



HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 2 '11 – '12

Department: Physical Education

Course: Leaders in Training

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	R.I.b.1	Intro: Ice Skating Safety Ice Arena policies/procedures Lacing/Tightening/Edges Basic Skating Falling, 2 & 1 ft. Glide, Dip	Practice Skills	Visual – practice Participation Points	H-F Ice Arena
WEEK #2 1/23 – 1/27 PLC day: 1/27	R.I.b.1	Review Prev. Skills Forward and Backward Swizzles, Back Wiggle, Forward Stroking, Stops	Practice Skills Skill Activities/Games: ex: Follow the leader	Visual- Practice Participation Points	H-F Ice Arena
WEEK #3 1/30 – 2/3	M.I.b.2 M.III.b.2	Review All Skills Skills: T-Push/Stop, Turns, Cross-Overs, Jumps Skill Test Review	Practice Skills Skill Activities/Games: ex: Tag	Visual- Practice Participation Points	H-F Ice Arena
WEEK #4 2/6 – 2/10	M.I.b.2	Skill Testing	Testing	Skill Test-checklist Participation Points	H-F Ice Arena



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PLC day: 2/10	M.III.b.2				
WEEK #5 2/13 – 2/17	R.I.b.1	Skill Instruction	Group Project Presentations over skills learned	Observation/Critique of presentation	Ice Rink
WEEK #6 2/20 – 2/24 No school: 2/20 PLC day: 2/24	R.V.c.1 R.II.c2	Intro CPR Emergency Situations First Responder CCC	Lecture, Video, hands on practice, and small group/roll play	Observation of first responder and CCC	Fieldhouse
WEEK #7 2/27 – 3/2	M.I.b.2 M.III.b.2	Rescue Breathing Conscious victim Unconscious victim CPR	Lecture, Video, hands on practice, and small group/roll play	Observation of skills learned	Fieldhouse
WEEK #8 3/5 – 3/9 No School: 3/5 Institute Day 3/6	M.I.b.2 M.III.b.2	Checking Conscious Choking/Unconscious Choking Victim Adult CPR	Lecture, Video, hands on practice, and small group/roll play	Observation of skills learned	Fieldhouse
WEEK #9 3/12 – 3/16	M.I.b.2 R.I.b.1	Written and Manuel Test for CPR Unit	Testing	Written Exam- Manipulative Skill Test	Fieldhouse



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PLC day: 3/16	M.I.b.2				
WEEK #10 3/19 – 3/23 End of 3 rd Quarter: 3/23	R.V.c.1 R.II.c2	Written and Manuel Test for CPR Unit	Testing	Written Exam- Manipulative Skill Test	Fieldhouse
WEEK #11 4/2 – 4/6 No School: 4/6	M.I.b.2 R.I.b.1 M.I.b.2	Introduction to pool Rules, expectations, guidelines Review of basic swimming skills	Lecture, Demonstration, and Individual Skill Practice	Observation of skill work	Pool
WEEK #12 4/9 – 4/13 PLC day: 4/13	R.I.b.1	Introduction of how to perform; front crawl and backstroke	Lecture, Demonstration, and Individual Skill Practice	Observation of skill work	Pool
WEEK #13 4/16- 4/20	R.II.c2 R.I.b.1	Introduction of how to perform: breast stroke and side stroke	Lecture, Demonstration, and Individual Skill Practice	Observation of skill work	Pool
WEEK #14 4/23 – 4/27 PSAE: 4/24 & 4/25	M.I.b.2 R.I.b.1 M.I.b.2	Student Presentations	Student Demonstration of how to perform selected swimming skill	Checklist/Critique	Pool



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WEEK #15 4/30 – 5/4 PLC day: 5/4		Fitness Testing Week	Participation in Fitness Tests	Shuttle Run, Mile Run, Sit Ups, Push Ups, and Sit and Reach	Fieldhouse
WEEK #16 5/7 – 5/11	R.II.c2 R.I.b.1	Officiating: covering rules and signals for softball/basketball/volleyball Ultimate Frisbee/Badminton/Floor Hockey/Team Handball Depending on Weather	Lecture, Small sided games with guided practice	Checklist/Written Exam Individual Referee Assessment	Fieldhouse/North PE fields/Activity room/North gym
WEEK #17 5/14 – 5/18 PLC day: 5/18	R.II.c2 R.I.b.1	Officiating: covering rules and signals for softball/basketball/volleyball Ultimate Frisbee/Badminton/Floor Hockey/Team Handball Depending on Weather	Lecture, Small sided games with guided practice	Checklist Individual Referee Assessment	Fieldhouse/North PE fields/Activity room/North gym
WEEK #18 5/21 – 5/25 Seniors' last day: 5/24	R.II.c2 R.I.b.1	Officiating: covering rules and signals for softball/basketball/volleyball Ultimate Frisbee/Badminton/Floor Hockey/Team Handball Depending on Weather	Lecture, Small sided games with guided practice	Written Exam of sport rules	



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WEEK #19 5/28 – 6/1 No school: 5/28 Final Exams: 5/29 – 5/31 Marking Day: 6/1	R.I.b.1 W.II.c.2 W.III.d.1	Final Exam Review Final Exams			
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