



**HONORE MERCIER
STANDARDS & PROCEDURES**

Department or Subject:	Physical Education and Health
Teacher(s):	Andrew Martinez, Peter Tsatoumas
Cycle and Level Taught:	Grade 3
School Year:	2024-2025

Term 1 (20%)		
<i>Competencies Targeted</i>	<i>Evaluation Methods</i>	<i>General Timeline</i>
To perform movement skills in different physical activity settings	Checklist Rubric	End of term evaluation
To interact with others in different physical activity settings	Checklist Rubric	Evaluation from September - November
<i>Communication to Students and Parents</i>	<i>Other Pertinent Information</i>	
Progress report, report card, verbal individual feedback	<p><i>Movement skills would be evaluated such as balance, coordination, strength and agility</i></p> <p><i>As well as:</i></p> <p><i>Fitness components such as muscular strength, muscular endurance, flexibility and cardiovascular endurance.</i></p>	

Term 2 (20%)		
<i>Competencies Targeted</i>	<i>Evaluation Methods</i>	<i>General Timeline</i>
To adopt a healthy, active lifestyle	Health activities Effort Uniform	September - March
<i>Communication to Students and Parents</i>	<i>Other Pertinent Information</i>	
Report card, verbal individual feedback, uniform letter to parent (if necessary)	<p><i>Health activities covered in health class and a continuation of fitness components such as muscular strength, muscular endurance, flexibility and cardiovascular endurance.</i></p> <p><i>Uniform is mandatory in P.E. class. This helps develop a good understanding of proper hygiene habits, being</i></p>	

	<i>prepared to move with unrestrictive clothing, and reduce risk of injuries</i>
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Term 3 (60%)		
<i>Competencies Targeted</i>	<i>Evaluation Methods</i>	<i>General Timeline</i>
To perform movement skills in different physical activity settings	Checklist Rubric	November – June
To interact with others in different physical activity settings	Checklist Rubric	November – June
To adopt a healthy, active lifestyle	Health activities Effort Uniform	March – June
<i>Communication to Students and Parents</i>	<i>End of Year Evaluation</i>	<i>Other Pertinent Information</i>
Report card, verbal individual feedback, uniform letter to parent (if necessary)	Formative and Summative Testing	Students will practice manipulation skills through sending and receiving. They will be learning offensive and defensive strategies. In addition, they will also learn about the rules of the game.

<p>Our goal in Physical Education at Honore Mercier is to ensure that all students are exposed to the many different areas of movement and sport. We hope to guide them in the direction of a healthy and active lifestyle in a positive learning environment.</p>
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