



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 1 '11 – '12      Department: PE/Health/DE      Course: CP Health Instructor(s): W. Bean  
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 8/15 – 8/19 First day for students: 8/17		Class expectations Materials needed  Understanding Health and Wellness	Introductions Syllabus/Edmodo Permission		
WEEK #2 8/22 – 8/26		Understanding Health and Wellness  Lifestyle Factors	Textbook Overview Read Ch. 1 Chapter 1 Questions  Sleep Article		
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		
WEEK #4 9/5 – 9/9 No school: 9/5	R.II.a.1.	Achieving Mental & Emotional Health	Read Ch. 3 Happiness Article	Test – General Health and Wellness Health Self-Assess. Paper due (9/9)	



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WEEK #5 9/12 – 9/16 Pep Assembly: 9/16	R.III.c.3.	Achieving Mental & Emotional Health  Managing Stress and Coping with Loss	Read Ch. 4  Text Anxiety Article		
WEEK #6 9/19 – 9/23 PLC day: 9/23		Managing Stress and Coping with Loss	Relaxation Techniques		
WEEK #7 9/26 – 9/30		Mental and Emotional Problems	Read Ch. 5  Jeopardy Review	Test – Mental Health Unit	
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.	Nutrition for Health  Mypyramid.gov	Read Ch. 10 Food Journal Internet Assignment		
WEEK #9 10/10–10/14 No school: 10/10 All School Testing: 10/12	M.II.f.2.	Managing Weight and Eating Behaviors	Read Ch. 11 Calculating BMI	Nutrition Self- Assessment	
WEEK #10 10/17 –10/21 End of 1 <sup>st</sup> Quarter: 10/21			Midterm Review	Midterm Exam	



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WEEK #11 10/24–10/28 PLC day: 10/28		Tobacco	Read Ch. 20 Cost Analysis of Smoking		
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		
WEEK #13 11/7 –11/11 No school: 11/11	M.II.b.3. M.III.b.2.	Alcohol	Large Group Discussions  Reflective Writing	Test – Tobacco & Alcohol	
WEEK #14 11/14 –11/18 PLC day: 11/18	R.III.c.3.	Illegal Drugs	Read Ch. 22		
WEEK #15 11/21 – 11/25 No school: 11/24 &11/25	R.II.a.1. R.II.b.1.	Illegal Drugs	Drug Concept Mapping	Test – Illegal Drugs	
WEEK #16 11/29 – 12/2		Reproductive Systems	Read Ch. 16 (Sec. 2 & 3)		



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



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 2 '11 – '12      Department: PE/Health/DE      Course: CP Health      Instructor(s): W. Bean  
 This course is aligned to:      **College Readiness Standards and/or College Board Standards**      Other:

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WEEK #1 1/16 – 1/20 No school: 1/16		Class expectations Materials needed  Understanding Health and Wellness	Introductions Syllabus		
WEEK #2 1/23 – 1/27 PLC day: 1/27		Understanding Health and Wellness  Lifestyle Factors	Textbook Overview Read Ch. 1 Chapter 1 Questions Sleep Article		
WEEK #3 1/30 – 2/3	R.I.d.1. R.II.c.1.	Taking Charge of Your Health	Read Ch. 2 Chapter 2 Questions		



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			Communication Activity Goal Setting		
WEEK #4 2/6 – 2/10 PLC day: 2/10	R.II.b.1.	Evaluating Sources of Health Info. Consumer Health Issues	Health Resources Article Consumer Activity	Test – Ch. 1 and 2	
WEEK #5 2/13 – 2/17	R.III.c.3.	Achieving Mental and Emotional Health  Managing Stress and Coping with Loss	Read Ch. 3  Read Ch. 4 Text Anxiety Article		
WEEK #6 2/20 – 2/24 No school: 2/20 PLC day: 2/24		Managing Stress and Coping with Loss	Ch. 4 Questions Relaxation Techniques		
WEEK #7 2/27 – 3/2		Mental and Emotional Problems	Read Ch. 5 Ch. 5 Questions  Jeopardy Review	Test – Mental Health Unit (Ch. 3,4,5)	
WEEK #8 3/5 – 3/9 No School: 3/5 Institute Day 3/6	M.I.c.1. M.II.b.2. M.II.b.3. M.II.e.2.	Nutrition for Health  MyPyramid.gov  Food labels	Read Ch. 10 Ch. 10 Questions Food Journal		
WEEK #9 3/12 – 3/16 PLC day:	M.II.b.2.	Managing Weight and Eating Behaviors	Read Ch. 11	Nutrition Self- Assessment	



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3/16			Internet Assignment		
WEEK #10 3/19 – 3/23 End of 3 <sup>rd</sup> Quarter: 3/23	M.II.b.2.	Managing Weight and Eating Behaviors	Calculating BMI  Midterm Review	Test – Nutrition Unit  Midterm Exam	

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.I.b.2.	Tobacco	Read Ch. 20 Ch. 20 Questions Smoking – Cost Analysis		
WEEK #12 4/9 – 4/13 PLC day: 4/13	M.II.b.3. M.III.b.2.	Alcohol	Read Ch. 21 Large Group Discussion Ch. 21 Questions		
WEEK #13 4/16- 4/20	R.III.c.3.	Alcohol	Small Group Discussion	Test – Tobacco & Alcohol (Ch. 20,21)	
WEEK #14 4/23 – 4/27 PSAE: 4/24 & 4/25	R.III.c.3.	Illegal Drugs	Read Ch. 22 Ch. 22 Questions  Drug Chart		



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WEEK #15 4/30 – 5/4 PLC day: 5/4		Illegal Drugs		Test – Illegal Drugs (Ch. 22)	
WEEK #16 5/7 – 5/11		Reproductive Systems  Prenatal Care & Development	Read Ch. 16 (Sec. 2 & 3) Read Ch. 17 (Sec. 1) Ch. 16/17 Questions  Labeling Diagrams		
WEEK #17 5/14 – 5/18 PLC day: 5/18	W.II.e.1 W.IV.c.2. W.IV.c.3.	Abstinence  STDs	Read Ch. 8 (Sec. 3)  Read Ch. 24 Ch. 24 Questions		
WEEK #18 5/21 – 5/25 Seniors’ last day: 5/24		HIV/AIDS  Semester Review	Semester Review Activities	Test – Sexuality Unit (Ch. 16, 17, 24)	
WEEK #19 5/28 – 6/1 No school: 5/28 Final Exams: 5/29 – 5/31 Marking Day:				Final Exam	



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



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