



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 1 '10 – '11      Department:      Course:      Instructor(s):  
 This course is aligned to:      **College Readiness Standards and/or College Board Standards**      Other:

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WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #1 8/16 – 8/20 No school: 8/16 & 8/17	E.I.c.1	Lock Distribution Locker Assignments Deans Review Disciplinary Policies	Departmental Policies Par-Q Assessment		Lock Sheets Lock Cards
WEEK #2 8/23 – 8/27	E.I.c.1	Swimming Skills Check Intro to course Legal Considerations Safety checks, weather, entry and approaches	Worksheet, Lap Swim Entry and approach practice	Swimming Skill Evaluation Red Cross Skill Check	DVD, rescue tubes
WEEK #3 8/30 – 9/3 PLC day: 9/3	W.IV.c.2	Review slide in entry, stride jump, compact jump Approach from the rear, modified crawl, breaststroke	Practice slide in entry, stride jump, compact jump Approach from the rear, modified crawl, breaststroke Ch. 1 & 2 Review Questions and Activity worksheet 1.1-1.4	Red Cross Skill Standards	



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WEEK #4 9/6 – 9/10 No school: 9/6 Pep assembly: 9/10	W.IV.c.2	Patron surveillance, victim recognition, scanning, area of responsibility, RID factor, EAP	Ch. 3&4 Review Questions Life Guarding Scenarios	Red Cross Skill Standards	
WEEK #5 9/13 – 9/17	M.II.b.3	Rescue Skills	Practicing in water skills, extension assistance from deck, reaching assist with equipment, throwing assist, swimming extension rescue, active drowning victim rear rescue, passive rear rescue, 2 person removal from water using backboard	Red Cross Skills Standards	DVD, whistles, rescue tubes, backboard, ring buoy, Shepherds Crook
WEEK #6 9/20 – 9/24 PLC day: 9/24	M.III.b.2	Review for Sec. 1 Exam Before providing care rescue skills	Ch. 5&6 review questions Practice standard precautions, removing gloves, initial assessment, emergency moves	Sec. 1 Exam Red Cross Skills Standards	DVD, disposable gloves, manikins, resuscitation masks, decontamination supplies
WEEK #7 9/27 – 10/1	W.IV.c.3 E.I.c.1	Rescue Skills Part 2	Practice passive submerged victim shallow water/deep water, multiple victim rescue, feet first surface dive, front and rear head hold escape	Red Cross Skills Standards	Rescue Tubes, DVD, whistles



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WEEK #8 10/4 – 10/8 PLC day: 10/8	W.IV.c.3	Breathing Emergencies	Practice rescue breathing for adult, child and infant, using a bag valve mask, airway obstruction	Red Cross Skills Standards	DVD, disposable gloves, manikins, resuscitation masks, decontamination supplies, BVM's
WEEK #9 10/11 – 10/15 No school: 10/11 All School Testing: 10/13	M.III.b.2 E.I.c.1	Cardiac Chain of Survival	Ch.7 Review Questions Signs and symptoms of a heart attack, CPR Skills for an adult/child/infant		DVD, disposable gloves, manikins, resuscitation masks, decontamination supplies, BVM's
WEEK #10 10/18 – 10/22 End of 1 <sup>st</sup> Quarter: 10/22	E.V.c.2	2-Rescuer CPR and AED	Ch.8 Review Questions Practice 2-rescuer CPR for adult/child/infant, when the heart stops, AED adult/child/infant	AED/CPR Skills Scenarios for adult/child/infant Written Exam Sec. 2	DVD, disposable gloves, manikins, resuscitation masks, decontamination supplies, AED



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WEEK #11 10/25 –10/29 PLC day: 10/29	E.I.c.1	First-Aid	Practice secondary assessment, sudden illness, controlling external bleeding, caring for shock, heat and cold related emergencies	Skill Sheets from Sec. 2 First Aid skills scenarios	DVD, Disposable gloves, resuscitation mask, gauze pads, roller bandages, rescue tubes
WEEK #12 11/1 – 11/5 Parent/teacher Conferences: 11/4 No school: 11/5	W.II.e.1	Injuries to muscles, bones, and joints	Practice skills related to injuries to muscles, bones and joints, splinting,	Skill Sheets Sec. 2 Lifeguarding skills check list Sec.2	DVD, backboard, disposable gloves, triangular bandages, athletic tape, towels
WEEK #13 11/8 –11/12 No school: 11/11	W.III.d.1	Caring for head, neck, and back injuries	caring for head, neck and back injuries, inline stabilization on land, using a backboard for a standing victim on land	Ch. 9 Review Questions	DVD, backboard, disposable gloves, triangular bandages, athletic tape, towels
WEEK #14 11/15 –11/19	W.III.d.1	Caring for head, neck, and back injuries in the	Inline stabilization techniques shallow	Red Cross Skills Standards	DVD, rescue tube,



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PLC day: 11/19		water	water/deep water/submerged victim		backboard
WEEK #15 11/22 – 11/26 No school: 11/25 & 11/26	W.III.d.1	Caring for head, neck, and back injuries Part 2	Using a backboard and in shallow water, deep water	Red Cross Skills Standards Ch. 10 Review Questions	DVD, backboards, rescue tubes, towels/blankets
WEEK #16 11/29 – 12/3	E.I.c.1 M.II.b.3	Review for Written Exam Review for in water skill scenarios	Active drowning victim scenarios, passive submerged victim scenario, head, neck, back injury in the water scenario	Written Exam Sec. 3	DVD, Rescue tubes, backboard, towels
WEEK #17 12/6 – 12/10 PLC day: 12/10	E.I.c.1 M.II.b.3	Skill Scenarios	Practice Skill Scenarios	Red Cross Skill Standards	DVD, Rescue Tubes, Backboards, towels
WEEK #18 12/13 – 12/17	E.I.c.1 M.II.b.3	Final Skill Exam	Recognizing an emergency, activating EAP, using rescue equipment, following general procedures for an emergency, assessing the victims condition, perform appropriate rescue, move victim to safety, remove victim from water, provide emergency care as needed	Red Cross Skill Standards	DVD, rescue tubes, backboards, towels



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WEEK #19 1/3 – 1/7	E.I.c.1 M.II.b.3	Final Exam Review	Question and Answer Sessions Peer Study Groups	Final Exam	
WEEK #20 1/10 – 1/14 Finals: 1/11 – 1/13 Marking Day 1/14	E.I.c.1 M.II.b.3	Final Exam Review	Question and Answer Sessions Peer Study Groups	Final Exam	

Semester 2 '10 – '11      Department:      Course:      Instructor(s):  
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	STANDARDS		AND/OR ASSIGNMENTS		
WEEK #1 1/17 – 1/21 No school: 1/17					
WEEK #2 1/24 – 1/28 PLC day: 1/28					
WEEK #3 1/31 – 2/4					
WEEK #4 2/7 – 2/11 PLC day: 2/11					
WEEK #5 2/14 – 2/18					
WEEK #6 2/21 – 2/25 No school: 2/21					



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PLC day: 2/25					
WEEK #7 2/28 – 3/4					
WEEK #8 3/7 – 3/11 No School: 3/7 & 3/8					
WEEK #9 3/14 – 3/18 PLC day: 3/18					
WEEK #10 3/21 – 3/25 End of 1 <sup>st</sup> Quarter: 3/25					



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WEEK #11 4/4 – 4/8					
WEEK #12 4/11 – 4/15 PLC day: 4/15					
WEEK #13 4/18- 4/22 No school: 4/22					
WEEK #14 4/25 – 4/29 PSAE: 4/27 & 4/28					
WEEK #15					



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5/2 – 5/6 PLC day: 5/6					
WEEK #16 5/9 – 5/13					
WEEK #17 5/16 – 5/20 PLC day: 5/20					
WEEK #18 5/23 – 5/27 Seniors' last day: 5/26					
WEEK #19 5/30 – 6/3 No school: 5/30 Final Exams:					



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5/31 – 6/2 Marking Day: 6/3					
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