

Pace Guide for PE 6 - Semester 2

Start date ---> Tuesday, January 26, 2021

Target Finish Date--> Friday, May 28, 2021

Number of Assignments-->	38		
Assignment #	Assignment Due By	Assignment	Percent Complete
1	Friday, January 29, 2021	01.01 Getting Started	2.86%
2	Monday, February 01, 2021	01.02 Introduction to Physical Fitness	5.71%
3	Thursday, February 04, 2021	01.03 Safety First	8.57%
4	Monday, February 08, 2021	01.04 Warming Up and Cooling Down	11.43%
5	Thursday, February 11, 2021	01.05 Health-Related Components of Fitness	14.29%
6	Monday, February 15, 2021	1.06 Heart Health	17.14%
7	Wednesday, February 17, 2021	02.01 Body Composition and Health	20.00%
8	Monday, February 22, 2021	02.02 Measuring Body Composition/Cardiovascular Fitness	22.86%
9	Tuesday, February 23, 2021	02.03 Maintaining Body Composition	25.71%
10	Monday, March 01, 2021	02.04 ActivityCardiovascular	28.57%
11	Tuesday, March 02, 2021	02.05 Heart Rate and Activity	31.43%
12	Friday, March 05, 2021	02.06 Cardio Training and 2.06 DBA	34.29%
13	Monday, March 08, 2021	03.01 Healthy Muscles, Bones, and Joints	37.14%
14	Thursday, March 11, 2021	03.02 Measuring Flexibility and Muscular Fitness	40.00%
15	Monday, March 15, 2021	03.03 Maintaining Flexibility	42.86%

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16	Tuesday, March 16, 2021	03.04 Maintaining Healthy Muscles and Bones	45.71%
17	Monday, March 22, 2021	03.05 Equipment	48.57%
18	Wednesday, March 24, 2021	03.06 Training Principles	51.43%
19	Monday, March 29, 2021	04.01 Fitness Opportunities	54.29%
20	Wednesday, March 31, 2021	04.02 Getting to Your Goals	57.14%
21	Monday, April 05, 2021	04.03 Peer Pressure	60.00%
22	Tuesday, April 06, 2021	04.04 Sportsmanship	62.86%
23	Friday, April 09, 2021	04.05 Diversity Through Sports	60.00%
24	Tuesday, April 13, 2021	04.06 Activities Around the World	62.86%
25	Wednesday, April 14, 2021	04.06 Module 4 Activity Log	64.10%
26	Thursday, April 22, 2021	04.06 Discussion Based Assessment	66.00%
27	Monday, April 19, 2021	05.01 Health Risks	77.14%
28	Monday, April 19, 2021	05.02 Health Information, Products, and Services	80.00%
29	Thursday, April 29, 2021	05.03 Making Healthy Decisions	82.86%
30	Thursday, April 22, 2021	05.04 Enhancing One's Health	77.14%
31	Tuesday, April 27, 2021	05.05 Positive and Negative Health Influences	85.00%

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32

Monday, May 10, 2021

05.06 Positive Health Choices

88.00%

33

Monday, May 10, 2021

05.06 Discussion Based Assessment

91.43%

34

Monday, May 17, 2021

Segment Exam

100.00%

35

Floating Week

Work if not 100% complete

36

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Completion Deadline

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