

Semester 2 '11 –'12  
 Instructor(s): Howatt

Department: Physical Education

Course: **Adaptive 7601**

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 on 1/16	R.I.a.1 R.III.d.1 R.II.a.1	1. Initial interview with each student in regards to personal health issue; <i>"Why have you been placed in Adaptive?"</i>  2. PE department policies/procedures; lock and locker assignments (if applicable); PARQ.  3. Introduce personal daily warm ups to individual students needs.	1. Students inform me of their personal health condition/injury; I recommend a note from Physician explaining student's condition, indications, and contraindications.  2. Go over PE department policies/procedures; hand out locks and assign locker assignments;  Inquire whether student can change into PE	1. I need to determine if Adaptive program can fulfill needs of student per physician's requests.  2. Make sure students understand all department expectations; students may need to be informed on how to operate a combination lock; explain small and big	Adaptive/Cardio Room/  Weight Room/Campus  North Bldg.

		<p>4. Introduce aerobic machines.</p> <p>5. Initial interview with each student in regards to personal recreational interests.</p>	<p>uniform and/or if student can access locker room; hand out PARQ.</p> <p>3. Demo of all warm up exercises;</p> <p>4. Demo correct use of all aerobic machines.</p> <p>5. Students discuss games and/or recreational activities they may have or do at home that they would like to do here at school.</p>	<p>lockers; identify locker room site;</p> <p>3. Students need to perform all exercises correctly;</p> <p>4. Students need to perform on machines correctly;</p> <p>5. I need to determine if personal interests are both accessible and will improve fitness skills.</p>	
<p>WEE K #2</p> <p>1/23 - 1/27</p> <p>PLC</p>	M.I.b.1	<p>1. Introduce speed walking outside (usually around building); introduce “Country Mile”;</p> <p>2. Introduce <i>Circuit Training</i> in Weight Room.</p> <p>Design a personal program according to each individual’s needed.</p>	<p>1. Speed walking may include walking with d’bells, dribbling a basketball, or a timed walk.</p> <p>2. Students will document each daily workout with a daily log sheet. Sheet shows date, name of exercise, amount of weight used, and amount of repetitions used.</p>	<p>1. Objective is to walk at a fast pace; students need to perform exercise with correct technique; stopwatch to see if walk is within required limits.</p> <p>2. Informal assessment of students’ daily log.</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg.</p>
<p>WEE K #3</p>	M.I.f.1	<p>1. Daily thorough warm up</p>	<p>1. Teacher demonstrates warm ups,</p>	<p>1. Teacher observes correct</p>	<p>Adaptive/Cardio Room/</p>

<p>1/30 - 2/3</p>		<p>Prepare for Fitness Testing</p> <p>2. Weekly calorie expectations (usually 300).</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Introduce indoor games:  (Fussball, ping pong, bean bag toss, billiards, air hockey, bocce ball, various sports skills)</p>	<p>students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Weight Room/Campus  North Bldg.</p>
<p>WEE K #4  2/6 - 2/10 PLC</p>	<p>M.I.d.1</p>	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few</p>	<p>Adaptive/Cardio Room/  Weight Room/Campus  North Bldg.</p>

		<p>Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEE K #5</p> <p>2/13 - 2/17</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg.</p>

		games	calories obtained; 3. Students perform weight training exercises in a Circuit Training mode 4. Students perform their own personal physical therapy prescribed by their physician or therapist. 5. Weather permitting and/or to combat monotony, students can chose to play indoor games;	techniques; observes calorie log; 3. Teacher observes correct and safe technique; 4. Teacher makes sure students are doing what was prescribed; 5. All students must be busy with games.	
WEE K #6 2/20 - 2.24 No school on 2/20 PLC	M.I.d.1	1. Daily thorough warm up  Prepare for Fitness Testing 2. Weekly expectations (increased to 400) 3. Circuit Training 4. Time for personal Rx 5. Speed walking/Indoor games	1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April; 2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained; 3. Students perform weight training exercises in a Circuit	1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months; 2. Teacher observes correct technique and safety techniques; observes calorie log; 3. Teacher observes	Adaptive/Cardio Room/  Weight Room/Campus  North Bldg.

			<p>Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEE K #7</p> <p>2/27 - 3/2</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg.</p>

			<p>their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEE K #8</p> <p>3/5 - 3/9</p> <p>No school on 3/5</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations (increased to 500)</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony,</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Adaptive/Cardio Room/</p> <p>Weight Room/Campus</p> <p>North Bldg.</p>

			students can chose to play indoor games;		
WEE K #9 3/12 - 3/16 PLC	M.I.d.1	<p>1. Daily thorough warm up</p> <p>Prepare for Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
WEE K #10 3/19 -	M.I.d.1	<p>1. Daily thorough warm up</p> <p>Prepare for</p>	<p>1. Teacher demonstrates warm ups, students perform</p>	<p>1. Teacher observes correct technique;</p>	<p>Adaptive/Cardio Room/ Weight</p>

<p>3/23 End of 3rd qtr.</p>		<p>Fitness Testing</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Room/Campus</p> <p>North Bldg.</p>
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WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #11 Spring Break  Week #12 4/2 - 4/6 No school on 4/6	E.I.c.1	Lecture: Fitness, Nutrition, Basic Health Issues	Students will take notes and receive a textbook.  Students are informed this lecture will be on their final exam.	Informal assessment on adequate note taking.	E1
WEEK #13  4/9 - 4/13 Bus evac. PLC	M.I.d.1	1. Daily thorough warm up  Prepare for Fitness Testing  2. Weekly expectations  3. Circuit Training	1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;	1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;  2. Teacher	Adaptive/Cardio Room/  Weight Room/Campus  North Bldg.

		<p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	<p>observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	
<p>WEE K #14</p> <p>4/16 - 4/20</p>	M.I.d.1	<p><b>Fitness Testing Week</b></p> <p>1. Daily thorough warm up</p>	<p>Fitness Testing: time pending, students perform one to two test per day;</p>	<p>Assessment: Fitness Testing: push ups, timed curl ups, sit &amp; reach, mile run, shuttle run;</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg.</p>

			1. Warm up relates to test that day.		
WEEK #15 4/23 - 4/27 PSAE on 4/24 & 25	M.I.d.1	<p><b>Complete Fitness Testing</b></p> <p><b>Bus Evacuation Drills</b></p> <p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>If absent last week, student can make up Fitness Tests;</p> <p>Participate in state mandated Bus Evacuation Drills; listen and understand procedures;</p> <p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal</p>	<p>Document scores for Fitness Testing;</p> <p>Teacher personal evaluation of how Bus Evacuation Drills went.</p> <p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg.</p>

			<p>physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>	with games.	
<p>WEE K #16</p> <p>4/30 - 5/4</p> <p>PLC</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg.</p>

			<p>their physician or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>		
<p>WEE K #17</p> <p>5/7 - 5/11</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg.</p>

			<p>or therapist.</p> <p>5. Weather permitting and/or to combat monotony, students can chose to play indoor games;</p>		
<p>WEE K #18</p> <p>5/14 - 5/18 PLC</p>	M.I.d.1	<p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg</p>

			5. Weather permitting and/or to combat monotony, students can chose to play indoor games;		
WEEK #18 5/21 - 5/25	M.I.d.1	<p>1. Daily thorough warm up</p> <p>2. Weekly expectations</p> <p>3. Circuit Training</p> <p>4. Time for personal Rx</p> <p>5. Speed walking/Indoor games</p>	<p>1. Teacher demonstrates warm ups, students perform warm ups; advise students of semester Fitness Test coming up in late April;</p> <p>2. Students choose an aerobic machine to satisfy calorie standards; students document daily calories obtained;</p> <p>3. Students perform weight training exercises in a Circuit Training mode</p> <p>4. Students perform their own personal physical therapy prescribed by their physician or therapist.</p> <p>5. Weather permitting</p>	<p>1. Teacher observes correct technique; students need to understand they are preparing for state fitness test in a few months;</p> <p>2. Teacher observes correct technique and safety techniques; observes calorie log;</p> <p>3. Teacher observes correct and safe technique;</p> <p>4. Teacher makes sure students are doing what was prescribed;</p> <p>5. All students must be busy with games.</p>	<p>Adaptive/Cardio Room/ Weight Room/Campus North Bldg.</p>

			and/or to combat monotony, students can chose to play indoor games;		
WEE K #20  5/28 - 5/31  No school 5/28	E.I.c.1  E.I.d.1	Monday; final exam review	Students review notes for Final Exam.	Teacher evaluates students' knowledge through informal questioning.	N328