

## APEX HOPE Segment 2 Pace Chart

Assignment	Due Date
1.0.0-A Custom: 1-A Welcome Assignment	01/27/2021
1.0.0-B Custom: 1-B Welcome Video Assignment	01/28/2021
1.0.0-D Custom: 1-D Commitment Statement	01/28/2021
1.1.4 Quiz: Online P.E.	01/29/2021
1.3.4 Quiz: Warm It Up, Cool It Down	02/08/2021
1.4.4 Quiz: Setting Fitness Goals	02/12/2021
1.5.3 Quiz: Career and Educational Options	02/18/2021
1.6.2 Test (CST): P.E. Designed for Me	02/23/2021
1.6.2-A Custom: 1.6.2-A Fitness Log #1	02/22/2021
2.1.4 Quiz: Your Fitness Needs	02/26/2021
2.2.4 Quiz: Safety Factors	03/04/2021
2.3.4 Quiz: Don't Hurt Yourself	03/09/2021
2.4.5 Quiz: Health Practices	03/12/2021
2.5.2 Test (CST): Computer-Scored Test	03/13/2021
3.1.4 Quiz: Work Your Heart Out Quiz	03/23/2021
3.2.4 Quiz: Join the Team Quiz	03/26/2021
3.3.4 Quiz: Team Concepts Quiz	03/31/2021
3.4.5 Quiz: Sportsmanship Quiz	04/05/2021
3.5.2 Test (CST): Great for the Heart	04/08/2021
3.5.2-A Custom: 3.5.2-A Unit 1-3 Content Check	04/09/2021
3.5.2-B Custom: 3.5.2-B Fitness Log #2	04/12/2021
4.1.4 Quiz: Muscle Madness	04/14/2021
4.2.5 Quiz: Time for Anaerobics	04/19/2021
4.3.4 Quiz: Individual Sports	04/22/2021
4.4.4 Quiz: Sports Downfalls	04/27/2021
4.5.2 Test (CST): Fit as a Fiddle	05/03/2021
5.1.5 Quiz: Outdoor Fitness Fun	05/06/2021
5.2.4 Quiz: Have Fun and Be Careful	05/11/2021
5.3.4 Quiz: Adventure Activities	05/12/2021
5.4.3 Quiz: Continued Athleticism	05/13/2021
5.5.2 Test (CST): Fitness Adventure	05/17/2021
5.5.2-A Custom: 5.5.2-A Unit 3-5 Content Check	05/19/2021
5.5.2-B Custom: 5.5.2-B Fitness Log #3	05/21/2021
6.1.2 Exam: Semester Exam	05/28/2021