

John F. Kennedy High School

Academic Year: 2024-2025	Department: Physical Education
Subject: Physical Education and Health	Level (Cycle and Year): Sec 1-5 (Aim High)

Term 1 - 20% of School Grade

Term I Report Card: November 8, 2024

Teacher Methods of Communication: Progress Report, Email, Phone calls, Student Agendas, Report Cards, Google Classroom.

Competency 3

Adopts a healthy, active lifestyle

Fitness tests / fitness training

Personal health education/awareness

Evaluation Methods/Tools	Skill(s) Evaluated	General Timeline	Other Pertinent Information [Topics Examined]
May include different methods to help students identify their baseline fitness levels. May include different team sports and low cooperation activities such as: Fitness Conditioning Team Games Independent components may include: Circuit Training Movement Minutes Tracking Fitness Assignments Fitness Goal Setting Development of Personalized Fitness Plans with Reflections	Brings necessary materials and comes to class prepared. Effort. Demonstrates ethical attitudes and behaviors.	The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is important for each student to come prepared with their proper physical education uniform and a water bottle filled and ready to participate.	Health & Wellness Safety Rules Game Rules Improving the Quality of Exercise Recovery Effects of Exercise (ex. body weight, psychological well-being etc.) Body's Response to Exercises (ex. short term and long term) Improved Muscle Mass, Tone, Posture and Flexibility Improved Coordination and Efficiency Improved Cardiovascular Endurance Needs Depending on Exercise Intensity (ex. hydration, food choices)

Term 2 - 20% of School Grade

Term II Report Card: January 31, 2025

Teacher Methods of Communication: Progress Report, Email, Phone calls, Student Agendas, Report Cards, Google Classroom.

Competency 1

Performs movement skills in different physical activity settings

Movement skills (how, when and why)

Performance of effective movement skills

Competency 2

Interacts with others in different physical activity settings

Individual or team strategy (theory and performance)

Fair play

Evaluation Methods/Tools	Skill(s) Evaluated	General Timeline	Other Pertinent Information [Topics Examined]
May include different individual activities, team sports and low cooperation activities such as: Movement Sequences Fitness Conditioning Team Games May include homework such as: Sequence Design Team Planning Personal Goal Setting with Reflections	Synchronization, Cooperation, Movement Skills, Behavior Awareness of surroundings, rules, Fair Play, Following instructions Teamwork, Fair Play, Cooperation	The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is important for each student to come prepared with their proper physical education uniform and a water bottle filled and ready to participate.	Effects on their physical and psychological well being Types of stress and daily impact Side effects in the short and long term on various systems (cardiovascular, pulmonary, muscular, nervous, etc.). Effects on the psychological state Effects on lifestyle/physical capacity

Term 3 - 60% of School Grade

Term III Report Card: June 23, 2025

Teacher Methods of Communication: Progress Report, Email, Phone calls, Student Agendas, Report Cards, Google Classroom.

Competency 1

Performs movement skills in different physical activity settings

Movement skills (how, when and why)

Performance of effective movement skills

Competency 2

Interacts with others in different physical activity settings

Individual or team strategy (theory and performance)

Fair play

Competency 3

Adopts a healthy, active lifestyle

Fitness tests / fitness training

Personal health education/awareness

Evaluation Methods/Tools	End of Year Evaluation	General Timeline	Other Pertinent Information [Topics Examined]
May include different methods to follow up on student fitness level progression. May include different individual activities, team sports and low cooperation activities such as: Movement Sequences Fitness Conditioning Team Games May include homework such as: Sequence Design Team Planning Personal Goal Setting with Reflections Development of Personalized Fitness Plans the Future	Final Fitness Overview and Year End Reflections	The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is important for each student to come prepared with their proper physical education uniform and a water bottle filled and ready to participate.	Safe Participation Lifestyle Fitness Wellness Practices Sportsmanship Group Dynamics Leadership