



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 1 & 2 '10 – '11

Department: Physical Education

Course:7401

This course is aligned to:

College Readiness Standards and/or College Board Standards

*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	LEADERS
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		Assist with lock distribution.
WEEK #2 8/23 – 8/27	E.I.c.1	Pool Rules, Safety Policies Locker Room Procedures Intro of Front Crawl Stroke	Swimming Study Guide Skill practice of front crawl	Swimming Skill Check Front Crawl, Back Crawl, and Breast Stroke	Assist with instruction, and with locker room duties. Assist with the use of Kickboards, Aqua Joggers, and Pull Buoys.



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WEEK #3 8/30 – 9/3 PLC day: 9/3	W.IV.c.2	Review front crawl stroke and introduce back crawl stroke Tread water demo and skill development	Skill practice of front crawl, back crawl, and treading water	Deep Water Evaluation	Assist with instruction, and with locker room duties. Assist with the use of Kickboards, Aqua Joggers, and Pull Buoys.
WEEK #4 9/6 – 9/10 No school: 9/6 Pep assembly: 9/10	W.IV.c.2	Review previous learned strokes, introduce elem. backstroke & breaststroke Deck Rescues/Personal Safety	Skill practice of front crawl, back crawl, elem. backstroke, and breaststroke Demo lifesaving equip. and practice lifesaving skills	SIP Assessment – Deck Rescues	Assist with instruction, and with locker room duties. Assist with the use Kickboards, Aqua Joggers, Pull Buoys, Ring Buoys, Sheppard’s Crook, and Rescue Tube.
WEEK #5 9/13 – 9/17	M.II.b.3	Review previous learned strokes, introduce side stroke	Skill practice of front crawl, back crawl, elem. backstroke, breaststroke, and side stroke	Swimming Skill Test Swimming Written Test	Assist with instruction, and with locker room duties.



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WEEK #6 9/20 – 9/24 PLC day: 9/24	M.III.b.2	Fitness testing	Sit and Reach, Shuttle Run, Mile Run, Pushups, and sit-ups for 60 seconds.	Presidential Fitness Testing Rubric	Assist with data collection of testing results.
WEEK #7 9/27 – 10/1	W.IV.c.3 E.I.c.1	Introduction to Tennis Unit Intro of forehand	Describe court markings, hand grips, collection and distribution of equipment, scoring, rules, and etiquette Partner ground strokes and rally		Lead stretches, bring equipment to the courts, and assist with skill development. Assist with collection & distribution of Tennis Racquets and tennis balls.
WEEK #8 10/4 – 10/8 PLC day: 10/8	W.IV.c.3	Review of forehand Intro backhand and serving	Partner ground strokes and rally Group Serving Work on good tosses Hand-out study guides		Lead stretches, bring equipment to the courts, and assist with skill development. Assist with collection and distribution of Tennis Racquets and tennis balls.



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WEEK #9 10/11 – 10/15 No school: 10/11 All School Testing: 10/13	M.III.b.2 E.I.c.1	Review forehand, backhand and serve Explain difference between singles and doubles play	Demo service rotation, receiving order, court differences, and etiquette Demo scoring and mock game Intro to tournament play	Skills test	Lead stretches, bring equipment to the courts, and assist with skill development. Assist with collection and distribution of Tennis Racquets and tennis balls.
WEEK #10 10/18 – 10/22 End of 1 st Quarter: 10/22	E.V.c.2	Distribution of Tennis Study Guides	Tournament Play	Round Robin Tournament	Lead stretches, bring equipment to the courts, and assist with skill development. Collection and distribution of Tennis Racquets/Balls.



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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 #11 10/25 –10/29 PLC day: 10/29	E.I.c.1	Intro. to Line Dancing Demo/Practice Personality Line Dance and Boot Scootin Boogie Review Boot Scootin Boogie Aerobic Fitness	Line Dance Study Guide Demonstration and skill practice of Personality and Boot Scootin Boogie Cardio Room/Basketball	Skill test of Personality	Lead stretches, Operate Music – CD/Tape player, Demonstrate line dance steps.
WEEK #12 11/1 – 11/5 Parent/teacher Conferences: 11/4 No school: 11/5	W.II.e.1	Demo Practice Tennessee Twister Demo/Practice Chattahoochee Aerobic Fitness	Demonstration and skill practice of Tennessee Twister and Chattahoochee Cardio Room/Basketball	Skill test of Boot Scootin Boogie Skill test of Tennessee Twister	Lead stretches, Operate Music – CD/Tape player, Demonstrate line dance steps.
WEEK #13 11/8 –11/12 No school: 11/11	W.III.d.1	Review Chattahoochee Demo/Practice Barn Yard Mixer Aerobic Fitness	Demonstration and skill practice of Chattahoochee and Barn Yard Mixer Cardio Room/Basketball	Skill test of Chattahoochee	Lead stretches, Operate Music – CD/Tape player, Demonstrate line dance steps.



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WEEK #14 11/15 –11/19 PLC day: 11/19	W.III.d.1	Review Barn Yard Mixer Add Additional Line Dance if time permits – Badonkadonk or Good Time	Demo and skill practice of Barn Yard Mixer. Demonstration and skills test of Badonkadonk or Good Time	Skill test Barn Yard Mixer Written test on Line Dancing	Lead stretches, Operate Music – CD/Tape player, Demonstrate line dance steps.
WEEK #15 11/22 – 11/26 No school: 11/25 &11/26	W.III.d.1	Intro to Weight Training Unit, Safety, and a walk through of the machines	Study Guide for Weight Training Begin Circuit Training	Evaluate 8 Core Lifts	Assist with warm-up and stretches, distribute and collect Student Lifting Record Sheets. Help maintain safety.



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WEEK #16 11/29 – 12/3	E.I.c.1 M.II.b.3	Review Upper Body Anatomy Introduce FITT Principle Aerobic Fitness	Continue with Circuit Training Teacher lecture while students are in the Cardio Room	Evaluate 8 Core Lifts	Assist with warm-up and stretches, distribute and collect Student Lifting Record Sheets. Help maintain safety.
WEEK #17 12/6 – 12/10 PLC day: 12/10	E.I.c.1 M.II.b.3	Review Lower Body Anatomy Continue with FITT Principle Aerobic Fitness	Continue with Circuit Training Teacher lecture while students are in the Cardio Room	SIP Assessment – 8 Core Lifts	Assist with warm-up and stretches, distribute and collect Student Lifting Record Sheets. Help maintain safety.



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WEEK #18 12/13 –12/17	E.I.c.1 M.II.b.3	Review for Written Exam Continue with FITT Aerobic Fitness	Continue with Circuit Training Teacher lecture while students are in the Cardio Room	Weight Training Written Test	Assist with warm-up and stretches, distribute and collect Student Lifting Record Sheets. Help maintain safety.
WEEK #19 1/3 – 1/7	E.I.c.1 M.II.b.3	Review for Final Lock collection Make-Up Completion	Question and answer sessions Peer study groups	Final Exam	Assist in collection and distribution of final exam materials. Assist in lock collection.
WEEK #20 1/10 – 1/14 Finals: 1/11 – 1/13 Marking Day 1/14	E.I.c.1 M.II.b.3	Review for Final Lock collection Make-Up Completion	Question and answer sessions Peer study groups	Final Exam	Assist in collection and distribution of final exam



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Semester 2 '10 –'11 Department: Course: Instructor(s):
 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 COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #1 1/17 – 1/21 No school: 1/17	E.I.c.1	Lock Distribution Locker Assignments Deans Review Disciplinary Policies	Departmental Policies Par-Q Assessment		Assist with lock distribution.
WEEK #2 1/24 – 1/28 PLC day: 1/28	E.I.c.1	Pool Rules, Safety Policies Locker Room Procedures Intro of Front Crawl Stroke	Swimming Study Guide Skill practice of front crawl	Swimming Skill Check Front Crawl, Back Crawl, and Breast Stroke	Assist with instruction, and with locker room duties. Assist with the use of Kickboards, Aqua Joggers, and Pull



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					Buoys.
WEEK #3 1/31 – 2/4	W.IV.c.2	Review front crawl stroke and introduce back crawl stroke Tread water demo and skill development	Skill practice of front crawl, back crawl, and treading water	Deep Water Evaluation	Assist with instruction, and with locker room duties. Assist with the use of Kickboards, Aqua Joggers, and Pull Buoys.
WEEK #4 2/7 – 2/11 PLC day: 2/11	W.IV.c.2	Review previous learned strokes, introduce elem. backstroke & breaststroke Deck Rescues/Personal Safety	Skill practice of front crawl, back crawl, elem. backstroke, and breaststroke Demo lifesaving equip. and practice lifesaving skills	SIP Assessment – Deck Rescues	Assist with instruction, and with locker room duties. Assist with the use Kickboards, Aqua Joggers, Pull Buoys, Ring Buoys, Sheppard’s Crook, and Rescue Tube.
WEEK #5 2/14 – 2/18	M.II.b.3	Review previous learned strokes, introduce side stroke	Skill practice of front crawl, back crawl, elem. backstroke, breaststroke, and side stroke	Swimming Skill Test Swimming Written Test	Assist with instruction, and with locker room duties.



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WEEK #6 2/21 – 2/25 No school: 2/21 PLC day: 2/25	M.III.b.2	Fitness testing	Sit and Reach, Shuttle Run, Mile Run, Pushups, and sit-ups for 60 seconds.	Presidential Fitness Testing Rubric	Assist with data collection of testing results.
WEEK #7 2/28 – 3/4	W.IV.c.3 E.I.c.1	Introduction to Tennis Unit Intro of forehand	Describe court markings, hand grips, collection and distribution of equipment, scoring, rules, and etiquette Partner ground strokes and rally		Lead stretches, bring equipment to the courts, and assist with skill development. Assist with collection & distribution of Tennis Racquets and tennis balls
WEEK #8 3/7 – 3/11 No School: 3/7 & 3/8	W.IV.c.3	Review of forehand Intro backhand and serving	Partner ground strokes and rally Group Serving Work on good tosses Hand-out study guides		Lead stretches, bring equipment to the courts, and assist with skill development. Assist with collection and distribution of



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					Tennis Racquets and tennis balls.
WEEK #9 3/14 – 3/18 PLC day: 3/18	M.III.b.2 E.I.c.1	Review forehand, backhand and serve Explain difference between singles and doubles play	Demo service rotation, receiving order, court differences, and etiquette Demo scoring and mock game Intro to tournament play	Skills test	Lead stretches, bring equipment to the courts, and assist with skill development. Assist with collection and distribution of Tennis Racquets and tennis balls.
WEEK #10 3/21 – 3/25 End of 1 st Quarter: 3/25	E.V.c.2	Distribution of Tennis Study Guides	Tournament Play	Round Robin Tournament	Lead stretches, bring equipment to the courts, and assist with skill development. Collection and distribution of Tennis Racquets/Balls.

WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #11	W.II.e.1	Demo Practice Tennessee Twister	Demonstration and skill practice of Tennessee	Skill test of Boot Scootin Boogie	Lead stretches, Operate Music



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4/4 – 4/8		Demo/Practice Chattahoochee Aerobic Fitness	Twister and Chattahoochee Cardio Room/Basketball	Skill test of Tennessee Twister	– CD/Tape player, Demonstrate line dance steps.
WEEK #12 4/11 – 4/15 PLC day: 4/15	W.III.d.1	Review Chattahoochee Demo/Practice Barn Yard Mixer Aerobic Fitness	Demonstration and skill practice of Chattahoochee and Barn Yard Mixer Cardio Room/Basketball	Skill test of Chattahoochee	Lead stretches, Operate Music – CD/Tape player, Demonstrate line dance steps.
WEEK #13 4/18- 4/22 No school: 4/22	W.III.d.1	Review Barn Yard Mixer Add Additional Line Dance if time permits – Badonkadonk or Good Time	Demo and skill practice of Barn Yard Mixer. Demonstration and skills test of Badonkadonk or Good Time	Skill test Barn Yard Mixer Written test on Line Dancing	Lead stretches, Operate Music – CD/Tape player, Demonstrate line dance steps.
WEEK #14 4/25 – 4/29 PSAE: 4/27 & 4/28	W.III.d.1	Intro to Weight Training Unit, Safety, and a walk through of the machines	Study Guide for Weight Training Begin Circuit Training	Evaluate 8 Core Lifts	Assist with warm-up and stretches, distribute and collect Student Lifting Record Sheets. Help maintain safety.



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WEEK #15 5/2 – 5/6 PLC day: 5/6	E.I.c.1 M.II.b.3	Review Upper Body Anatomy Introduce FITT Principle Aerobic Fitness	Continue with Circuit Training Teacher lecture while students are in the Cardio Room	Evaluate 8 Core Lifts	Assist with warm-up and stretches, distribute and collect Student Lifting Record Sheets. Help maintain safety.
WEEK #16 5/9 – 5/13	E.I.c.1 M.II.b.3	Review Lower Body Anatomy Continue with FITT Principle Aerobic Fitness	Continue with Circuit Training Teacher lecture while students are in the Cardio Room	SIP Assessment – 8 Core Lifts	Assist with warm-up and stretches, distribute and collect Student Lifting Record Sheets. Help maintain safety.
WEEK #17 5/16 – 5/20 PLC day: 5/20	E.I.c.1 M.II.b.3	Review for Written Exam Continue with FITT Aerobic Fitness	Continue with Circuit Training Teacher lecture while students are in the Cardio Room	Weight Training Written Test	Assist with warm-up and stretches, distribute and collect Student Lifting Record Sheets. Help maintain safety.



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WEEK #18 5/23 – 5/27 Seniors’ last day: 5/26	E.I.c.1 M.II.b.3	Review for Final Lock collection Make-Up Completion	Question and answer sessions Peer study groups	Final Exam	Assist in collection and distribution of final exam materials. Assist in lock collection.
WEEK #19 5/30 – 6/3 No school: 5/30 Final Exams: 5/31 – 6/2 Marking Day: 6/3	E.I.c.1 M.II.b.3	Review for Final Lock collection Make-Up Completion	Question and answer sessions Peer study groups	Final Exam	Assist in collection and distribution of final exam materials.