



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 1 '11 – '12 Department: PE Course: 7250 Leaders in Training Instructor(s): Jen Elwess, Tony Kruse  
 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 (Location-fieldhouse unless noted)
WEEK #1 8/15 – 8/19 First day for students: 8/17	E.I.c.1	Introduction to class policy, rules, and expectations Lock/lockers distribution Attendance Lines			Field house, Activity room
WEEK #2 8/22 – 8/26	E.I.c.1	Ice Breaker Games/Activities Communication Skills Qualities of a good leader	Name Games Student Interviews	Question/Answer about interviews	Field house, Activity room
WEEK #3 8/29 – 9/2 PLC day: 9/2	M.I.b.2 M.III.b.2	Project expectations Muscle; name, function, location Heart Rate Monitor Introduction	Lecture Hands on activity with heart rate monitors	Resting Heart Rate Assessment	Field house, Activity room



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WEEK #4 9/5 – 9/9 No school: 9/5	M.I.b.2 M.III.b.2	Components of a proper warm-up Partner selection for project	Heart Rate Monitor 20 minute workout Practice warm up types	Muscle/bone Quiz	Field house, Activity room
WEEK #5 9/12 – 9/16 Pep Assembly: 9/16	E.I.c.1	Warm Up Presentations	Present Projects Heart Rate Monitor 20 minute workout Papers Due-Components of a Proper Warm Up	Group critique of presentation Checklist of presentation Written paper assessment of warm-up project	Field house, Activity room
WEEK #6 9/19 – 9/23 PLC day: 9/23	R.V.c.1 R.II.c2	Warm Up Presentations	Present Projects Heart Rate Monitor 20 minute workout	Group critique of presentation Checklist of presentation Heart Rate Assessment	Field house, Activity room
WEEK #7 9/26 – 9/30	M.I.b.2 M.III.b.2	Lecture on Fitness Testing	Practice Tests for administering fitness tests Heart Rate Monitor 20 minute workout	Checklist of all testing protocol Written Quiz on Fitness Testing Heart Rate Assessment	Field house, Activity room
WEEK #8 10/3 – 10/7 PLC day: 10/7	M.I.b.2 M.III.b.2	Fitness Testing Week	Assist teachers in administering fitness tests	Checklist on administering fitness tests Heart Rate Assessment	Field house, Activity room



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<b>WEEK #9</b> 10/10– 10/14 No school: 10/10 All School Testing: 10/12	E.I.c.1 M.I.b.2 R.I.b.1 M.I.b.2	Team Sports Overview VB, BB, THB Rules and Safety	Heart Rate Monitor 20 minute workout Officiate game play	Checklist on whistle use Quiz on sport rules Heart Rate Assessment	Field house, Activity room
<b>WEEK #10</b> 10/17 – 10/21 End of 1 <sup>st</sup> Quarter: 10/21	E.I.c.1 R.V.c.1 R.II.c2	Team Sports Overview VB, BB, THB Rules and Safety	Heart Rate Monitor 20 minute workout Officiate game play	Checklist on whistle use Heart Rate Assessment	Field house, Activity room
<b>WEEK #11</b> 4/2 – 4/6 No School: 4/6	E.I.c.1 M.I.b.2 R.I.b.1 M.I.b.2	Introduction to PE Technology Purposes and Uses	Heart Rate Monitor 20 minute workout	Tri-Fit Assessment	Field house, Activity room
<b>WEEK #12</b> 4/9 – 4/13 PLC day: 4/13	E.I.c.1 R.I.b.1	Tri-Fit machine Add/Delete Names New/Edit Records	Heart Rate Monitor 20 minute workout Practice inputting fitness scores into Tri-Fit	Quiz on Heart Rate Monitors Heart Rate Assessment	Field house, Activity room
<b>WEEK #13</b> 4/16- 4/20	R.II.c2 R.I.b.1	Tri-Fit Weight Bicep Strength Test Sit and Reach Blood Pressure	Heart Rate Monitor 20 minute workout	Quiz on Tri-Fit Heart Rate Assessment	Field house, Activity room



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<b>WEEK #14</b> 4/23 – 4/27 PSAE: 4/24 & 4/25	E.I.c.1 M.I.b.2 R.I.b.1 M.I.b.2	Individual Activities Overview Net set up/take down and storage of equipment Safety Space utilization	Heart Rate Monitor 20 minute workout Manuel Set up/Take down of Nets	Checklist on Equipment Set up/Take down/distribution Heart Rate Assessment	Field house, Activity room
<b>WEEK #15</b> 11/21 – 11/25 No school: 11/24 &11/25	E.I.c.1 R.II.c2 R.I.b.1	Introduction to Drill Presentation Select sport for project Lead up skills and drills Maximizing Participation	Heart Rate Monitor 20 minute workout Practice teaching skills	Heart Rate Assessment	Field house, Activity room
<b>WEEK #16</b> 11/29 – 12/2	E.I.c.1 R.II.c2 R.I.b.1	Begin Drill Projects	Heart Rate Monitor 20 minute workout Heart Rate Assessment Presentation of Projects		Field house, Activity room
<b>WEEK #17</b> 12/5 – 12/9 PLC day: 12/9	E.I.c.1 R.II.c2 R.I.b.1	Presentation of Drill Projects	Heart Rate Monitor 20 minute workout Project self and group critique	Heart Rate Assessment Written Paper Assessment	Field house, Activity room



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WEEK #18 12/12 – 12/16	E.I.c.1 R.II.c2 R.I.b.1	Presentation of Drill Projects	Heart Rate Monitor 20 minute workout Project self and group critique	Heart Rate Assessment	Field house, Activity room
WEEK #19 12/19 – 12/23 Winter Break Begins 12/21	E.I.c.1 R.I.b.1	Presentation of Drill Projects	Heart Rate Monitor 20 minute workout Project self and group critique	Heart Rate Assessment	Field house, Activity room
WEEK #20 1/2– 1/6 Classes Resume 1/4	E.I.c.1 W.II.c.2 W.III.d.1	Final Review Review Packet	Final Review		
WEEK #21 1/9 – 1/13 Finals: 1/9 – 1/11 Marking Day: 1/12 Institute Day: 1/13	E.I.c.1 W.II.c.2 W.III.d.1	Final Exams	Final Exams		