



## Frequently Asked Questions

### Physical Education

#### What does the course entail?

Physical Education at John Rennie allows students to be exposed to a wide range of sports. Students get to learn both the theory of different sports as well as experience playing them in a game environment while learning to live a healthy and active lifestyle.

#### What Grade levels is this course offered at?

Physical Education is required in all grade levels including Sport-Etudes.

#### What evaluation methods are used for this course?

Students are evaluated through a variety of assessments, such as skill tests, written assignments and game play participation.

#### What are the competencies for this course?

There are three competencies in Physical Education.

Competency 1 – Performs movement skills in different physical activity settings. Students consolidate or enrich their store of knowledge and skills needed to carry out a variety of physical activities.

Competency 2 – Interacts with others in different physical activity settings. From Secondary I to Secondary V, students are placed in a variety of learning situations in which they engage in physical activities with others, either as teammates or as opponents.

Competency 3 – Adopts a healthy, active lifestyle. Students are asked to develop a detailed plan of action aimed at improving or maintaining healthy and active lifestyle habits (e.g. a training program, a plan for changing a lifestyle habit).

#### Is this an option course?

No, Physical Education is mandatory for all grade levels, including our Sport Etudes students.

#### What materials are required for this course?

Students must wear the Physical Education T-Shirt provided by the school in Grade 7 (these are also available to purchase from our [school store](#)) as well as running shoes and appropriate bottom wear.

## **What resources are used for this course?**

Here at John Rennie High School we have 3 gyms, a weight room, yoga room and plenty of outdoor space to cover the different physical activity units. Student use a variety on online tools as well to suppliment their inschool activity such as Google Suite (Classroom, Slides, Docs, Forms, etc.)