



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 1 '11 – '12      Department:      Course: Health (H)      Instructor(s): K. Elkei  
 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<br>8/15 – 8/19<br>First day for students:<br>8/17 | R.II.c.2<br>W.II.d.1                                     | <b><u>Introduction</u></b><br>Health Triangle<br>Health Influences<br>Habits and Risks<br>Protective Factors | Ice Breakers<br>Self-Inventory<br>Self Triangle<br>Lesson Readings           | Lesson Review<br>Questions<br>Oral Questions<br>Chapter Review<br>Chapter Quiz               |       |
| WEEK #2<br>8/22 – 8/26                                    | M.II.b.3<br>R.II.c.2                                     | <b><u>Health Skills</u></b><br>*Decision Making Model*<br>Goal Setting<br>Consumer Health                    | Reflection<br>Video – Happiness<br>Activity – King's X<br>Activity – Trapped | Chapter Review<br>Consumer Project<br>Decision Making Assign.<br>Chapter Quiz<br>Vocab. Quiz |       |
| WEEK #3<br>8/29 – 9/2<br>PLC day:<br>9/2                  | E.IV.d.2<br>W.IV.c.2<br>W.IV.c.1                         | <b><u>Mental Health</u></b><br>Maslow's Hierarchy of Needs<br>Personality<br>Emotions                        | Small Group Skits<br>Self Hierarchy Collage<br>Worksheets<br>Lesson Readings | Lesson Review<br>Questions<br>Online Assignment<br>Chapter Review<br>Chapter Test            |       |



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|--|--------------------------------|---|---|---|--|
| WEEK #4<br>9/5 – 9/9<br>No school:<br>9/5          | R.II.c.2<br>W.II.d.1           | <b><u>Mental Health-Stress</u></b><br>Kinds of Stress<br>Stress Response<br>Stress Management | Activity – Balloon Drop<br>Stress Inventory<br>Sources of Stress (Wrksht)<br>Activity – C.D.<br>Relaxation Techniques<br>Worksheets | Lesson Review<br>Questions<br>Oral<br>Review/Questions<br>Chapter Quest             |  |
| WEEK #5<br>9/12 – 9/16<br>Pep<br>Assembly:<br>9/16 | R.II.c.1<br>W.II.e.1           | <b><u>Mental Health-Disorders</u></b>   | Lesson Readings<br>Worksheets<br>Movie- “What About Bob?”<br>with worksheet   | Lesson Review<br>Questions<br>Oral Questions<br>Section Quiz<br>Research Assignment |  |
| WEEK #6<br>9/19 – 9/23<br>PLC day:<br>9/23         | W.III.d.1<br>R.I.b.1           | <b><u>Mental Health</u></b><br>Coping with Loss<br>Suicide Risks/ Signs                       | Lesson Readings<br>Written Paragraph<br>Worksheets  | Chapter Review<br>Oral Questions<br>Chapter Quest                                   |  |
| WEEK #7<br>9/26 – 9/30                             | R.II.c.1<br>W.III.d.1          | <b><u>Nutrition</u></b><br>Nutrients/ Functions<br>Effects on the Body                        | Lesson Readings<br>Drawing – Nutrient Function  | Lesson Review<br>Questions<br>Oral Questions<br>Section Quiz<br>Article Review      |  |
| WEEK #8<br>10/3 – 10/7<br>PLC day:<br>10/7         | M.II.b.3<br>W.II.e.1           | <b><u>Nutrition</u></b><br>Healthy Diet<br>Food Pyramid<br>Food Labels                        | Lesson Readings<br>Activity – Food Labels<br>Video – Obesity<br>Worksheets  | Chapter Review<br>Section Quiz<br>Menu Project                                      |  |
| WEEK #9<br>10/10–10/14<br>No school:<br>10/10      | M.I.b.2<br>R.II.c.1<br>R.V.c.1 | <b><u>Nutrition</u></b><br>Weight Management<br>Eating Disorders                              | Video – Eating Disorders<br>Worksheets<br>Chapter Review<br>Movie – “Saving Nancy”  | Lesson Review<br>Questions<br>Article Review<br>Study Guide                         |  |



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| All School Testing: 10/12  |   |  | with additional assignment  | Chapter Test   |              |
| WEEK #10<br>10/17 –10/21<br>End of 1 <sup>st</sup> Quarter: 10/21                                    | R.I.b.1   | <b><u>Tobacco</u></b><br>Physical, Mental, and Social Aspects                  | Activity – Straws<br>Lesson Readings<br>Video – Teen Talk   | Pre-Test<br>Chapter Review<br>Presentation<br>Chapter Quiz                           |              |
| <b>WEEK</b>  | <b>COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS</b> | <b>INSTRUCTIONAL CONTENT</b>   | <b>ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS</b>   | <b>MAJOR ASSESSMENTS</b>   | <b>OTHER</b> |
| WEEK #11<br>10/24–10/28<br>PLC day: 10/28  | M.I.b.2<br>M.II.b.2<br>R.I.b.1                                  | <b><u>Alcohol</u></b><br>Physical, Mental, and Social Aspects                  | Activity – Beer Goggles<br>Worksheets<br>Liver Demonstration<br>Activity – Fumble Fingers<br>Video – Binge Drinking | Pre-Test<br>Lesson Review<br>Questions<br>Chapter Review<br>Chapter Quiz             |              |
| WEEK #12<br>10/31 – 11/4<br>Soph. Plan Test;<br>Parent/ teacher conferences: 11/3<br>No school: 11/4 | R.V.c.1   | <b><u>Drugs</u></b><br>Physical, Mental, and Social Aspects                    | Lesson Readings<br>Internet Assignment – Street Names<br>Worksheets<br>Video – Meth                                 | Lesson Review<br>Questions<br>Oral Questions<br>Online Assignment                    |              |
| WEEK #13<br>11/7 –11/11<br>No school: 11/11  | R.I.b.1<br>W.II.e.1   | <b><u>Drugs</u></b><br>Physical, Mental, and Social Aspects                    | Drawings<br>Worksheets<br>Lesson Readings<br>Drug Log (150pts)<br>Videos  | Chapter Review<br>Study Guide<br>Unit Test – T,A, D                                  |              |
| WEEK #14<br>11/14 –11/18<br>PLC day: 11/18   | M.II.b.3  | <b><u>Sexuality</u></b><br>Reproduction Systems<br>Abstinence<br>Contraception | Self- Inventory<br>Diagram Worksheet<br>Lesson Readings   | Lesson Review<br>Questions<br>Oral Questions<br>Diagram Quiz<br>Statistic Assignment |              |



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|   |                      | Hand Out/Go Over<br>Semester Review   |   |   |  |
| WEEK #15<br>11/21 – 11/25<br>No school:<br>11/24 & 11/25  | R.II.c.2             | <b><u>Reproduction</u></b><br>Conception<br>Fetal Development<br>Birth Process  | Video – Miracle of Life<br>Lesson Readings<br>Multiple Birth Assign.  | Lesson Review<br>Questions<br>Oral Questions<br>Chapter Test                                  |  |
| WEEK #16<br>11/29 – 12/2                                  | R.II.c.2             | <b><u>Communicable Diseases</u></b><br>Cause of Disease<br>Body’s Defense<br>Common Diseases<br>Prevention                | Research Project<br>Worksheets<br>Lesson Readings   | Lesson Review<br>Questions<br>Oral Questions<br>Chapter Quest<br>Group Presentation           |  |
| WEEK #17<br>12/5 – 12/9<br>PLC day:<br>12/9               | M.II.b.3             | <b><u>STD/STI</u></b><br>Contracting<br>Common Diseases<br>Prevention/Treatment   | Activity – Red Light/Green<br>Light<br>IMPACT Guest Speaker<br>Video – AIDS<br>Lesson Readings<br>Movie – “She’s Too Young” | Lesson Review<br>Questions<br>Oral Questions<br>Research Project<br>Chapter Quest             |  |
| WEEK #18<br>12/12 – 12/16                                 | R.V.c.1<br>W.III.d.1 | <b><u>Non-Communicable</u></b><br>Diseases<br>Lifestyle Diseases<br>Cancer<br>Common Diseases<br>Phys/Mental Disabilities | Lesson Readings<br>Group Presentations<br>Video<br>Worksheets   | Lesson Review<br>Questions<br>Family<br>Interview/Medical<br>History Project<br>Chapter Quest |  |
| WEEK #19<br>12/19 – 12/23<br>Winter Break<br>Begins 12/21 |                      | Unit Review   |   | Service Learning<br>Project Due   |  |



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| WEEK #20<br>1/2– 1/6<br>Classes<br>Resume 1/4   |  | Review Week |             |                   |  |
| WEEK #21<br>1/9 – 1/13<br>Finals: 1/9 –<br>1/11<br>Marking Day:<br>1/12<br>Institute Day:<br>1/13 |  | FINALS WEEK | FINAL EXAMS | SEMESTER<br>EXAMS |  |



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Semester 2 '11 –'12      Department: Health      Course: Health(H)      Instructor(s): K. Elkei  
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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 #1<br>1/16 – 1/20<br>No school:<br>1/16 | R.II.c.2<br>W.II.d.1                                     | <b><u>Introduction</u></b><br>Health Triangle<br>Health Influences<br>Habits and Risks<br>Protective Factors | Ice Breakers<br>Self-Inventory<br>Self Triangle<br>Lesson Readings           | Lesson Review<br>Questions<br>Oral Questions<br>Chapter Review<br>Chapter Quiz               |       |
| WEEK #2<br>1/23 – 1/27<br>PLC day:<br>1/27   | M.II.b.3<br>R.II.c.2                                     | <b><u>Health Skills</u></b><br>*Decision Making Model*<br>Goal Setting<br>Consumer Health                    | Reflection<br>Video – Happiness<br>Activity – King's X<br>Activity – Trapped | Chapter Review<br>Consumer Project<br>Decision Making Assign.<br>Chapter Quiz<br>Vocab. Quiz |       |
| WEEK #3<br>1/30 – 2/3                        | E.IV.d.2<br>W.IV.c.2<br>W.IV.c.1                         | <b><u>Mental Health</u></b><br>Maslow's Hierarchy of Needs<br>Personality<br>Emotions                        | Small Group Skits<br>Self Hierarchy Collage<br>Worksheets<br>Lesson Readings | Lesson Review<br>Questions<br>Online Assignment<br>Chapter Review<br>Chapter Test            |       |



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| WEEK #4<br>2/6 – 2/10<br>PLC day:<br>2/10                         | R.II.c.2<br>W.II.d.1  | <b><u>Mental Health-Stress</u></b><br>Kinds of Stress<br>Stress Response<br>Stress Management | Activity – Balloon Drop<br>Stress Inventory<br>Sources of Stress (Wrksht)<br>Activity – C.D.<br>Relaxation Techniques<br>Worksheets | Lesson Review<br>Questions<br>Oral Review/Questions<br>Chapter Quest                |  |
| WEEK #5<br>2/13 – 2/17  | R.II.c.1<br>W.II.e.1  | <b><u>Mental Health-Disorders</u></b>   | Lesson Readings<br>Worksheets<br>Movie- “What About Bob?” with worksheet  | Lesson Review<br>Questions<br>Oral Questions<br>Section Quiz<br>Research Assignment |  |
| WEEK #6<br>2/20 – 2/24<br>No school:<br>2/20<br>PLC day:<br>2/24  | W.III.d.1<br>R.I.b.1  | <b><u>Mental Health</u></b><br>Coping with Loss<br>Suicide Risks/ Signs                       | Lesson Readings<br>Written Paragraph<br>Worksheets  | Chapter Review<br>Oral Questions<br>Chapter Quest                                   |  |
| WEEK #7<br>2/27 – 3/2   | R.II.c.1<br>W.III.d.1 | <b><u>Nutrition</u></b><br>Nutrients/ Functions<br>Effects on the Body                        | Lesson Readings<br>Drawing – Nutrient<br>Function   | Lesson Review<br>Questions<br>Oral Questions<br>Section Quiz<br>Article Review      |  |
| WEEK #8<br>3/5 – 3/9<br>No School:<br>3/5<br>Institute Day<br>3/6 | M.II.b.3<br>W.II.e.1  | <b><u>Nutrition</u></b><br>Healthy Diet<br>Food Pyramid<br>Food Labels                        | Lesson Readings<br>Activity – Food Labels<br>Video – Obesity<br>Worksheets  | Chapter Review<br>Section Quiz<br>Menu Project                                      |  |



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|---|--------------------------------|--|---|---|--|
| WEEK #9<br>3/12 – 3/16<br>PLC day:<br>3/16                            | M.I.b.2<br>R.II.c.1<br>R.V.c.1 | <b><u>Nutrition</u></b><br>Weight Management<br>Eating Disorders | Video – Eating Disorders<br>Worksheets<br>Chapter Review<br>Movie – “Saving Nancy”<br>with additional<br>assignment | Lesson Review<br>Questions<br>Article Review<br>Study Guide<br>Chapter Test |  |
| WEEK #10<br>3/19 – 3/23<br>End of 3 <sup>rd</sup><br>Quarter:<br>3/23 | R.I.b.1                        | <b><u>Tobacco</u></b><br>Physical, Mental, and<br>Social Aspects | Activity – Straws<br>Lesson Readings<br>Video – Teen Talk   | Pre-Test<br>Chapter Review<br>Presentation<br>Chapter Quiz                  |  |

| WEEK                                       | COLLEGE READINESS<br>AND/OR COLLEGE<br>BOARD CONTENT<br>STANDARDS | INSTRUCTIONAL<br>CONTENT   | ACTIVITIES,<br>READINGS, LABS,<br>AND/OR ASSIGNMENTS  | MAJOR<br>ASSESSMENTS   | OTHER |
|--|---|--|---|--|-------|
| WEEK #11<br>4/2 – 4/6<br>No School:<br>4/6 | M.I.b.2<br>M.II.b.2<br>R.I.b.1                                    | <b><u>Alcohol</u></b><br>Physical, Mental, and<br>Social Aspects | Activity – Beer Goggles<br>Worksheets<br>Liver Demonstration<br>Activity – Fumble Fingers<br>Video – Binge Drinking | Pre-Test<br>Lesson Review<br>Questions<br>Chapter Review<br>Chapter Quiz |       |
| WEEK #12<br>4/9 – 4/13<br>PLC day:<br>4/13 | R.V.c.1   | <b><u>Drugs</u></b><br>Physical, Mental, and<br>Social Aspects   | Lesson Readings<br>Internet Assignment –<br>Street Names<br>Worksheets<br>Video – Meth                              | Lesson Review<br>Questions<br>Oral Questions<br>Online Assignment        |       |
| WEEK #13<br>4/16- 4/20                     | R.I.b.1<br>W.II.e.1   | <b><u>Drugs</u></b><br>Physical, Mental, and<br>Social Aspects   | Drawings<br>Worksheets<br>Lesson Readings<br>Drug Log (150pts)<br>Videos  | Chapter Review<br>Study Guide<br>Unit Test – T,A, D                      |       |
| WEEK #14                                   | M.II.b.3  | <b><u>Sexuality</u></b>  | Self- Inventory   | Lesson Review  |       |



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|--|----------------------|--|--|---|--|
| 4/23 – 4/27<br>PSAE: 4/24<br>& 4/25              |                      | Reproduction Systems<br>Abstinence<br>Contraception<br><br>Hand Out/Go Over<br>Semester Review             | Diagram Worksheet<br>Lesson Readings   | Questions<br>Oral Questions<br>Diagram Quiz<br>Statistic Assignment                 |  |
| WEEK #15<br>4/30 – 5/4<br>PLC day:<br>5/4        | R.II.c.2             | <b><u>Reproduction</u></b><br>Conception<br>Fetal Development<br>Birth Process                             | Video – Miracle of Life<br>Lesson Readings<br>Multiple Birth Assign.   | Lesson Review<br>Questions<br>Oral Questions<br>Chapter Test                        |  |
| WEEK #16<br>5/7 – 5/11                           | R.II.c.2             | <b><u>Communicable Diseases</u></b><br>Cause of Disease<br>Body’s Defense<br>Common Diseases<br>Prevention | Research Project<br>Worksheets<br>Lesson Readings  | Lesson Review<br>Questions<br>Oral Questions<br>Chapter Quest<br>Group Presentation |  |
| WEEK #17<br>5/14 – 5/18<br>PLC day:<br>5/18      | M.II.b.3             | <b><u>STD/STI</u></b><br>Contracting<br>Common Diseases<br>Prevention/Treatment                            | Activity – Red Light/Green Light<br>IMPACT Guest Speaker<br>Video – AIDS<br>Lesson Readings<br>Movie – “She’s Too Young” | Lesson Review<br>Questions<br>Oral Questions<br>Research Project<br>Chapter Quest   |  |
| WEEK #18<br>5/21 – 5/25<br>Seniors’<br>last day: | R.V.c.1<br>W.III.d.1 | <b><u>Non-Communicable Diseases</u></b><br>Lifestyle Diseases<br>Cancer                                    | Lesson Readings<br>Group Presentations<br>Video<br>Worksheets  | Lesson Review<br>Questions<br>Family<br>Interview/Medical                           |  |



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| 5/24   |  | Common Diseases<br>Phys/Mental<br>Disabilities |  | History Project<br>Chapter Quest |  |
| WEEK #19<br>5/28 – 6/1<br>No school:<br>5/28<br>Final Exams:<br>5/29 – 5/31<br>Marking Day:<br>6/1 |  | FINAL EXAMS                                    |  |                                  |  |