

Pace Guide for Course - PE 7/8

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

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

Number of Assignments-->	38		
Assignment #	Assignment Due By	Assignment	Percent Complete
1	Thursday, January 09, 2020	01.01 Getting Started	2.78%
2	Monday, January 13, 2020	01.02 Introduction to Physical Fitness	5.56%
3	Thursday, January 16, 2020	01.03 Safety First	8.33%
4	Monday, January 20, 2020	01.04 Warming Up and Cooling Down	11.11%
5	Thursday, January 23, 2020	01.05 Health-Related Components of Fitness	13.89%
6	Monday, January 27, 2020	01.06 Cardiovascular Activity	16.67%
7	Wednesday, January 29, 2020	01.07 Heart Rate and Exercise	19.44%
8	Monday, February 03, 2020	01.08 FITT Training Principles	22.22%
9	Wednesday, February 05, 2020	02.01 Do You Have Skills?	25.00%
10	Monday, February 10, 2020	02.02 Speed, Agility, and Reaction Time	27.78%
11	Wednesday, February 12, 2020	02.03 Balance and Coordination	30.56%
12	Monday, February 17, 2020	02.04 Power	33.33%
13	Wednesday, February 19, 2020	02.05 Body Mechanics	36.11%
14	Monday, February 24, 2020	02.06 Play by the Rules	38.89%
15	Wednesday, February 26, 2020	02.07 Aquatics	41.67%
16	Monday, March 02, 2020	02.08 Outdoor Pursuits	44.44%
17	Wednesday, March 04, 2020	03.01 Playing With Others	47.22%

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Assignment #	Assignment Due By	Assignment	Percent Complete
18	Monday, March 09, 2020	03.02 Be a Good Sport	50.00%
19	Wednesday, March 11, 2020	03.03 Dual Activities	52.78%
20	Monday, March 16, 2020	03.04 Alternative and Extreme Activities	55.56%
21	Tuesday, March 17, 2020		
22	Monday, March 23, 2020		
23	Tuesday, March 24, 2020	03.05 Team Sports	58.33%
24	Monday, March 30, 2020	03.06 Winning Strategies	61.11%
25	Tuesday, March 31, 2020	04.01 Fitness Opportunities	63.89%
26	Friday, April 03, 2020	04.02 Getting to Your Goals	66.67%
27	Tuesday, April 07, 2020	04.03 Peer Pressure	69.44%
28	Friday, April 10, 2020	04.04 Sportsmanship	72.22%
29	Tuesday, April 14, 2020	04.05 Diversity Through Sports	75.00%
30	Friday, April 17, 2020	04.06 Nutrition	77.78%
31	Tuesday, April 21, 2020	05.01 Health Risks	80.56%
32	Friday, April 24, 2020	05.02 Health Information, Products, and Services	83.33%
33	Monday, April 27, 2020	05.03 Making Healthy Decisions	86.11%
34	Friday, May 01, 2020	05.04 Enhancing One's Health	88.89%
35	Monday, May 04, 2020	05.05 Positive and Negative Health Influences from Family, Peers, and Culture	91.67%
36	Friday, May 08, 2020	05.06 Positive Health Choices	94.44%

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Assignment #	Assignment Due By	Assignment	Percent Complete
37	Monday, May 11, 2020	Final Exam	100.00%