



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 1 Department: **Physical Education**

Course: **Team Sports - 7210**

*The Homewood-Flossmoor High School Course Scope & Sequence provides parents and students with a semester-long overview of each class that we offer. **An instructor may alter a course's scope & sequence as needed.** Students are responsible for keeping track of due dates and other pertinent course information in their H-F Student Planners. Parents, please contact your child's teacher by telephone or e-mail to clarify any questions you may have about the scope & sequence of a particular course.*

WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #1	E.I.c.1	<ol style="list-style-type: none"> <li>1. Intro to semester units</li> <li>2. Class Expectations &amp; Policies</li> <li>3. Locks &amp; Lockers</li> <li>4. <b>Basic skills for Soccer</b></li> <li>5. Fitness Activities</li> </ol>	<ol style="list-style-type: none"> <li>1. Go over department Policy Sheet</li> <li>2. Check locks &amp; record info w/ lockers</li> <li>3. Check uniforms</li> <li>4. Basic skill drills of Soccer</li> <li>5. Fitness-Cardio, Strength</li> </ol>	Leading of warm ups checklist	1. Deans Talk about School Policies and Expectations
WEEK #2	E.I.c.1	<ol style="list-style-type: none"> <li>1. Soccer Study Guide</li> <li>2. Game Play</li> <li>3. Fitness Activities</li> <li>4. Classroom</li> </ol>	<ol style="list-style-type: none"> <li>1. Covering info in Soccer study guide</li> <li>2. Make teams &amp; start game play</li> <li>3. Fitness Activities – Cardio</li> <li>4. Muscle Strength &amp; Endurance</li> <li>5. Complete Personal Fitness worksheets</li> </ol>	Small group instruction Skill work Heart Rate Monitor Assistance	
WEEK #3		<ol style="list-style-type: none"> <li>1. Soccer Game Play</li> <li>2. Fitness Activities</li> </ol>	<ol style="list-style-type: none"> <li>1. Work on offensive &amp; defensive strategies</li> <li>2. Cardio, muscle strength, endurance, &amp; flexibility</li> </ol>	Initiative checklist for helping students without being asked	
WEEK #4	E.I.c.1 R.I.c.1 R.I.b.1	<ol style="list-style-type: none"> <li>1. Study Guide Review</li> <li>2. Game Play</li> <li>3. Fitness Activities</li> <li>4. <b>Intro to Ultimate</b></li> </ol>	<ol style="list-style-type: none"> <li>1. Review for test on Soccer</li> <li>2. Game Play</li> <li>3. Ultimate Frisbee Skill Drills</li> <li>4. Fitness – Cardio, Strength,</li> </ol>	1. Written test on Soccer	



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		<b>Frisbee</b> 5. Classroom	Endurance, & Flexibility 5. Complete Personal Fitness worksheets		
WEEK #5		1. Intro Ultimate Frisbee 2. Fitness Development 3. Ultimate Frisbee Study Guide	1. Ultimate Frisbee Skills: Throwing & Catching 2. Ultimate Frisbee Game Play w/ Rules & Strategies 3. Fitness Activities	Heart Rate Monitor distribution and collection Officiating game play	
WEEK #6	M.I.b.2	1. Game Play 2. Fitness Development 3. Classroom	1. Game Play Team Work 2. Fitness Activities 3. Worksheets Personal Fitness	Officiating game play	
WEEK #7	E.I.c.1	1. Game Play Ultimate Frisbee 2. Ultimate Frisbee Review 3. Fitness Development 4. <b>Intro Softball Skills</b> 5. Softball Study Guide	1. Team Play Ultimate Frisbee 2. Fitness Activities 3. Softball Drills: Catch, Throw, Fly Balls, Grounders, & Batting 4. Cover Softball Study Guide on Rules & Positions	1. Ultimate Frisbee Written Test	
WEEK #8	M.II.b.3	1. <b>Fitness Assessment</b> 2. Classroom	1. Gather info for Fitness Testing – height, and weight, etc. 2. Worksheets Personal Fitness	1. Fitness Tests - Mile Run - Curl Ups - Push Ups - Sit & Reach - Shuttle Run	
WEEK #9	E.I.c.1 E.V.c.2	1. Complete Fitness Testing 2. <b>Intro Touch Football</b> 3. Fitness Development 4. Touch Football Study Guide	1. Touch Football Skills: Throwing & Catching 2. Touch Football Game Play w/ Rules & Strategies 3. Fitness Activities	Retesting of students that missed tests or wish to retest Officiating game play	
WEEK #10	R.I.b.1 R.II.b.1 W.IV.c.2 W.III.c.1	1. Game Play 2. Fitness Development Classroom3. m	1. Game Play Team Work 2. Fitness Activities 3. Worksheets Personal Fitness	Officiating game play Heart Rate Monitor distribution and collection	



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WEEK #11	R.I.b.1 R.V.c.1	1. Touch Football Game Play 2. Fitness Development	1. Game Play & Strategies 2. Fitness Activities	1. Touch Football Written Test	
WEEK #12	E.I.c.1	1. <b>Intro to Ice Games</b> 2. Ice Games Skill Work 3. Fitness Activities 4. Game Play	1. Pom-Poms, Speedball, and Hockey 2. Cardio, Strength, Endurance, & Flexibility Activities 3. Form Teams & Start Game Play	Distribution of skates Assisting students in lacing and basic skating skill demonstration Initiative checklist-helping students without being asked	
WEEK #13	M.I.b.2	1. Game Play 2. Fitness Activities	1. work on offensive & Defensive Strategies 2. Cardio, Strength, Endurance, & Flexibility	Officiating game play	
WEEK #14		1. Game Play 2. Fitness Activities 3. Written Assessment	1. Game Play – Complete Tournament 2. Cardio, Strength, Endurance, & Flexibility	1. Written Test on Ice Games	
WEEK #15	E.I.c.1	1. <b>Intro Volleyball Skills</b> 2. Fitness Development 3. Start Study Guide for Volleyball 4. Classroom	1. Drills for – Serves, Bumping, and Setting 2. Cover Above Topics on SG 3. Fitness Activities 4. Worksheets Personal Fitness	Basic skill demonstration Small group work (extra skill work)	
WEEK #16	M.I.b.2	1. Game Play 2. Study Guide – Offensive Strategies 3. Fitness Development	1. Game Play Tournament 2. Complete Study Guide Review 3. Fitness Activities	Officiating game play Heart Rate Monitor collection and distribution	
WEEK #17		1. Game Play 2. Volleyball Written Assessment 3. Fitness Development	1. Complete Tournament 2. Fitness Activities	1. Written Test on Volleyball	
WEEK #18	E.I.c.1	1. <b>Intro Basketball Skills</b> 2. Fitness Development 3. Start Study Guide for Basketball 4. Classroom	1. Drills for – Dribbling, Passing, Shooting, Triple Threat, Defensive Strategies 2. Cover Above Topics on SG 3. Fitness Activities	Basic skill demonstration Heart Rate Monitor collection and distribution	
WEEK #19	M.I.b.2	1. Game Play	1. Game Play Tournament	Officiate game play	



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	R.I.b.1 R.II.C.2	2. Study Guide – Offensive Strategies 3. Fitness Development 4. Basketball Written Assessment	2. Complete Study Guide Review 3. Fitness Activities	1. Written Test on Basketball	
WEEK #20	R.I.b.1 R.II.c.1	1. <b>Semester End Wrap Up</b> 2. Final Review Packets 3. Final Exam Review	1. Return Final Review Material 2. Review All Units Covered this Semester	1. Final Exam	