



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 2

Department: **Physical Education**

Course: **7211 - Team Sports** Instructor: **R. Howatt**

*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)
<b>WEEK #1</b> 1/17 – 1/21 No school: 1/17	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		
<b>WEEK #2</b> 1/24 – 1/28 PLC day: 1/28	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		
<b>WEEK #3</b> 1/31 – 2/4		1. Basketball Game Play 2. Fitness Activities	1. Work on offensive & defensive strategies 2. Cardio, muscle strength, endurance, & flexibility		



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<b>WEEK #4</b> 2/7 – 2/11 PLC day: 2/11	R.II.c2 R.I.b.1	<ol style="list-style-type: none"> <li>1. Study Guide Review</li> <li>2. Game Play</li> <li>3. Fitness Activities</li> <li>4. Intro to Team Handball</li> <li>5. Classroom</li> </ol>	<ol style="list-style-type: none"> <li>1. Review for test on Basketball</li> <li>2. Game Play</li> <li>3. Team Handball Skill Drills</li> <li>4. Fitness – Cardio, Strength, Endurance, &amp; Flexibility</li> <li>5. Complete Personal Fitness worksheets</li> </ol>	<ol style="list-style-type: none"> <li>1. Written test on Basketball</li> </ol>	
<b>WEEK #5</b> 2/14 – 2/18		<ol style="list-style-type: none"> <li>1. Team Handball Skill Work</li> <li>2. Fitness Activities</li> <li>3. Game Play</li> </ol>	<ol style="list-style-type: none"> <li>1. Passing &amp; Dribbling Drills</li> <li>2. Cardio, Strength, Endurance, &amp; Flexibility Activities</li> <li>3. Form Teams &amp; Start Game Play</li> </ol>		
<b>WEEK #6</b> 2/21 – 2/25 No school: 2/21 PLC day: 2/25		<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Fitness Activities</li> </ol>	<ol style="list-style-type: none"> <li>1. work on offensive &amp; Defensive Strategies</li> <li>2. Cardio, Strength, Endurance, &amp; Flexibility</li> </ol>		
<b>WEEK #7</b> 2/28 – 3/4	W.II.c.2 R.I.b.1	<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Fitness Activities</li> <li>3. Written Assessment</li> </ol>	<ol style="list-style-type: none"> <li>1. Game Play – Complete Tournament</li> <li>2. Cardio, Strength, Endurance, &amp; Flexibility</li> </ol>	<ol style="list-style-type: none"> <li>1. Written Test on Team Handball</li> </ol>	



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<b>WEEK #8</b> 3/7 – 3/11 No School: 3/7 & 3/8	R.II.c2 R.I.b.1	<ol style="list-style-type: none"> <li>1. Intro Floor Hockey Skills</li> <li>2. Fitness Development</li> <li>3. Start Study Guide for Floor Hockey</li> <li>4. Classroom</li> </ol>	<ol style="list-style-type: none"> <li>1. Drills for – Stick Handling, Passing, Shooting, Triple Threat, Defensive Strategies</li> <li>2. Cover Above Topics on SG</li> <li>3. Fitness Activities</li> <li>4. Worksheets for Personal Fitness</li> </ol>		
<b>WEEK #9</b> 3/14 – 3/18 PLC day: 3/18		<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Study Guide – Offensive Strategies</li> <li>3. Fitness Development</li> </ol>	<ol style="list-style-type: none"> <li>1. Game Play Tournament</li> <li>2. Complete Study Guide Review</li> <li>3. Fitness Activities</li> </ol>		
<b>WEEK #10</b> 3/21 – 3/25 End of 1 <sup>st</sup> Quarter: 3/25	R.V.c.1 R.II.c2	<ol style="list-style-type: none"> <li>1. Game Play</li> <li>2. Floor Hockey Written Assessment</li> <li>3. Fitness Development</li> <li>4. Classroom</li> </ol>	<ol style="list-style-type: none"> <li>1. Complete Tournament</li> <li>2. Fitness Activities</li> <li>3. Worksheets for Personal Fitness</li> </ol>	1. Written Test on Floor Hockey	
<b>WEEK #11</b> 4/4 – 4/8		<ol style="list-style-type: none"> <li>1. Intro Lacrosse</li> <li>2. Fitness Development</li> </ol>	<ol style="list-style-type: none"> <li>1. Cover Lacrosse Skills: Grip, Running, Catching, Throwing, Dodging, Scooping, &amp; Shooting</li> <li>2. Fitness Activities</li> </ol>		
<b>WEEK #12</b> 4/11 – 4/15 PLC day: 4/15	R.I.b.1	<ol style="list-style-type: none"> <li>1. Lacrosse Study Guide</li> <li>2. Game Play</li> <li>3. Fitness Development</li> <li>4. Written Assessment</li> </ol>	<ol style="list-style-type: none"> <li>1. Cover Rules &amp; Strategies</li> <li>2. Team Play</li> <li>3. Fitness Activities</li> </ol>	1. Lacrosse Written Test	



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<b>WEEK #13</b> 4/18- 4/22 No school: 4/22	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	
<b>WEEK #14</b> 4/25 – 4/29 PSAE: 4/27 & 4/28	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		
<b>WEEK #15</b> 5/2 – 5/6 PLC day: 5/6	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		
<b>WEEK #16</b> 5/9 – 5/13	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	1. Ultimate Frisbee Written Test	



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<b>WEEK #17</b> 5/16 – 5/20 PLC day: 5/20		1. Softball Game Play 2. Fitness Development	1. Game Play & Strategies 2. Fitness Activities		
<b>WEEK #18</b> 5/23 – 5/27 Seniors' last day: 5/26	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	1. Softball Written Test	
<b>WEEK #19</b> 5/30 – 6/3 No school: 5/30 Final Exams: 5/31 – 6/2 Marking Day: 6/3	R.II.c.2 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	