

Semester 1 '11-'12
 Instructor(s): Howatt

Department: Physical Education

Course: **Adaptive 7600**

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 8/17 – 8/19	R.I.a.1 R.III.d.1 R.II.a.1	1. Initial interview with each student in regards to personal health issue; <i>“Why have you been placed in Adaptive?”</i> 2. PE department policies/procedures; lock and locker assignments (if applicable); PARQ. 3. Introduce personal daily warm ups to individual students needs. 4. Introduce	1. Students inform me of their personal health condition/injury; I recommend a note from Physician explaining student's condition, indications, and contraindications. 2. Go over PE department policies/procedures; hand out locks and assign locker assignments; Inquire whether student can change into PE uniform and/or if	1. I need to determine if Adaptive program can fulfill needs of student per physician's requests. 2. Make sure students understand all department expectations; students may need to be informed on how to operate a combination lock; explain small and big lockers; identify locker	Adaptive/Cardio Room/ Weight Room/Campus South Bldg.

		<p>aerobic machines.</p> <p>5. Initial interview with each student in regards to personal recreational interests.</p>	<p>student can access locker room; hand out PARQ.</p> <p>3. Demo of all warm up exercises;</p> <p>4. Demo correct use of all aerobic machines.</p> <p>5. Students discuss games and/or recreational activities they may have or do at home that they would like to do here at school.</p>	<p>room site;</p> <p>3. Students need to perform all exercises correctly;</p> <p>4. Students need to perform on machines correctly;</p> <p>5. I need to determine if personal interests are both accessible and will improve fitness skills.</p>	
<p>WEEK #2 8/22 – 8/26</p>	M.I.b.1	<p>1. Introduce speed walking outside (usually around building); introduce “Country Mile”;</p> <p>2. Introduce <i>Circuit Training</i> in Weight Room.</p> <p>Design a personal program according to each individual’s needed.</p>	<p>1. Speed walking may include walking with d’bells, dribbling a basketball, or a timed walk.</p> <p>2. Students will document each daily workout with a daily log sheet. Sheet shows date, name of exercise, amount of weight used, and amount of repetitions used.</p>	<p>1. Objective is to walk at a fast pace; students need to perform exercise with correct technique; stopwatch to see if walk is within required limits.</p> <p>2. Informal assessment of students’ daily log.</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg.</p>
<p>WEEK #3 8/29 - 9/2</p>	M.I.f.1	<p>1. Daily thorough warm up</p> <p>Prepare for</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise</p>	<p>1. Teacher observes correct technique; students need</p>	<p>Adaptive/Cardio Room/ Weight</p>

<p>PLC day: 9/2</p>		<p>Fitness Testing</p> <p>2. Weekly calorie expectations (usually 300).</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Introduce indoor games: (Fussball, ping pong, bean bag toss, billiards, air hockey, bocce ball, various sports skills)</p>	<p>students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Room/Campus South Bldg.</p>
<p>WEEK #4 9/5 – 9/9 No school: 9/8 Back to School Night</p>	<p>M.I.d.1</p>	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg.</p>

		<p>Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEEK #5</p> <p>9/12 – 9/16</p> <p>Pep Assemb.</p> <p>9/16</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg.</p>

		games	calories obtained; 3. Students perform weight training exercises in a Circuit Training mode 4. Students perform their own personal physical therapy prescribed by their physician or therapist. 5. Weather permitting and/or to combat monotony, students can chose to play indoor games;	techniques; observes calorie log; 3. Teacher observes correct and safe technique; 4. Teacher makes sure students are doing what was prescribed; 5. All students must be busy with games.	
WEEK #6 9/19 – 9/23 PLC day: 9/23	M.I.d.1	1. Daily thorough warm up Prepare for Fitness Testing 2. Weekly expectations (increased to 400) 3. Circuit Training 4. Time for personal Rx 5. Speed walking/Indoor games	1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April; 2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained; 3. Students perform weight training exercises in a Circuit	1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months; 2. Teacher observes correct technique and safety techniques; observes calorie log; 3. Teacher observes	Adaptive/Cardio Room/ Weight Room/Campus South Bldg.

			<p>Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEEK #7 9/26 – 9/30</p>	<p>M.I.d.1</p>	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg.</p>

			<p>prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEEK #8</p> <p>10/3 – 10/7</p> <p>PLC day:</p> <p>10/7</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>(increased to 500)</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg.</p>

			to combat monotony, students can chose to play indoor games;		
<p>WEEK #9</p> <p>10/10 – 10/14</p> <p>No school: 10/10</p> <p>All School Testing: 10/12</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	

<p>WEEK #10</p> <p>10/17 – 10/21</p> <p>End of 1st Quarter: 10/21</p>	<p>M.I.d.1</p>	<ol style="list-style-type: none"> 1. Daily thorough warm up Prepare for Fitness Testing 2. Weekly expectations 3. Circuit Training 4. Time for personal Rx 5. Speed walking/Indoor games 	<ol style="list-style-type: none"> 1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April; 2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained; 3. Students perform weight training exercises in a Circuit Training mode 4. Students perform their own personal physical therapy prescribed by their physician or therapist. 5. Weather permitting and/or to combat monotony, students can chose to play indoor games; 	<ol style="list-style-type: none"> 1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months; 2. Teacher observes correct technique and safety techniques; observes calorie log; 3. Teacher observes correct and safe technique; 4. Teacher makes sure students are doing what was prescribed; 5. All students must be busy with games. 	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg.</p>
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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 10/224 – 10/28 Bus Evac. 10/24 PLC day: 10/28	E.I.c.1	Lecture: Fitness, Nutrition, Basic Health Issues	Students will take notes and receive a textbook. Students are informed this lecture will be on their final exam.	Informal assessment on adequate note taking.	E1
WEEK #12 10/31 - 11/4 –	M.I.d.1	1. Daily thorough warm up Prepare for	1. Teacher demonstrates warm ups, students perform warm	1. Teacher observes correct technique; students need	Adaptive/Cardio Room/ Weight Room/Campus

<p>11/4</p> <p>Institute Day 11/1 no class</p> <p>Parent/teacher Conferences :</p> <p>11/3</p> <p>No school: 11/4</p>		<p>Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>s</p> <p>South Bldg.</p>
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<p>WEEK #13</p> <p>11/7 – 11/11</p> <p>No school: Veterans Day</p> <p>11/11</p>	M.I.d.1	<p>Fitness Testing Week</p> <p>1. Daily thorough warm up</p>	<p>Fitness Testing: time pending, students perform one to two test per day;</p> <p>1. Warm up relates to test that day.</p>	<p>Assessment: Fitness Testing: push ups, timed curl ups, sit & reach, mile run, shuttle run;</p>	<p>Adaptive/Cardio Room/ Weight Room/Campuses South Bldg.</p>
<p>WEEK #14</p> <p>11/14 – 11/18</p> <p>PLC day: 11/18</p>	M.I.d.1	<p>Complete Fitness Testing</p> <p>Bus Evacuation Drills</p> <p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>If absent last week, student can make up Fitness Tests;</p> <p>Participate in state mandated Bus Evacuation Drills; listen and understand procedures;</p> <p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to</p>	<p>Document scores for Fitness Testing;</p> <p>Teacher personal evaluation of how Bus Evacuation Drills went.</p> <p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety</p>	<p>Adaptive/Cardio Room/ Weight Room/Campuses South Bldg.</p>

			<p>satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEEK #15</p> <p>11/21 – 11/25</p> <p>No school: Thanksgiving 11/25 & 11/26</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg.</p>

		games	<p>machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEEK #16</p> <p>11/28 – 12/2</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg.</p>

		games	<p>aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEEK #17</p> <p>12/5 – 12/9</p> <p>PLC day: 12/9</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus South Bldg</p>

		walking/Indoor games	<p>choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEEK #18</p> <p>12/12 – 12/16</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p>	<p>Adaptive/Cardio Room/ Weight Room/Campuses South Bldg.</p>

		5. Speed walking/Indoor games	<p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
WEEK #19 1/4 – 1/6	E.I.c.1 E.I.d.1	Monday; final exam review	Students review notes for Final Exam.	Teacher evaluates students' knowledge through informal questioning.	E1

WEEK #20 1/9 – 1/13 Finals: 1/11 – 1/13 Marking Day 1/12 PLC 1/13					
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