rd</sup>, 2022

#### Competencies Targeted:

Competency 1 → To perform movement skills in different physical activity settings.

Competency 2 → To interact with others in different physical activity settings.

Competency 3 → To adopt a healthy and active lifestyle.

#### Evaluation Methods:

- Self-evaluation and peer evaluations,
- Plans of action/ application of knowledge, observations,
- Class assignments (health and activity related)
- Formative and summative evaluations

#### Communication to Students and Parents:

- Parent-teacher interviews, report cards
- Agenda notes
- Email: [igagnonzeberg@emsb.qc.ca](mailto:igagnonzeberg@emsb.qc.ca)

**Teacher:**

Isabelle Gagnon-Zeberg

**Rationale:**

The Physical Education program is aimed to help students develop physical literacy and justify their own movement choices with confidence. It helps build a foundation of understanding and skills that will be used throughout their time at school and help develop active and healthy life habits. This program focuses on participation, sportsmanship and developing movement skills that can be applied to all aspects of life. It also provides a variety of different activities and challenges for students where they can find creative means and express themselves physically at their own level. Overall the objective of the program is not to develop the next superstar athlete but to build a starting point where the student is exposed to as many different physical activities as possible to build a structurally sound foundation in physical and healthy life habits. Students will:

- Learn to demonstrate the qualities of movement (space, time, force, flow, levels and directions).
- Perform a variety of fundamental loco-motor (running, skipping, jumping, sliding, hopping) and non-locomotor skills ( various balance positions, twisting).
- Learn to manipulate different types of objects with purpose individually or with a partner (throwing, catching, juggling, kicking, striking, rolling, bouncing).
- Learn physical activity safety rules for oneself and others.
- Participate in a variety of fitness and developmental exercises.
- Develop a sense of self, creativity and socialization skills when participating with others in different physical activity settings.
- Learn and develop positive physical activity and health habits.

**Evaluation:**

Students are evaluated based on their own personal physical education profile and growth. They will not be compared to peers or other students but to themselves and the progress they have made from the beginning of the lesson unit to the end of it. Evaluation is ongoing and marked on the following:

- Participation
- Self-reflection and Self-evaluation
- Class assignments (Health and activity related)
- Observations
- Positive sporting behaviours
- Applying the knowledge they have learned to solve the challenge presented in class
- Formative and summative assessments

Effort and Participation 50%      Skills/Application of knowledge 30%      Health Component 20%

**Important Information:**

On the days that your child has physical and health education, students are expected to wear athletic clothes as well as closed toed running shoes. Slip-on shoes or sandals are not acceptable. Long hair is recommended to be properly tied and that no jewelry is allowed during class.

If your child cannot participate do to any medical reasons please inform me in writing. Overall, I will ensure to provide a safe learning environment where all students are supported throughout the year.

**Communication:**

If you have any questions or concerns over your child's progress or any important information (medical condition, or injury history) do not hesitate to contact me and I will respond in a timely manner:

by the agenda;

or by email: [igagnonzeberg@emsb.qc.ca](mailto:igagnonzeberg@emsb.qc.ca)

Thank you!