



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 1 '11 – '12 Department: **PE/Health/Driver's Ed** Course: **Health (CP)** Instructor(s): **Graham**
 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 8/15 – 8/19 First day for students: 8/17		Class expectations Materials needed Understanding Health and Wellness	Introductions Health Preview Syllabus Scavenger Hunt		
WEEK #2 8/22 – 8/26		Understanding Health and Wellness Lifestyle Factors	Textbook Overview Read Ch. 1 Vocab. Exercise Sleep Article Health Triangle		
WEEK #3 8/29 – 9/2 PLC day: 9/2	R.I.d.1. R.II.c.1.	Taking Charge of Your Health Evaluating Sources of Health Info.	Read Ch. 2 Communication Activity Health Resources Article Goal Setting Consumer Activity	Test – General Health and Wellness	
WEEK #4 9/5 – 9/9 No school: 9/5	R.II.a.1.	Achieving Mental & Emotional Health	Read Ch. 3 Happiness Article		



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #5 9/12 – 9/16 Pep Assembly: 9/16	R.III.c.3.	Managing Stress and Coping with Loss	Read Ch. 4 Text Anxiety Article Relaxation Techniques		
WEEK #6 9/19 – 9/23 PLC day: 9/23		Mental and Emotional Problems	Read Ch. 5 Jeopardy Review	Test – Mental Health Unit	
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.	Nutrition for Health MyPyramid.gov	Read Ch. 10 Food Journal Internet Assignment Food Pyramid		
WEEK #8 10/3 – 10/7 PLC day: 10/7	M.II.f.2.	Nutrition for Health Managing Weight and Eating Behaviors	Read Ch. 11 Calculating BMI	Nutrition Self- Assessment Test – Nutrition Unit	
WEEK #9 10/10–10/14 No school: 10/10 All School Testing: 10/12	R.II.a.1.	Medicines & Drugs	Read Ch. 19 Reading labels		
WEEK #10 10/17 –10/21 End of 1 st Quarter: 10/21		Tobacco	Read Ch. 20 Cost Analysis Midterm Review	Test – Medicines, Drugs, & Tobacco Midterm Exam	



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #11 10/24–10/28 PLC day: 10/28	M.II.b.3. M.III.b.2.	Alcohol	Read Ch. 21 Large Group Discussion		
WEEK #12 10/31 – 11/4 Soph. Plan Test; Parent/ teacher conferences: 11/3 No school: 11/4	R.III.c.3.	Alcohol	Small Group Discussion	Test – Alcohol	
WEEK #13 11/7 –11/11 No school: 11/11	R.III.c.3.	Illegal Drugs	Read Ch. 22		
WEEK #14 11/14 –11/18 PLC day: 11/18	R.III.c.3.	Illegal Drugs	Drug Chart	Test – Illegal Drugs	
WEEK #15 11/21 – 11/25 No school: 11/24 &11/25	R.II.a.1. R.II.b.1.	Communicable Diseases	Read Ch. 23 Germ Article		
WEEK #16 11/29 – 12/2		Reproductive Systems Prenatal Care & Development	Read Ch. 16 (Sec. 2 & 3) Read Ch. 17 (Sec. 1)		



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #17 12/5 – 12/9 PLC day: 12/9		Abstinence STDs and HIV/AIDS	Read Ch. 8 (Sec. 3) Read Ch. 24	Test – Sexuality Unit	
WEEK #18 12/12 –12/16	M.II.f.2. R.II.a.1. W.II.d.1. W.IV.d.3. R.II.b.1. W.V.d.1.	Noncommunicable Diseases	Read Ch. 25	Group Presentations	
WEEK #19 12/19 – 12/23 Winter Break Begins 12/21					
WEEK #20 1/2– 1/6 Classes Resume 1/4		Semester Review	Review Activities	Final Exam	
WEEK #21 1/9 – 1/13 Finals: 1/9 – 1/11 Marking Day: 1/12 Institute Day: 1/13					



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 2 '11 –'12 Department:**PE/Health/Driver's Ed** Course:**Health CP** Instructor(s):**Graham**
 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 1/16 – 1/20 No school: 1/16		Class expectations Materials needed Understanding Health and Wellness	Introductions Syllabus Scavenger Hunt Health Preview		
WEEK #2 1/23 – 1/27 PLC day: 1/27		Understanding Health and Wellness Lifestyle Factors	Textbook Overview Read Ch. 1 Vocab. Exercise Sleep Article Health Triangle		
WEEK #3 1/30 – 2/3	R.I.d.1. R.II.c.1.	Taking Charge of Your Health Evaluating Sources of Health Info.	Read Ch. 2 Communication Activity Health Resources Article Goal Setting Consumer Activity	Test – General Health and Wellness	
WEEK #4 2/6 – 2/10	R.II.a.1.	Achieving Mental & Emotional Health	Read Ch. 3 Happiness Article		



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



PLC day: 2/10					
WEEK #5 2/13 – 2/17	R.III.c.3.	Managing Stress and Coping with Loss	Read Ch. 4 Text Anxiety Article Relaxation Techniques		
WEEK #6 2/20 – 2/24 No school: 2/20 PLC day: 2/24		Mental and Emotional Problems	Read Ch. 5 Jeopardy Review	Test – Mental Health Unit	
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.	Nutrition for Health MyPyramid.gov	Read Ch. 10 Food Pyramid Internet Assignment Food Journal		
WEEK #8 3/5 – 3/9 No School: 3/5 Institute Day 3/6	M.II.f.2.	Nutrition for Health Managing Weight and Eating Behaviors	Read Ch. 11 Calculating BMI	Nutrition Self-Assessment Test – Nutrition Unit	
WEEK #9 3/12 – 3/16 PLC day: 3/16	R.II.a.1.	Medicines & Drugs	Read Ch. 19 Reading labels		
WEEK #10 3/19 – 3/23		Tobacco	Read Ch. 20 Cost Analysis	Test – Medicines,	



HOMEWOOD-FLOSSMOORE HIGH SCHOOL COURSE SCOPE & SEQUENCE



End of 3 rd Quarter: 3/23			Midterm Review	Drugs, & Tobacco Midterm Exam	
---	--	--	----------------	-------------------------------	--

WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #11	M.II.b.3. M.III.b.2.	Alcohol	Read Ch. 21 Large Group Discussion		
WEEK #12 4/9 – 4/13 PLC day: 4/13	R.III.c.3.	Alcohol	Small Group Discussion	Test – Alcohol	
WEEK #13 4/16- 4/20	R.III.c.3.	Illegal Drugs	Read Ch. 22		
WEEK #14 4/23 – 4/27 PSAE: 4/24 & 4/25	R.III.c.3.	Illegal Drugs	Drug Chart	Test – Illegal Drugs	
WEEK #15 4/30 – 5/4 PLC day: 5/4	R.II.a.1. R.II.b.1.	Communicable Diseases	Read Ch. 23 Germ Article		



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



WEEK #16 5/7 – 5/11		Reproductive Systems Prenatal Care & Development	Read Ch. 16 (Sec. 2 & 3) Read Ch. 17 (Sec. 1)		
WEEK #17 5/14 – 5/18 PLC day: 5/18		Abstinence STDs and HIV/AIDS	Read Ch. 8 (Sec. 3) Read Ch. 24	Test – Sexuality Unit	
WEEK #18 5/21 – 5/25 Seniors’ last day: 5/24	M.II.f.2. R.II.a.1. W.II.d.1. W.IV.d.3. R.II.b.1. W.V.d.1.	Noncommunicable Diseases	Read Ch. 25	Group Presentations	
WEEK #19 5/28 – 6/1 No school: 5/28 Final Exams: 5/29 – 5/31 Marking Day: 6/1		Semester Review	Review Activities	Final Exam	