



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 1 '10 – '11      Department: Health      Course: College Prep      Instructor(s): W. Bean  
 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	OTHER
WEEK #1 8/16 – 8/20 No school: 8/16 & 8/17		Class expectations Materials needed  Understanding Health and Wellness	Introductions Personal Questionnaire Syllabus		
WEEK #2 8/23 – 8/27		Understanding Health and Wellness  Lifestyle Factors	Textbook Overview Read Ch. 1 Vocab. Exercise Sleep Article Health Triange		
WEEK #3 8/30 – 9/3 PLC day: 9/3	R.I.d.1. R.II.c.1.	Taking Charge of Your Health  Evaluating Sources of Health Info.	Read Ch. 2 Communication Activity Health Resources Article Goal Setting Consumer Activity	Test – General Health and Wellness	
WEEK #4 9/6 – 9/10 No school: 9/6	R.II.a.1.	Achieving Mental & Emotional Health	Read Ch. 3 Happiness Article		



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Pep assembly: 9/10					
WEEK #5 9/13 – 9/17	R.III.c.3.	Managing Stress and Coping with Loss	Read Ch. 4  Text Anxiety Article Relaxation Techniques		
WEEK #6 9/20 – 9/24 PLC day: 9/24		Mental and Emotional Problems	Read Ch. 5  Jeopardy Review	Test – Mental Health Unit	
WEEK #7 9/27 – 10/1	M.I.a.1.    R.II.a.1. M.I.b.1. M.II.a.2. M.II.b.3. M.II.e.2.	Nutrition for Health  MyPyramid.gov	Read Ch. 10 Food Journal Internet Assignment		
WEEK #8 10/4 – 10/8 PLC day: 10/8	M.II.f.2.	Nutrition for Health  Managing Weight and Eating Behaviors	Read Ch. 11 Calculating BMI	Nutrition Self-Assessment  Test – Nutrition Unit	
WEEK #9 10/11 – 10/15 No school: 10/11 All School Testing: 10/13	R.II.a.1.	Medicines & Drugs	Read Ch. 19  Reading labels		
WEEK #10 10/18 – 10/22		Tobacco	Read Ch. 20 Cost Analysis	Test – Medicines, Drugs, & Tobacco	



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



End of 1 <sup>st</sup> Quarter: 10/22			Midterm Review	Midterm Exam	
---------------------------------------------	--	--	----------------	--------------	--



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



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	M.II.b.3. M.III.b.2.	Alcohol	Read Ch. 21 Large Group Discussion		
WEEK #12 11/1 – 11/5 Parent/teacher Conferences: 11/4 No school: 11/5	R.III.c.3.	Alcohol	Small Group Discussion	Test – Alcohol	
WEEK #13 11/8 –11/12 No school: 11/11	R.III.c.3.	Illegal Drugs	Read Ch. 22		
WEEK #14 11/15 –11/19 PLC day: 11/19		Illegal Drugs	Drug Chart	Test – Illegal Drugs	
WEEK #15 11/22 – 11/26 No school: 11/25 &11/26	R.II.a.1. R.II.b.1.	Communicable Diseases	Read Ch. 23  Germ Article		
WEEK #16 11/29 – 12/3		Reproductive Systems  Prenatal Care & Development	Read Ch. 16 (Sec. 2 & 3) Read Ch. 17 (Sec. 1)		



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #17 12/6 – 12/10 PLC day: 12/10		Abstinence  STDs and HIV/AIDS	Read Ch. 8 (Sec. 3)  Read Ch. 24	Test – Sexuality Unit	
WEEK #18 12/13 –12/17	M.II.f.2. R.II.a.1.	Noncommunicable Diseases	Read Ch. 25	Group Presentations	
WEEK #19 1/3 – 1/7	W.II.d.1. W.IV.d.3. W.V.d.1. R.II.b.1.	Noncommunicable Diseases  Semester Review	Review Activities	Group Presentations	
WEEK #20 1/10 – 1/14 Finals: 1/11 – 1/13 Marking Day 1/14		Semester Review	Review Activities	Final Exam	



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 2 '10 – '11

Department: Health

Course: Honors

Instructor(s): W. Bean

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	OTHER
WEEK #1 1/17 – 1/21 No school: 1/17		Class expectations Materials needed  Understanding Health and Wellness	Introductions Personal Questionnaire Syllabus		
WEEK #2 1/24 – 1/28 PLC day: 1/28		Understanding Health and Wellness  Lifestyle Factors	Textbook Overview Read Ch. 1 Vocab. Exercise Sleep Article Health Triangle		
WEEK #3 1/31 – 2/4	R.I.d.1. R.II.c.1.	Taking Charge of Your Health  Evaluating Sources of Health Info.	Read Ch. 2 Communication Activity Health Resources Article Goal Setting Consumer Activity	Test – General Health and Wellness	
WEEK #4 2/7 – 2/11 PLC day: 2/11	R.II.a.1.	Achieving Mental & Emotional Health	Read Ch. 3 Happiness Article		



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #5 2/14 – 2/18	R.III.c.3.	Managing Stress and Coping with Loss	Read Ch. 4  Text Anxiety Article Relaxation Techniques		
WEEK #6 2/21 – 2/25 No school: 2/21 PLC day: 2/25		Mental and Emotional Problems	Read Ch. 5  Jeopardy Review	Test – Mental Health Unit	
WEEK #7 2/28 – 3/4	M.I.a.1. R.II.a.1. M.I.b.1. M.II.a.2. M.II.b.3. M.II.e.2.	Nutrition for Health  MyPyramid.gov	Read Ch. 10 Food Journal Internet Assignment		
WEEK #8 3/7 – 3/11 No School: 3/7 & 3/8	M.II.f.2.	Nutrition for Health  Managing Weight and Eating Behaviors	Read Ch. 11 Calculating BMI	Nutrition Self-Assessment  Test – Nutrition Unit	
WEEK #9 3/14 – 3/18 PLC day: 3/18	R.II.a.1.	Medicines & Drugs	Read Ch. 19  Reading labels		
WEEK #10 3/21 – 3/25 End of 1 <sup>st</sup> Quarter: 3/25		Tobacco	Read Ch. 20 Cost Analysis  Midterm Review	Test – Medicines, Drugs, & Tobacco Midterm Exam	



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #11 4/4 – 4/8	M.II.b.3. M.III.b.2.	Alcohol	Read Ch. 21 Large Group Discussion		
WEEK #12 4/11 – 4/15 PLC day: 4/15	R.III.c.3.	Alcohol	Small Group Discussion	Test – Alcohol	
WEEK #13 4/18- 4/22 No school: 4/22	R.III.c.3.	Illegal Drugs	Read Ch. 22		
WEEK #14 4/25 – 4/29 PSAE: 4/27 & 4/28	R.III.c.3.	Illegal Drugs	Drug Chart	Test – Illegal Drugs	
WEEK #15 5/2 – 5/6 PLC day: 5/6	R.II.a.1. R.II.b.1.	Communicable Diseases	Read Ch. 23  Germ Article		



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #16 5/9 – 5/13		Reproductive Systems  Prenatal Care & Development	Read Ch. 16 (Sec. 2 & 3) Read Ch. 17 (Sec. 1)		
WEEK #17 5/16 – 5/20 PLC day: 5/20		Abstinence  STDs and HIV/AIDS	Read Ch. 8 (Sec. 3)  Read Ch. 24	Test – Sexuality Unit	
WEEK #18 5/23 – 5/27 Seniors’ last day: 5/26	M.II.f.2.    R.II.a.1.  W.II.d.1. W.IV.d.3.    R.II.b.1. W.V.d.1.	Noncommunicable Diseases	Read Ch. 25	Group Presentations	
WEEK #19 5/30 – 6/3 No school: 5/30 Final Exams: 5/31 – 6/2 Marking Day: 6/3		Semester Review	Review Activities	Final Exam	