



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 2

Department: **Physical Education**

Course: **7211 - Team Sports**

Instructor: **Howatt, Buzea**

*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 (Locations)
WEEK #1 1/16 – 1/20 No school on 1/16	R. II.b.1.	1. Intro to semester units 2. Class Expectations & Policies 3. Locks & Lockers 4. Basic skills for Basketball 5. Fitness Activities	1. Go over department Policy Sheet 2. Check locks & record info w/ lockers 3. Check uniforms 4. Basic skill drills of Basket Ball 5. Fitness-Cardio, Strength	Check for Understanding	Main Gym
WEEK #2 1/23 – 1/27 PLC	R.IV.d.1.	1. Basketball Ball Study Guide 2. Game Play 3. Fitness Activities 4. Classroom	1. Covering info in Basketball study guide 2. Make teams & start game play 3. Fitness Activities – Cardio 4. Muscle Strength & Endurance 5. Complete Personal Fitness worksheets	Skill Check Dribbling/ Free Throw Shooting	Main Gym
WEEK #3 1/30 – 2/3	R. IV. D.1.	1. Basketball Game Play 2. Fitness Activities	1. Work on offensive & defensive strategies 2. Cardio, muscle strength, endurance, & flexibility A.R. # 1: Basketball	Participation points Tournament team play	Main Gym



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WEEK #4 2/6 – 2/10 PLC	R.II.c2 R.I.b.1	1. Study Guide Review 2. Game Play 3. Fitness Activities 4. Intro to Team Handball 5. Classroom	1. Review for test on Basketball 2. Game Play 3. Team Handball Skill Drills 4. Fitness – Cardio, Strength, Endurance, & Flexibility 5. Complete Personal Fitness worksheets Ticket : Basketball ACT Prep Q #1	1. Written test on Basketball	Main Gym
WEEK #5 2/13 – 2/17		1. Team Handball Skill Work 2. Fitness Activities 3. Game Play	1. Passing & Dribbling Drills 2. Cardio, Strength, Endurance, & Flexibility Activities 3. Form Teams & Start Game Play	Participation Points THB Skill Check	Main Gym
WEEK #6 2/20 – 2/24 NO school on 1/20 PLC		1. Game Play 2. Fitness Activities	1. work on offensive & Defensive Strategies 2. Cardio, Strength, Endurance, & Flexibility A.R. # 2 Team Handball	Participation Points Team Tournament Play	Main Gym
WEEK #7 2/27 - 3/2	W.II.c.2 R.I.b.1	1. Game Play 2. Fitness Activities 3. Written Assessment	1. Game Play – Complete Tournament 2. Cardio, Strength, Endurance, & Flexibility Ticket : Team Handball	1. Written Test on Team Handball	Main Gym
WEEK #8 3/5 – 3/9	R.II.c2 R.I.b.1	1. Intro Floor Hockey Skills 2. Fitness Development 3. Start Study Guide for	1. Drills for – Stick Handling, Passing, Shooting, Triple Threat, Defensive Strategies	Skills Check Participation Points	Sweat Box



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No school on 3/5		Floor Hockey 4. Classroom	2. Cover Above Topics on SG 3. Fitness Activities 4. Worksheets for Personal Fitness		
WEEK #9 3/12 – 3/16 PLC		1. Game Play 2. Study Guide – Offensive Strategies 3. Fitness Development	1. Game Play Tournament 2. Complete Study Guide Review 3. Fitness Activities A.R. # 3 Floor Hockey		
WEEK #10 3/19 – 3/23 End of 3 rd qtr.	R.V.c.1 R.II.c2	1. Game Play 2. Floor Hockey Written Assessment 3. Fitness Development 4. Classroom	1. Complete Tournament 2. Fitness Activities 3. Worksheets for Personal Fitness 4. ACT Prep Q # 2	1. Written Test on Floor Hockey	
Week 11 Spring Break WEEK #12 4/2 – 4/6 No school on 4/6		1. Intro Lacrosse 2. Fitness Development	1. Cover Lacrosse Skills: Grip, Running, Catching, Throwing, Dodging, Scooping, & Shooting 2. Fitness Activities A.R. # 4 Lacrosse		
WEEK #13 4/9 – 4/13 Bus Evac. PLC	R.I.b.1	1. Lacrosse Study Guide 2. Game Play 3. Fitness Development 4. Written Assessment	1. Cover Rules & Strategies 2. Team Play 3. Fitness Activities Ticket: Lacrosse	1. Lacrosse Written Test	



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WEEK #14 4/16 – 4/20	R.II.c2 R.I.b.1	1. Fitness Assessment 2. Classroom	1. Gather info for Fitness Testing – Height, Weight, etc. 2. Worksheets for Personal Fitness	1. Fitness Tests - Mile Run - Curl Ups - Push Ups - Sit & Reach - Shuttle Run	
WEEK #15 4/23 – 4/27	R.I.b.1	1. Complete Fitness Testing 2. Intro Ultimate Frisbee 3. Fitness Development 4. Ultimate Frisbee Study Guide	1. Ultimate Frisbee Skills: Throwing & Catching 2. Ultimate Frisbee Game Play w/ Rules & Strategies 3. Fitness Activities ACT Prep Q # 3		
WEEK #16 4/30 – 5/4 PLC	R.II.c2 R.I.b.1	1. Game Play 2. Fitness Development 3. Classroom	1. Game Play Team Work 2. Fitness Activities 3. Worksheets Personal Fitness		
WEEK #17 5/7 – 5/11	R.II.c2 R.I.b.1	1. Game Play Ultimate Frisbee 2. Ultimate Frisbee Review 3. Fitness Development 4. Intro Softball Skills 5. Softball Study Guide	1. Team Play Ultimate Frisbee 2. Fitness Activities 3. Softball Drills: Catch, Throw, Fly Balls, Grounders, & Batting 4. Cover Softball Study Guide on Rules & Positions A.R. # 5 Ultimate Frisbee	1. Ultimate Frisbee Written Test	



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WEEK #18 5/14 – 5/18 PLC		1. Softball Game Play 2. Fitness Development	1. Game Play & Strategies 2. Fitness Activities A.R. # 6 Softball		
WEEK #19 5/21 – 5/25	W.II.c.2 W.III.d.1	1. Softball Game Play 2. Fitness Development 3. Year End Wrap Up 4. Final Review Packets	1. Complete Game Play 2. Fitness Activities 3. Lock Collection 4. Return Final Review Material ACT Prep Q # 4	1. Softball Written Test	
WEEK #20 5/28 – 5/31 No school on 5/28 Final exams	R.II.c2 R.I.b.1 W.II.c.2 W.III.d.1	1. Final Exam Review	1. Review All Units Covered this Semester	1. Final Exam	