



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 1 '10 – '11      Department: PE   Course: **72201 Fitness and Performance**  
 This course is aligned to:    **College Readiness Standards and/or College Board Standards**    Other:

*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.*

**Senior Leader responsibilities if enrolled include:**

1. *Equipment distribution and collection.*
2. *Lead/assist warm ups*
3. *Set up exercise or conditioning drills*
4. *Set up weights for daily exercise demo.*
5. *Assist in class monitoring (spotting, safety, technique,)*
6. *Assist with performance facility clean-up/storage*
7. *Record Fitness Testing normative values in Tri-Fit*

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	<b>M.I.b.2</b> <b>M.III.b.2</b>	Lock/Locker Assignments PE Class Policies/Procedures PARQ; Goals Intro to Fitness/Performance; weight room safety, program design	Go over department policies sheets; Check locks and record info with lockers; check uniforms; tour the performance facility and discuss objectives for class and students	Individual Course Goals <b>-Quiz:</b> WR Rules/Safety forthcoming	Deans' informational presentation regarding school rules, expectations
WEEK #2 8/23 – 8/27	<b>M.II.b.3</b> <b>W.III.d.1</b>	Introduce Training Programs/Exercise /Weight room terminology, and goal setting; introduce muscles involved in today's exercises; Intro technique on Squat and Bench Press and spotting technique; intro correct technique for daily core and total body warm ups;	Lecture: Differentiate static, dynamic, and ballistic flexibility; discuss web resources; training programs, exercise systems and basic weight room terminology; <b>-Warm-up Routine</b>	Informal assessment on squat, bench press, daily warm ups and various core exercises; <b>-Quiz: WR Rules/Safety</b>	
WEEK #3	<b>W.III.d.1</b>	Demonstration: <b>TRX</b>	-Warm-up Routine	Probable <b>PRE-TEST</b> on	



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8/30 – 9/3 PLC day: 9/3		(-Review Rules/Safety) Goal Planning Finalized per student	-Review Program Design Options -Stretch/Cool-down -Structured Lift	<b>Strength Lifts</b> to establish baseline for assessment/improvement	
WEEK #4 9/6 – 9/10 No school: 9/6 Pep assembly: 9/10		Discuss students' personal short and long term goals as related to their training programs; Pre-performance testing/combine style introduced	Demonstrate new variables; introduce in a <i>whole-part-whole</i> sequence; students then practice new exercises with a partner; -Warm-up Routine -Structured Lift -Prehab Stretch	<b>Performance tests:</b> bench press reps, TRX abs, broad jump, vertical jump, body wt, Pro Shuttle, 10-40 yd dash, Vertical Jump	
WEEK #5 9/13 – 9/17		Complete Combine Testing Concept phase 1 (athletic) -Speed Training Drills-SAQ drills	-Structured Lift -Agility/Power Drills -Speed Movements -Warm-up Routine	<b>Complete Performance tests:</b> bench press reps, TRX abs, broad jump, VJ, body wt, SAQ tests	
WEEK #6 9/20 – 9/24 PLC day: 9/24	<b>E.I.c.1 W.III.d.1</b>	Introduce the first of required total body power movement exercises <b>High Pull and RDL</b> ; Introduce major muscles involved, the muscle's biomechanical action	Students will re-evaluate their own personal training programs and goals based on results of tests;  -Warm-up Routine -Structured Lift -Prehab Stretch	<b>-Quiz: Fitness Terminology</b>	
WEEK #7 9/27 – 10/1		<b><u>Presidential Fitness Testing begins</u></b>	Fitness Testing with incorporation of Strength Exercises—open practice	<b>Assessment: Fitness Testing</b> – push-ups, timed curl ups, sit and reach, shuttle run, mile run; enforce dept. rubric for graded scoring	
WEEK #8 10/4 – 10/8		Introduce /Review major muscles involved in next	Demonstrate whole-part-whole sequence in the front squat and	Informal partner assessment of sequential	



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PLC day: 10/8		sequence for clean and jerk--- <b>front squat</b> and <b>push press</b> .	push press; students then practice exercises with a partner; students re-evaluate their own personal training programs and goals;	lifts using supplied rubric of---front squat and push press;	
WEEK #9 10/11 – 10/15 No school: 10/11 All School Testing: 10/13		Review <b>Hang Clean</b> and major muscles involved, biomechanical action, and how muscles are named; inform students to put all parts together to make up the whole lift;	Demonstrate and Practice whole-part-whole sequence for <b>Hang Clean</b> ;  -Warm-up Routine -Structured Lift -Prehab Stretch	Informal assessment of all sequential lifts necessary to perform the Clean and Jerk; teacher evaluation based on rubric	
WEEK #10 10/18 – 10/22 End of 1 <sup>st</sup> Quarter: 10/22	<b>E.I.c.1</b> <b>W.III.d.1</b>	Review for 1 <sup>st</sup> quarter concepts, all major muscles involved in total body power movements lifts; <b>Bus evacuation drills</b>	Students will re-evaluate their goals; Study webpage links on exercises for exam;. participate in evacuation drill and listen and understand drill procedures;	<b>-Quiz: Program Design/Exercise Identification</b>  -Reflective Analysis #1	



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WEEK #11 10/25 –10/29 PLC day: 10/29		Inform students of present grade status; review department policies/procedures; Introduce the <b>Snatch</b> ; introduce major muscles involved in the new exercise;	Demonstrate whole-part-whole sequence for the Snatch; students will practice with a partner; re-access and if necessary, create new goals;	Informal assessment of the Snatch;	
WEEK #12 11/1 – 11/5 Parent/teacher Conferences: 11/4 No school: 11/5	<b>R.I.b.1</b> <b>R.II.c.1</b> <b>R.II.c.2</b> <b>R.v.c.1</b> <b>E.I.c.1</b> <b>W.III.d.1</b>	Lecture <b>Nutrition</b> ; guest speaker; introduce ground based <b>plyometric</b> exercises, history, and theory behind rationale; advise students of nutrition exam next week; bring calculators;	-Structured Lift -Agility/Power Drills -Speed Movements -Warm-up Routine	Informal assessment of ground based plyometric exercises; <b>Written Test: Nutrition Basics/PEDs</b>	
WEEK #13 11/8 –11/12 No school: 11/11	<b>E.I.c.1</b> <b>W.III.d.1</b> <b>M.II.b.3</b>	-Introduce Energy Systems -Warm-up Routine- Cardiovascular Training (HRM/Metabolic Concepts for Final Exam prep)	-Structured Lift -Agility/Power Drills -Speed Movements -Warm-up Routine		
WEEK #14 11/15 –11/19 PLC day: 11/19	<b>R.I.b.1</b> <b>R.II.c.1</b> <b>R.II.c.2</b> <b>R.v.c.1</b> <b>E.I.c.1</b> <b>W.III.d.1</b>	-Assess Individual/sport Workouts compliance  -review absences make-ups and demerit extra credit Q2	-Structured Lift w/ grading -Agility/Power Drills -Speed Movements -Warm-up Routine	Reflective Analysis #2  <b>-Skill Testing on Lifts based on rubric for proper execution</b>	
WEEK #15 11/22 – 11/26 No school: 11/25 &11/26	<b>E.I.c.1</b> <b>W.III.d.1</b> <b>M.II.b.3</b>	-Assess Individual/sport Workouts compliance  Cardiovascular Training (HRM/Metabolic Concepts for Final Exam prep)	-Structured Lift w/ grading -Agility/Power Drills -Speed Movements -Warm-up Routine	<b>-Cont. Skill Testing on Lifts based on rubric for proper execution</b>	



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WEEK #16 11/29 – 12/3		Inform students of present grade status; review department policies/ procedures; Review 2 <sup>nd</sup> quarter concepts, all major muscles involved in total body power movements lifts;	-Structured Lift w/ grading -Agility/Power Drills -Speed Movements -Warm-up Routine	<b>-Cont. Skill Testing on Lifts based on rubric for proper execution</b>	
WEEK #17 12/6 – 12/10 PLC day: 12/10		<b>Post-Test Combine</b> Performance tests from phase 1 (athletic) -Speed Training Drills-SAQ drills	Complete Post-performance testing; review for final exam; Structured Lifts when not testing		
WEEK #18 12/13 –12/17		<b>Post-Test Combine</b> Performance tests from phase 1 (athletic) -Speed Training Drills-SAQ drills	Complete Post-performance testing; review for final exam; -Warm-up Routine -Structured Lift -Prehab Stretch	Complete Performance tests: bench press reps, TRX 30 second ab, broad jump, vertical jump, body wt	
WEEK #19 1/3 – 1/7		<b>Complete Combine Post-Testing</b> -Speed Training Drills-SAQ drills	Complete Post-performance testing; review for final exam; -Warm-up Routine -Structured Lift -Prehab Stretch	Complete Performance tests: bench press reps, TRX 30 second ab, broad jump, vertical jump, body wt	
WEEK #20 1/10 – 1/14 Finals: 1/11 – 1/13 Marking Day 1/14	<b>E.I.c.1</b> <b>W.III.d.1</b> <b>M.II.b.3</b> <b>R.I.b.1</b> <b>R.II.c.1</b> <b>R.II.c.2</b> <b>R.v.c.1</b>	Final Exams and Evaluation	Final Exams and Evaluation	Final Exams and Evaluation/achievement Awards	



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Semester 2 '10 – '11      Department:      Course:      Instructor(s):  
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WEEK #1 1/17 – 1/21 No school: 1/17					
WEEK #2 1/24 – 1/28 PLC day:					



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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 PLC day: 2/25					
WEEK #7 2/28 – 3/4					
WEEK #8 3/7 – 3/11					



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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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