

M/J Comprehensive Grade 8 PE PACE CHART

Mrs. Lipovetsky's classroom

Week	Dates	Assignments
1	Jan 26 – Jan 29, 2021	1.01 Getting Started 1.02 Introduction to Physical Fitness
2	Feb 1 – Feb 5, 2021	1.03 Safety First 1.04 Warming Up and Cooling Down 1.05 Health-Related Components of Fitness
3	Feb 8 – Feb 12, 2021	1.06 Cardiovascular Activity 1.07 Heart Rate and Exercise
4	Feb 15 – Feb 19, 2021	1.08 FITT Training Principles 2.01 Do you have skills?
5	Feb 22 – 26, 2021	2.02 Speed, Agility, and Reaction Time 2.03 Balance and Coordination
6	Mar 1 – Mar 5, 2021	2.04 Power 2.05 Body Mechanics
7	Mar 8 – Mar 12, 2021	2.06 Play by the Rules 2.07 Aquatics
8	Mar 15 – Mar 16, 2021	2.08 Outdoor Pursuits
9	Mar 22 – Mar 26, 2021	3.01 Playing with Others 3.02 Be a Good Sport 3.03 Dual Activities
10	Mar 29 – April 2, 2021	3.04 Alternative and Extreme Activities 3.05 Team Sports
11	April 5 – April 9, 2021	3.06 Winning Strategies 4.01 Fitness Opportunities
12	April 12 – April 16, 2021	4.02 Getting to Your Goals 4.03 Peer Pressure
13	April 19 – April 23, 2021	4.04 Sportsmanship 4.05 Diversity Through Sports
14	April 26 – April 30, 2021	4.06 Nutrition 5.01 Health Risks
15	May 3 – May 7, 2021	5.02 Health Information, Products, and Services 5.03 Making Healthy Decisions
16	May 10 – May 14, 2021	5.04 Enhancing One's Health
17	May 17 – May 21, 2021	5.05 Positive and Negative Health Influences from Family, Peers, and Culture
18	May 24 – May 28, 2021	5.06 Positive Health Choices