

Spring 2020 Pace Guide for Apex HOPE- Segment Two

Start date ---> Monday, January 06, 2020

Target Finish Date--> Friday, May 15, 2020

Number of Assignments-->	41	
Assignment #	Assignment Due By Date	Assignment
1	01/06/2020	1-A - Custom: Welcome to HOPE semester two
2	01/07/2020	1-B - Custom: Video Review
3	01/08/2020	1.1.2 - Practice: Commitment Statement
4	01/09/2020	1.1.4 - Quiz: Online P.E.
5	01/24/2020	1.2.3 - Log: Fitness Log # 3
6	02/14/2020	1.2.4 - Log: Fitness Log # 4
7	03/06/2020	1.2.5 - Log: Fitness Log # 5
8	04/03/2020	1.2.6 - Log: Fitness Log # 6
9	04/24/2020	1.2.7 - Log: Fitness Log # 7
10	01/10/2020	1.3.4 - Quiz: Warm It Up, Cool It Down
11	01/22/2020	1.4.3 - Practice: Setting and Reaching Goals
12	01/22/2020	1.4.4 - Quiz: Setting Fitness Goals
13	01/27/2020	1.5.3 - Quiz: Career and Educational Options
14	01/31/2020	1.6.2 - Test (CST): P.E. Designed for Me
15	02/06/2020	2.1.4 - Quiz: Your Fitness Needs
16	02/11/2020	2.2.4 - Quiz: Safety Factors
17	02/18/2020	2.3.3 - Explore: Career Exploration
18	02/18/2020	2.3.4 - Quiz: Don't Hurt Yourself

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19	02/21/2020	2.4.5 - Quiz: Health Practices
20	02/27/2020	2.5.2 - Test (CST): Computer-Scored Test
21	03/03/2020	3.1.3 - Practice: Be Your Own Heart Rate Monitor
22	03/03/2020	3.1.4 - Quiz: Work Your Heart Out Quiz
23	03/09/2020	3.2.4 - Quiz: Join the Team Quiz
24	03/12/2020	3.3.4 - Quiz: Team Concepts Quiz
25	03/13/2020	3.4.5 - Quiz: Sportsmanship Quiz
26	03/23/2020	3.5-A - Custom: Chapter 3 Content Check
27	03/23/2020	3.5.2 - Test (CST): Great for the Heart
28	03/27/2020	4.1.4 - Quiz: Muscle Madness
29	04/01/2020	4.2.4 - Journal: Anaerobic for Life
30	04/01/2020	4.2.5 - Quiz: Time for Anaerobics
31	04/07/2020	4.3.4 - Quiz: Individual Sports
32	04/10/2020	4.4.4 - Quiz: Sports Downfalls
33	04/16/2020	4.5.2 - Test (CST): Fit as a Fiddle
34	04/21/2020	5.1.5 - Quiz: Outdoor Fitness Fun
35	04/27/2020	5.2.4 - Quiz: Have Fun and Be Careful
36	04/30/2020	5.3.3 - Explore: Find a Fit for You
37	04/30/2020	5.3.4 - Quiz: Adventure Activities
38	05/06/2020	5.4.3 - Quiz: Continued Athleticism

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