



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 1

Department: **Physical Education**

Course: **Personal Fitness 7240**

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.*

WEEK	*COLLEGE READINESS AND/OR BOARD CONT. STAND.	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	LOCATION
<b>WEEK #1</b> 8/16 – 8/20 No school: 8/16 & 8/17	<b>M.I.b.2</b> <b>M.III.b.2</b>	<b>Locks /</b> <b>Deans/Policies</b>  <b>*Heart Rate</b> <b>Monitoring</b> - Palpation / HRM's  <b>Introduction to</b> <b>Step &amp; Pilates</b>	<b>Par-Q</b> <b>Introduction to Step</b> - Safety aspects, taking pulse, basic moves, counting music <b>Pilates</b> - Core strength and flexibility - Abdominal workout		ACTIVITY ROOM  ROOM 106
<b>WEEK #2</b> 8/23 – 8/27	<b>M.II.b.3</b>	<b>Step Aerobics</b>  <b>Pilates</b>	<b>Step</b> - Basic right, left, and alternating - V-Step, Up Tap - Turn Step, U-Turn <b>Pilates</b> - Powerhouse, The Hundred, Leg Circles, Rolling Like a Ball, Single Leg Stretch, Double Leg Stretch	*Measurement #1 - BMI - Body Fat - Weight - Measurements  Heart Rate Monitor	ACTIVITY ROOM  ROOM 106



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<b>WEEK #3</b> 8/30 – 9/3 PLC day: 9/3 Week 3 cont.	<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>Step Aerobics</b> <b>Abdominals</b> <b>Pilates</b> <b>Classroom</b> - Nutrition, Vitamins, Minerals & Water	<b>Step</b> - New moves, 32 count combos <b>Pilates</b> - Criss Cross, Saw, Roll Up, Double Leg Kick, Roll Down, Spine Stretch, Rocker, Corkscrew, Plank	Target Heart Rate Zone Worksheet Heart Rate Monitor *ART	ACTIVITY ROOM ROOM 106 ROOM 323
<b>WEEK #4</b> 9/6 – 9/10 No school: 9/6 Pep assembly: 9/10		<b>Program Development</b>  <b>Muscular Endurance</b>	<b>Step Aerobics</b> - 64 count combos, Over-The-Top, L-Step, Corner-To-Corner, Lunges, Alternating, Repeaters <b>Abdominal Lab</b> <b>Pilates</b> – Teaser, Spinal Twist, Back Support, Lunge w/Quad Stretch, Swan Weight Training Circuit – Sets, Reps, and Lift #1	Heart Rate Monitor	ACTIVITY ROOM ROOM 106
<b>WEEK #5</b> 9/13 – 9/17		<b>Cardiovascular Training</b> <b>Step Aerobics</b> <b>Abdominals</b> <b>Weight Training</b>	<b>Partner Step</b> - Funky L, Mambo, Cha-Cha, Split Step <b>Abdominal Lab</b> <b>Weight Training</b> - Full body circuit lift #2	Heart Rate Monitor Step Quiz	ACTIVITY ROOM ROOM 106



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<b>WEEK #6</b> 9/20 – 9/24 PLC day: 9/24	<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>	<b>Cardiovascular Training</b> <b>Step Aerobics</b> <b>Abdominals</b> <b>Pilates</b> <b>Classroom</b> -*Food Choices, Peak Performance	<b>In-Line Step</b> - I Step, Charleston <b>Abdominal Lab</b> <b>Weight Training</b> -Full body circuit lift #3	Heart Rate Monitor  Pilates Quiz  *ART	ACTIVITY ROOM  ROOM 106  ROOM 323
<b>WEEK #7</b> 9/27 – 10/1		<b>Cardiovascular Training</b> <b>Step Aerobics</b> <b>Abdominals</b> <b>Pilates</b>	<b>Box Step</b> - Diagonal, Hop Turn, Around The World, Across The Top, T-Step, Straddle, Side Lunge, Squats <b>Abdominal Lab</b> <b>Pilates</b> - Neck Pull, Side Bend, Jack Knife, Rollover, Shoulder Bridge w/Leg	Heart Rate Monitor  Target Heart Rate Quiz	ACTIVITY ROOM  ROOM 106
<b>WEEK #8</b> 10/4 – 10/8 PLC day: 10/8	<b>M.II.b.3</b>	<b>Cardiovascular Training</b> <b>Step Aerobics</b> <b>Pilates</b>	<b>30 minutes of step aerobics group routines</b> <b>Pilates</b> - Cat, Saw w/Back Extension, Oblique Scissors, Boomerang, Cat w/ Twist	*Measurement #2 - BMI - Body Fat - Weight - Measurements Heart Rate Monitors	ACTIVITY ROOM  ROOM 106



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<b>WEEK #9</b> 10/11 –10/15 No school: 10/11 All School Testing: 10/13		<b>Cardiovascular Training</b> <b>Step Aerobics</b> <b>Pilates</b> <b>Classroom</b> - Body Composition and Influences	<b>30 minutes of step aerobics group routines</b> <b>Pilates</b> - Bicycle, Bow, Front Support w/Leg Lift, Mermaid, Kneeling Side Kick, Bridging Scissors	Heart Rate Monitors  Group Step Routines	ACTIVITY ROOM  ROOM 106 ROOM 323
<b>WEEK #10</b> 10/18 –10/22 End of 1 <sup>st</sup> Quarter: 10/22		<b>Cardiovascular Training</b> <b>Kickboxing</b> <b>Exerbands</b> <b>Yoga</b>	<b>Kickboxing</b> - Stance, Jab, Cross, Hook, Uppercut, Front Kick, Side Kick, Back Kick, Round Kick <b>Exerband exercises</b> <b>Yoga</b> – Cleansing Breaths, Sun Salutation, Rhythmic Breathing, Mountain Pose	Heart Rate Monitors	ACTIVITY ROOM  ROOM 106
<b>WEEK #11</b> 10/25 –10/29 PLC day: 10/29	<b>M.II.b.3</b> <b>R.II.c.1</b>	<b>Cardiovascular Training</b> <b>Kickboxing</b> <b>Exerbands</b> <b>Yoga</b> <b>Classroom</b> - Evaluating Body Composition and Maintaining a Healthy Body Composition	<b>Kickboxing with Focus Pads</b> - Stance, Jab, Cross, Hook, Uppercut, Front Kick, Side Kick, Back Kick, Round Kick <b>Exerband exercises</b> <b>Yoga</b> – Childs Pose, Corpse Pose, Lunge, Triangle, Cat, Bridge, Standing & Seated Forward Bend, Triangle w/Twist, Up & Down Dog	*Measure #3 - BMI - Body Fat - Weight - Measurements - Heart Rate Monitors  *ART	ACTIVITY ROOM  ROOM 106 ROOM 323



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<b>WEEK #12</b> 11/1 – 11/5 Parent/Teacher Conferences 11/4 No school: 11/5		<b>Cardiovascular Training</b> <b>Kickboxing</b> <b>Core balls</b> <b>Yoga</b>	<b>Kickboxing</b> - Combinations, Focus Pads <b>Core ball with weights</b> <b>Yoga</b> – Chair, Tree, Dancer, Eagle, Warrior, Cobra, Locust, Table Top, Lotus, Crocodile	Fitness Testing	ACTIVITY ROOM  ROOM 106
<b>WEEK #13</b> 11/8 –11/12 No school: 11/11	<b>R.II.c.2</b> <b>R.V.c.1</b> <b>M.II.b.3</b>	<b>Cardiovascular Training</b> <b>Kickboxing</b> <b>Core balls</b> <b>Yoga</b> <b>*Classroom</b> -Health Risks, Body Image, and Weight Control	<b>Kickboxing with focus pads</b> <b>Core ball</b> - Pilates On The Ball <b>Yoga</b> – Rhythmic Breathing, Seated Twist, Boat, Bridge, Bow, Camel, Locust, Shoulder Stand, Fish	Fitness Testing	ACTIVITY ROOM  ROOM 106  ROOM 323
<b>WEEK #14</b> 11/15 –11/19 PLC day: 11/19	<b>M.II.b.3</b>	<b>Cardiovascular Training</b> <b>Kickboxing</b> <b>Yoga</b>	<b>Kickboxing</b> – Defensive Maneuvers  <b>Yoga</b> -Headstand, Triangle w/ Twist, Seated Twist, Warrior I, II, & III, Extended Side Angle	*Measurement #4 - BMI - Body Fat - Weight - Measurements Personal Conservation of Energy Assignment Heart Rate Monitor	ACTIVITY ROOM  ROOM 106



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<b>WEEK #15</b> 11/22 – 11/26 No school: 11/25 & 11/26		<b>Cardiovascular Training</b> <b>Kickboxing</b> <b>Yoga</b>	<b>Circuit Training</b> <b>Kickboxing</b> - Combinations, Focus Pads <b>Yoga</b> - Head Of The Cow, Squat, Wheel, Pelvic Balance, Creative Visualization	Heart Rate Monitor	ACTIVITY ROOM  ROOM 106
<b>WEEK #16</b> 11/29 – 12/3	<b>R.II.c.1</b> <b>M.II.b.3</b>	<b>Cardiovascular Training</b> <b>Kickboxing</b> <b>Yoga</b> <b>Classroom 6-3, 6-4</b> Nutrition Myths, Fad Diets, Methods for Weight Control	<b>Track Workout</b> - Interval Training <b>Kickboxing</b> - Cardio Kickboxing <b>Yoga</b> -3 Sniffs, Slow In Fast Out, Fast In Slow Out, Guided Imagery	Kickboxing Skills Test  Heart Rate Monitor  *ART	ACTIVITY ROOM  ROOM 106  ROOM 323
<b>WEEK #17</b> 12/6 – 12/10 PLC day: 12/10	<b>M.II.b.3</b>	<b>Muscular Endurance</b> <b>Kickboxing</b> <b>Yoga</b>	<b>Hand weights</b> - Workout #1 <b>Kickboxing</b> - Cardio Kickboxing <b>Yoga</b> -Intermediate Workout	*Measurement #5 - BMI - Body Fat - Weight - Measurements Heart Rate Monitor	ACTIVITY ROOM  ROOM 106



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<b>WEEK #18</b> 12/13 – 12/17		<b>Muscular</b> <b>Endurance</b> <b>Kickboxing</b> <b>Yoga</b>	<b>Hand weights</b> - Workout #2 <b>Kickboxing</b> -Power Rounds <b>Yoga</b> -Intermediate Workout	Yoga Practical Test  Heart Rate Monitor	ACTIVITY ROOM  ROOM 106
<b>WEEK #19</b> 1/3 – 1/7		<b>Locks</b> <b>Awards</b> <b>Review</b>			
<b>WEEK #20</b> 1/10 – 1/14 Finals: 1/11 – 1/13 Marking Day 1/14		<b>Final Exams</b>			