



**STANDARDS & PROCEDURES
WORKSHEET**

Department or Subject:	Physical Education and Health
Teacher(s):	Elisa Giampa, Justin Lazo Capra
Cycle and Level Taught:	Cycle 1,2,3
School Year:	2025-2026

Term 1 (20%)		
<i>Competencies Targeted</i>	<i>Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects, etc.)</i>	<i>General Timeline (e.g., end of term, midterm, etc.)</i>
<p>To perform movement skills in different physical activity settings.</p> <p>To interact with others in different physical activity settings.</p>	<ul style="list-style-type: none"> -daily observations -peer and self-evaluations -skill testing -rubrics -check lists 	<ul style="list-style-type: none"> -daily observations -peer evaluations mid term -skill testing at the end of the unit
<p><i>Communication to Students and Parents (e.g., note home, website, agenda, report card, etc.)</i></p>	<p><i>Other Pertinent Information</i></p>	
<p>notes home</p> <ul style="list-style-type: none"> -e-mail -agenda -report cards -google classroom 		

Term 2 (20%)		
<i>Competencies Targeted</i>	<i>Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects, etc.)</i>	<i>General Timeline (e.g., end of term, midterm, etc.)</i>
<p>To interact with others in different physical activity settings</p> <p>To adopt a healthy and active lifestyle.</p>	<ul style="list-style-type: none"> -daily observations -peer and self-evaluations -skill testing -rubrics -check lists 	<ul style="list-style-type: none"> -daily observations -peer evaluations mid term -weekly in class assignments -skill testing at the end of unit

<i>Communication to Students and Parents (e.g., note home, website, agenda, report card, etc.)</i>	<i>Other Pertinent Information</i>	
notes home -e-mail -agenda -report cards -google classroom	-Extracurricular activities at lunch time for cycle 2 and 3	

Term 3 (60%)		
<i>Competencies Targeted</i>	<i>Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects, etc.)</i>	<i>General Timeline (e.g., end of term, midterm, etc.)</i>
<p>To perform movement skills in different physical activity settings.</p> <p>To interact with others in different physical activity settings.</p> <p>To adopt a healthy and active lifestyle.</p>	<p>-daily observations</p> <p>-peer and self-evaluations</p> <p>-skill testing</p> <p>-rubrics</p> <p>-check lists</p>	<p>-daily observations</p> <p>-peer evaluations mid term</p> <p>-weekly in class assignments</p> <p>-skill testing at the end of unit</p>
<i>Communication to Students and Parents (e.g., note home, website, agenda, report card, etc.)</i>	<i>End of Year Evaluation (e.g., evaluation situation, local exam, complementary exam, uniform exam, etc.)</i>	<i>Other Pertinent Information</i>
-notes home -e-mail -agenda -report cards -google classroom		<i>Extracurricular activities at lunch time for cycle 2 and 3</i>

The goal of the PE program is to teach long term health benefits that students can practice when they are outside of the school environment. The children are encouraged to engage in physical activities in different settings (indoor/outdoor/individual and team sports). The children are encouraged to learn about their bodies, including proper hygiene practices and the positive effects of physical activity. The health program teaches the students the proper health habits and functions of their body so that they can keep healthy and active.

Students are expected to come to class ready to learn and participate in all activities. Both Health and Physical Education classes are linked to one another so the children can make the association that being active and health conscious is necessary in leading a healthy lifestyle.

Important information:

Physical Education classes are given twice a week for a duration of 1 hour per class.

Children in Cycle 1 (Grades 1 and 2) are expected to come to school in their blue P.E. t-shirt and navy bottom (shorts or jogging pants).

Children in Cycle 2 and 3 (Grades 3,4,5 and 6) are expected to bring their blue P.E. t-shirt to change into before class. Proper footwear is required for this class (running shoes).

N.B. unforeseen circumstances may require the subjects and marking breakdown contained in the standards and procedures to change. In this eventuality, you will be notified, the document will be amended and re-posted. It should be further noted the spirit of any such amendment will only be made if required and if it will benefit the students.

PLEASE SUBMIT TO YOUR PRINCIPAL BY _____.