



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 1 '11 – '12 Department: Health Course: Honors Health : Matthew Ramos
 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		INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #1 8/15 – 8/19 First day for students: 8/17		School policies w/deans, syllabus & class policies	<ul style="list-style-type: none"> • Icebreakers • Preliminary survey • Introduction of course • Introduction to syllabus 		
WEEK #2 8/22 – 8/26	W.II.d.2. W.II.e.1. W.III.d.1. W.IV.d.3. W.V.d.1.	Understanding Health and Wellness	<ul style="list-style-type: none"> • Study Packet • Review • Lifestyle Factors paper 	Chapter 1 quiz	
WEEK #3 8/29 – 9/2 PLC day: 9/2	R.I.d.1. R.II.c.1.	<ul style="list-style-type: none"> • Taking Charge of Your Health 	<ul style="list-style-type: none"> • Consumer health activity • Study packet • Review • Action plan 	Chapter 2 quiz Unit test	Introduce Service Learning



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WEEK #4 9/5 – 9/9 No school: 9/5	R.II.a.1.	<ul style="list-style-type: none"> Achieving Mental and Emotional Health 	<ul style="list-style-type: none"> Study packet Review Game of Life reflection 	Chapter 3 quiz	
WEEK #5 9/12 – 9/16 Pep Assembly: 9/16	R.III.c.3.	<ul style="list-style-type: none"> Managing Stress and Coping with Loss 	<ul style="list-style-type: none"> Study Packet Stress activity: Come on Six Review 	Chapter 4 quiz	
WEEK #6 9/19 – 9/23 PLC day: 9/23		<ul style="list-style-type: none"> Mental and Emotional Problems 	<ul style="list-style-type: none"> Study packet Analyze phobias Review 	Chapter 5 quiz Unit test	
WEEK #7 9/26 – 9/30	M.I.a.1. R.II.a.1. M.I.b.1. M.II.a.2. M.II.b.3. M.II.e.2.	<ul style="list-style-type: none"> Nutrition for Health 	<ul style="list-style-type: none"> Study packet 4-4-9 rule Food labels My pyramid.gov 	My pyramid.gov quiz	
WEEK #8 10/3 – 10/7 PLC day: 10/7	M.I.a.1. R.II.a.1. M.I.b.1. M.II.a.2. M.II.b.3. M.II.e.2. M.II.f.2	<ul style="list-style-type: none"> Nutrition(cont.) Managing Weight and Eating Behaviors 	<ul style="list-style-type: none"> Review Study packet Analyze fad diets Eating disorders 	Chapter 10 test Chapter 11 quiz	
WEEK #9 10/10–10/14 No school: 10/10 All School Testing: 10/12	R.II.a.1.	<ul style="list-style-type: none"> Medicines and Drugs Tobacco 	<ul style="list-style-type: none"> Study Packet Review Smoker I.Q. Study Packet Review 	Chapter 19 test Tobacco quiz	



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WEEK #10 10/17 – 10/21 End of 1 st Quarter: 10/21			Midterm Review	Midterm	
WEEK #11 10/24– 10/28 PLC day: 10/28	M.II.b.3. M.III.b.2.	<ul style="list-style-type: none"> Alcohol 	<ul style="list-style-type: none"> Exploding Myths Study guide 		
WEEK #12 10/31 – 11/4 Soph. Plan Test; Parent/ teacher conferences: 11/3 No school: 11/4	R.III.c.3.	<ul style="list-style-type: none"> Alcohol (cont). Illegal Drugs 	<ul style="list-style-type: none"> Study Packet Review Marijuana Pretest Study guide 	Chapter 21 quiz	
WEEK #13 11/7 –11/11 No school: 11/11	R.III.c.3.	<ul style="list-style-type: none"> Illegal Drugs(cont.) 	<ul style="list-style-type: none"> Review 	Chapter 22 quiz Unit test	
WEEK #14 11/14 – 11/18 PLC day: 11/18	R.II.a.1. R.II.b.1.	<ul style="list-style-type: none"> Communicable Diseases 	<ul style="list-style-type: none"> Study Packet Immune response activity Review 	Chapter 23 test	



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WEEK #15 11/21 – 11/25 No school: 11/24 & 11/25	<ul style="list-style-type: none"> Reproductive Health 	<ul style="list-style-type: none"> Study Packet Miracle of Life 	Reproduction quiz		
WEEK #16 11/29 – 12/2	<ul style="list-style-type: none"> Reproductive Health(cont.) Sexually Transmitted Diseases and HIV/AIDS 	<ul style="list-style-type: none"> Pass Impact 	Reflection paper		
WEEK #17 12/5 – 12/9 PLC day: 12/9	M.II.f.2. R.II.a.1	<ul style="list-style-type: none"> Sexually Transmitted Diseases and HIV/AIDS(cont.) 	<ul style="list-style-type: none"> Review 	Chapter 16,17, and 24 test	
WEEK #18 12/12 – 12/16	W.II.d.1. W.IV.d.3. W.V.d.1. R.II.b.1.	<ul style="list-style-type: none"> Non-communicable Diseases and Disabilities 	<ul style="list-style-type: none"> Study Packet 		Service Learning Project Due
WEEK #19 12/19 – 12/23 Winter Break Begins 12/21		<ul style="list-style-type: none"> Non-communicable Diseases and Disabilities (cont.) 	<ul style="list-style-type: none"> Review Final exam review 	Chapter 25 quiz	
WEEK #20 1/2– 1/6 Classes Resume 1/4		FINAL EXAMS REVIEW			



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WEEK #21 1/9 – 1/13 Finals: 1/9 – 1/11 Marking Day: 1/12 Institute Day: 1/13		FINAL EXAMS			
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Semester 2 '11 – '12 Department: Course: Instructor(s):
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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 1/16 – 1/20 No school: 1/16		School policies w/deans, syllabus & class policies	<ul style="list-style-type: none"> • Icebreakers • Preliminary survey • Introduction of course • Introduction to syllabus 		



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WEEK #2 1/23 – 1/27 PLC day: 1/27	W.II.d.2. W.II.e.1. W.III.d.1. W.IV.d.3. W.V.d.1.	Understanding Health and Wellness	<ul style="list-style-type: none"> • Study Packet • Review • Lifestyle Factors paper 	Chapter 1 quiz	
WEEK #3 1/30 – 2/3	R.I.d.1. R.II.c.1.	<ul style="list-style-type: none"> • Taking Charge of Your Health 	<ul style="list-style-type: none"> • Consumer health activity • Study packet • Review • Action plan 	Chapter 2 quiz Unit test	Introduce Service Learning
WEEK #4 2/6 – 2/10 PLC day: 2/10	R.II.a.1.	<ul style="list-style-type: none"> • Achieving Mental and Emotional Health 	<ul style="list-style-type: none"> • Study packet • Review • Game of Life reflection 	Chapter 3 quiz	
WEEK #5 2/13 – 2/17	R.III.c.3.	<ul style="list-style-type: none"> • Managing Stress and Coping with Loss 	<ul style="list-style-type: none"> • Study Packet • Stress activity: Come on Six • Review 	Chapter 4 quiz	
WEEK #6 2/20 – 2/24 No school: 2/20 PLC day: 2/24		<ul style="list-style-type: none"> • Mental and Emotional Problems 	<ul style="list-style-type: none"> • Study packet • Analyze phobias • Review 	Chapter 5 quiz Unit test	
WEEK #7 2/27 – 3/2	M.I.a.1. R.II.a.1. M.I.b.1. M.II.a.2. M.II.b.3. M.II.e.2.	<ul style="list-style-type: none"> • Nutrition for Health 	<ul style="list-style-type: none"> • Study packet • 4-4-9 rule • Food labels • My pyramid.gov 	My pyramid.gov quiz	



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WEEK #8 3/5 – 3/9 No School: 3/5 Institute Day 3/6	M.I.a.1. R.II.a.1. M.I.b.1. M.II.a.2. M.II.b.3. M.II.e.2. M.II.f.2	<ul style="list-style-type: none"> • Nutrition(cont.) • Managing Weight and Eating Behaviors 	<ul style="list-style-type: none"> • Review • Study packet • Analyze fad diets • Eating disorders 	Chapter 10 test Chapter 11 quiz	
WEEK #9 3/12 – 3/16 PLC day: 3/16	R.II.a.1.	<ul style="list-style-type: none"> • Medicines and Drugs • Tobacco 	<ul style="list-style-type: none"> • Study Packet • Review • Smoker I.Q. • Study Packet • Review 	Chapter 19 test Tobacco quiz	
WEEK #10 3/19 – 3/23 End of 3 rd Quarter: 3/23			Midterm Review	Midterm	

WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #11 4/2 – 4/6 No School: 4/6	M.II.b.3. M.III.b.2.	<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Exploding Myths • Study guide 		



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WEEK #12 4/9 – 4/13 PLC day: 4/13	R.III.c.3.	<ul style="list-style-type: none">• Alcohol (cont).• Illegal Drugs	<ul style="list-style-type: none">• Study Packet• Review• Marijuana Pretest• Study guide	Chapter 21 quiz	
WEEK #13 4/16- 4/20	R.III.c.3.	<ul style="list-style-type: none">• Illegal Drugs(cont.)	<ul style="list-style-type: none">• Review	Chapter 22 quiz Unit test	
WEEK #14 4/23 – 4/27 PSAE: 4/24 & 4/25	R.II.a.1. R.II.b.1.	<ul style="list-style-type: none">• Communicable Diseases	<ul style="list-style-type: none">• Study Packet• Immune response activity• Review	Chapter 23 test	
WEEK #15 4/30 – 5/4 PLC day: 5/4	<ul style="list-style-type: none">• Reproductive Health	<ul style="list-style-type: none">• Study Packet• Miracle of Life	Reproduction quiz		
WEEK #16 5/7 – 5/11	<ul style="list-style-type: none">• Reproductive Health(cont.)• Sexually Transmitted Diseases and HIV/AIDS	<ul style="list-style-type: none">• Pass Impact	Reflection paper		



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WEEK #17 5/14 – 5/18 PLC day: 5/18	M.II.f.2. R.II.a.1	<ul style="list-style-type: none">Sexually Transmitted Diseases and HIV/AIDS(cont.)	<ul style="list-style-type: none">Review	Chapter 16,17, and 24 test	
WEEK #18 5/21 – 5/25 Seniors' last day: 5/24	W.II.d.1. W.IV.d.3. W.V.d.1. R.II.b.1.	<ul style="list-style-type: none">Non-communicable Diseases and Disabilities	<ul style="list-style-type: none">Study Packet		Service Learning Project Due
WEEK #19 5/28 – 6/1 No school: 5/28 Final Exams: 5/29 – 5/31 Marking Day: 6/1	<ul style="list-style-type: none">Non-communicable Diseases and Disabilities (cont.)	<ul style="list-style-type: none">Review Final exam review	Chapter 25 quiz Final Exam		