



**HOPE Semester One  
Pace Chart  
Fall 2020**

<b>Week</b>	<b>Dates</b>	<b>Assignments</b>
1	08/31 – 09/04	01.01 Importance of Physical Activity 01.02 Safety
2	09/08 – 09/11	01.03 Fitness Assessments
3	09/14 – 09/18	01.04 Goals 01.05 Personal Wellness Planning
4	09/21 – 09/25	01.06 Cardiorespiratory Fitness 01.07 Training Principles
5	09/28 – 10/02	01.08 Health-Related Fitness
6	10/05 – 10/09	01.09 Module One Wellness Plan
7	10/12 – 10/16	01.10 Discussion-Based Assessment 02.01 Flexibility
8	10/19 – 10/23	02.02 Monitoring Activity 02.03 Peer Influence
9	10/26 – 10/30	02.04 Muscular Strength and Endurance
10	11/02 – 11/06	02.05 Training Expectations and the Media 02.06 Skill-Related Fitness
11	11/09 – 11/13	02.07 Good Eats
12	11/16 – 11/20	02.08 Module Two Wellness Plan

<b>13</b>	<b>11/23 – 11/24</b>	<b>03.01 Lifetime Fitness</b>
<b>14</b>	<b>11/30 – 12/04</b>	<b>03.02 Avoidance 03.03 Advertising</b>
<b>15</b>	<b>12/07 – 12/11</b>	<b>03.04 Happiness</b>
<b>16</b>	<b>12/14 – 12/18</b>	<b>03.05 Module Three Wellness Plan</b>
<b>17</b>	<b>01/04 – 01/08</b>	<b>03.06 Discussion-Based Assessment</b>
<b>18</b>	<b>01/10 – 01/15</b>	<b>3.07 Segment One Exam</b>