



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

**Semester 1 '11 –'12**      Department: P.E., Health, and Driver Education      Course: C.P. Health      Instructor: R. Howatt  
 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 8/17 – 8/19		Introduction to course  Understanding Health and Wellness	“See What You Know” Introduction of course Introduction to syllabus Study guide Computer Room		
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	(Ch. 1) Study guide Lifestyle Factors paper Review	Chapter 1 test	
WEEK #3 8/30 – 9/2 PLC 9/2	R.I.d.1. R.II.c.1.	Taking Charge of Your Health	(Ch. 2)Study guide Action Plan		
WEEK #4 9/5 – 9/9 No class; 9/	R.II.a.1.	Taking Charge of Your Health	Consumer Health activity Review	Chapter 2 test	



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #5 9/12 – 9/16 Pep assemb; 9/16	R.II.a.1. R.III.c.3.	Achieving Mental and Emotional Health  Managing Stress and Coping with Loss	(Ch. 3) Study guide  Game of Life reflection Review	Chapter 3 test	Game of Life
WEEK #6 9/19 – 9/23 PLC 9/23		Managing Stress and Coping with Loss	(Ch. 4) Study guide Review	Chapter 4 test	Dealing with Loss
WEEK #7 9/26 – 9/30		Mental and Emotional Problems	(Ch. 5) Study Packet Stress activity: Analyze phobias Review	Chapter 5 test	
WEEK #8 10/4 – 10/7 PLC 10/7	R.II.a.1. M.II.a.2. M.II.b.3.	Nutrition for Health	(Ch. 10) Study Packet 4-4-9 rule/Fat content Computer Lab: Review My pyramid.gov	Nutrition reflection	
WEEK #9 10/10 – 10/14 NO SCHOOL; 10/10 COLUMBUS DAY; 10/12 – ALL SCHOOL TESTING, 1:20 DISMISSAL	M.II.b.2.	Nutrition for Health CVD/Diabetes	Food labels	Chapter 10 & MyPyramid.gov test	



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #10 10/17-10/21	M.II.b.2.	Managing Weight/ Eating Behaviors	(Ch. 11) Study packet Calculate (BMI) Review	MIDTERM	
WEEK#11 10/24-10/28 <b>Begin b qtr.</b> BUS EVAC.10/24	R.II.a.1 M.I.c.1	Tobacco	(Ch. 20) See What You Know Review	Tobacco test	
WEEK #12 10/31-11/4 11/1 no class Instit. Day 11/3 Parent/Teacher Conf; 11/3 11:30 student dismissal 11/4 Institute/PLC Day	M.II.b.3. M.III.b.2.	Alcohol	(Ch. 21) Study guide Rate of absorption Alcohol Content		
WEEK #13 11/7 – 11/11 No school 11/11 Veterans Day		Alcohol	Review	Chapter 21 test	



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #14 11/14-11/18 PLC 11/18	R.III.c.3.	Drugs and Medicines  Illegal Drugs	(Ch. 19) Role of medicine Review (20 Ch.) Study Guide Marijuana Pretest	Chapter 19 test	
WEEK#15 11/21-1125 11/23 1:20 Student dismissal. No school 11/24,25 Thanksgiving	R.III.c.3.	Illegal Drugs	Review	Chapter 20 test	
WEEK #16 11/28-12/2		Reproductive Health Prenatal development	(Ch. 16, lesson 2 & 3/ Ch. 17, Lesson 1) See What You Know Study Guide Review	Reproduction test	Life's Greatest Miracle
WEEK #17 12/5 – 12/9 12/7 Voyage to Excellence PLC 12/9	M.II.f.2. R.II.a.1	Abstinence education  Infectious disease  STD's HIV/AIDS	(Ch. 23/24) Study Guide Review	STD test	PASS IMPACT
WEEK #18 12/12-12/16	W.II.d.1. W.IV.d.3. W.V.d.1. R.II.b.1.	HIV/AIDS			
WEEK #19 12/19- 12/20					



## HOMWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Winter recess 12/21-1/3					
Week #20 1/4- 1/6					
Week #21 1/9 – 1/13					