



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 1

Department: **Physical Education**

Course: **Leaders 7260 Team Sports Semester I**

*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 STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS & Leader Assesments	OTHER & LEADERS
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 Activities</li> </ol>	Leading of warm ups checklist	<ol style="list-style-type: none"> <li>1. Deans Talk about School Policies and Expectations</li> <li>2. Assist with lock distribution and paperwork.</li> <li>3. Assist with equipment</li> <li>4. Demonstrate Soccer skills</li> <li>5. Assist with warm-up</li> <li>6. Monitor Fitness</li> </ol>
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 Fitness Chapter 7</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 Chapter 7-1 &amp; 7-2 worksheets</li> </ol>	Leaders Small group instruction Leaders assist with skill work Heart Rate Monitor Assistance	<ol style="list-style-type: none"> <li>1. Assist with equipment</li> <li>2. Warm-ups</li> <li>3. Officiate</li> <li>4. Complete &amp; assist with classroom fitness bookwork</li> <li>5. Monitor cardio work</li> </ol>
WEEK #3		<ol style="list-style-type: none"> <li>1. Soccer Game Play</li> </ol>	<ol style="list-style-type: none"> <li>1. Work on offensive &amp;</li> </ol>	Leaders work on Initiative	<ol style="list-style-type: none"> <li>1. Assist with</li> </ol>



## HOMEWOOD-FLOSSMOORE HIGH SCHOOL COURSE SCOPE & SEQUENCE



		2. Fitness Activities	defensive strategies 2. Cardio, muscle strength, endurance, & flexibility	checklist for helping students without being asked	equipment 2. Warm-ups 3. Officiate 4. Monitor cardio work
WEEK #4	E.I.c.1 R.I.c.1 R.I.b.1	1. Study Guide Review 2. Game Play 3. Fitness Activities 4. <b>Intro to Ultimate Frisbee</b> 5. Classroom Fitness Chapter 7-3 & 7-4	1. Review for test on Soccer 2. Game Play 3. Ultimate Frisbee Skill Drills 4. Fitness – Cardio, Strength, Endurance, & Flexibility 5. Complete worksheets for Chapter 7-3 & 71-4	1. Written test on Soccer	1. Warm-up 2. Officiate 3. Take written SOC test 4. Demonstrate ULT Frisbee skills 5. Complete & assist with chpt bookwork
WEEK #5		1. Game Play 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	1. Warm-ups 2. Officiate 3. Assist with team formation 4. Monitor Cardio
WEEK #6	M.I.b.2	1. Game Play 2. Fitness Development 3. Classroom Fitness Chapter 8	1. Game Play Team Work 2. Fitness Activities 3. Worksheets Chapter 8-1 & 8-2	Officiating game play	1. Warm-ups 2. Officiate 3. Monitor Cardio 4. Assist with heart rate monitors. 5. Complete & assist with chpt bookwork
WEEK #7	E.I.c.1	1. Game Play Ultimate Frisbee 2. Ultimate Frisbee Review 3. Fitness Development 4. <b>Intro Touch Football Skills</b> 5. Touch football Study Guide	1. Team Play Ultimate Frisbee 2. Fitness Activities 3. Touch Football Drills: Catch, Throw, Pass Patterns Grounders, & Batting 4. Cover Touch Football	1. Ultimate Frisbee Written Test	1. Warm-ups 2. Officiate 3. Monitor Cardio 4. Take written ULT Frisbee test 5. Demonstrate Touch Football Skills



## HOMEWOOD-FLOSSMOORE HIGH SCHOOL COURSE SCOPE & SEQUENCE



			Study Guide on Rules & Positions		
WEEK #8	M.II.b.3	1. <b>Fitness Assessment</b>	1. Gather info for Fitness Testing – height, and weight, etc.	1. Fitness Tests - Mile Run - Curl Ups - Push Ups - Sit & Reach - Shuttle Run	1. Warm-ups 2. Demonstrate fitness tests and assist with administration 3. Monitor cardio
WEEK #9	E.I.c.1 E.V.c.2	1. Complete Fitness Testing 2. <b>Game Play Touch Football</b> 3. Fitness Development	1. Touch Football Game Play w/ Rules & Strategies 3. Fitness Activities	1. Retesting of students that missed tests or wish to retest 2. Officiating game play	1. Warm-ups 2. Officiate 3. Monitor Cardio 4. Assist with heart rate monitors
WEEK #10	R.I.b.1 R.II.b.1 W.IV.c.2 W.III.c.1	1. Game Play 2. Fitness Development 3. Classroom Fitness Chapter 8	1. Game Play Team Work 2. Fitness Activities 3. Worksheets for Chapter 8-3 & 8-4	1. Warm-ups 2. Officiating game play 3. Heart Rate Monitor distribution and collection 4. Written Test Touch Football 5. Complete & assist with chpt. bookwork	1. Warm-ups 2. Officiate 3. Take written Touch Football Written test 4. Complete & assist with chpt. bookwork 5. Monitor cardio 6. Written Test Touch Football



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #11		<ol style="list-style-type: none"> <li>1. <b>Intro to Ice Games</b></li> <li>2. Ice Games Skill Work</li> <li>3. Fitness Activities</li> <li>4. Game Play</li> </ol>	<ol style="list-style-type: none"> <li>1. Review skills learned sophomore year.</li> <li>2. Pom-Poms, Speedball, and Hockey</li> <li>3. Cardio, Strength, Endurance, &amp; Flexibility Activities</li> <li>4. Form Teams &amp; Start Game Play</li> </ol>		<ol style="list-style-type: none"> <li>1. Distribution of skates</li> <li>2. Assisting students in lacing and basic skating</li> <li>3. skill demonstration</li> <li>4. Initiative checklist-helping students without being asked</li> </ol>
WEEK #12		<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Fitness Activities</li> <li>3. Classroom Fitness Chapter 9</li> </ol>	<ol style="list-style-type: none"> <li>1. Work on offensive &amp; Defensive Strategies</li> <li>2. Cardio, Strength, Endurance, &amp; Flexibility</li> <li>3. Complete worksheets 9-1 &amp; 9-2</li> </ol>		<ol style="list-style-type: none"> <li>1. Officiating game play</li> <li>2. Continue assisting with skill development.</li> <li>3. Skate distribution</li> <li>4. Assist with and complete chpt. Worksheets.</li> </ol>
WEEK #13		<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Fitness Activities</li> <li>3. Written Assessment</li> </ol>	<ol style="list-style-type: none"> <li>1. Game Play – Complete Tournament</li> <li>2. Cardio, Strength, Endurance, &amp; Flexibility</li> </ol>	<ol style="list-style-type: none"> <li>1. Written Test on Ice Games</li> </ol>	<ol style="list-style-type: none"> <li>1. Officiating game play</li> <li>2. Continue assisting with skill development.</li> <li>3. Skate distribution</li> <li>4. Written Test on Ice Games</li> </ol>
WEEK #14		<ol style="list-style-type: none"> <li>1. <b>Intro Volleyball Skills</b></li> <li>2. Fitness Development</li> <li>3. Start Study Guide for Volleyball</li> <li>4. Classroom Fitness Chapter 9</li> </ol>	<ol style="list-style-type: none"> <li>1. Drills for – Serves, Bumping, and Setting</li> <li>2. Cover Above Topics on SG</li> <li>3. Fitness Activities</li> <li>4. Worksheets for Chptrs. 9-3 &amp; 9-4</li> </ol>		<ol style="list-style-type: none"> <li>1. Basic skill demonstration</li> <li>2. Small group work (extra skill work)</li> <li>3. Warm -ups</li> <li>4. Monitor Fitness</li> <li>5. Assist with and complete chpt. Worksheets.</li> </ol>



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #15		<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Study Guide – Offensive Strategies</li> <li>3. Fitness Development</li> </ol>	<ol style="list-style-type: none"> <li>1. Game Play Tournament</li> <li>2. Complete Study Guide Review</li> <li>3. Fitness Activities</li> </ol>		<ol style="list-style-type: none"> <li>1. Warm-ups</li> <li>2. Officiating game play</li> <li>3. Heart Rate Monitor collection and distribution</li> </ol>
WEEK #16		<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Volleyball Written Assessment</li> <li>3. Fitness Development</li> </ol>	<ol style="list-style-type: none"> <li>1. Complete Tournament</li> <li>2. Fitness Activities</li> </ol>	1. Written Test on Volleyball	<ol style="list-style-type: none"> <li>1. Warm-ups</li> <li>2. Officiating game play</li> <li>3. Heart Rate Monitor collection and distribution</li> <li>4. Written Test on Volleyball</li> </ol>
WEEK #17		<ol style="list-style-type: none"> <li>1. <b>Intro Basketball Skills</b></li> <li>2. Fitness Development</li> <li>3. Start Study Guide for Basketball</li> </ol>	<ol style="list-style-type: none"> <li>1. Drills for – Dribbling, Passing, Shooting, Triple Threat, Defensive Strategies</li> <li>2. Cover Above Topics on SG</li> <li>3. Fitness Activities</li> </ol>		<ol style="list-style-type: none"> <li>1. Warm-ups</li> <li>2. Basic skill demonstration</li> <li>3. Heart Rate Monitor collection and distribution</li> </ol>
WEEK #18		<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Study Guide – Offensive Strategies</li> <li>3. Fitness Development</li> </ol>	<ol style="list-style-type: none"> <li>1. Game Play Tournament</li> <li>2. Complete Study Guide Review</li> <li>3. Fitness Activities</li> </ol>		<ol style="list-style-type: none"> <li>1. Warm-ups</li> <li>2. Heart Rate Monitor collection and distribution</li> <li>3. Officiate game play</li> </ol>
WEEK #19		<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Basketball Written Assessment</li> <li>3. Fitness Development</li> </ol>	<ol style="list-style-type: none"> <li>1. Complete Tournament</li> <li>2. Fitness Activities</li> </ol>	1. Written Test on Basketball	<ol style="list-style-type: none"> <li>1. Warm-ups</li> <li>2. Heart Rate Monitor collection and distribution</li> <li>3. Officiate game play</li> </ol>
WEEK #20		<ol style="list-style-type: none"> <li>1. <b>Semester End Wrap Up</b></li> <li>2. Final Review Packets</li> <li>3. Final Exam Review</li> </ol>	<ol style="list-style-type: none"> <li>1. Return Final Review Material</li> <li>2. Review All Units Covered this Semester</li> </ol>	1. Final Exam	<ol style="list-style-type: none"> <li>1. Assist with Final Exam Review</li> <li>2. Final Exam</li> </ol>