



**PE 6/7 Pace Chart  
Segment 1  
Fall 2021**

<b>Week</b>	<b>Dates</b>	<b>Assignments</b>
1	08/16 – 08/20	01.01 Getting Started 01.02 Introduction to Physical Fitness 01.03 Safety First
2	08/23 – 08/27	01.04 Warming Up and Cooling Down 01.05 Health-Related Components of Fitness
3	08/30 – 09/03	01.06 Cardiovascular Activity 01.07 Heart Rate and Exercise 01.08 FITT Training Principles
4	09/6 – 09/10 No School Mon., Sept. 6 <sup>th</sup> Labor Day	02.01 Do You Have Skills? 02.02 Speed, Agility, and Reaction time 02.03 Balance and Coordination
5	09/13 – 09/17	02.04 Power 02.05 Body Mechanics 02.06 Music and Movement
6	09/20 – 09/24	02.07 Movement and Etiquette 02.08 Choreography and Improvisation 02.08 Discussion Based Assessment (DBA)
7	09/27 – 10/01	03.01 Playing with Others 03.02 Be a Good Sport
8	10/4 – 10/08	03.03 Individual and Dual Activities 03.04 Group Rhythmic Activities
9	10/11 – 10/15	03.05 Team Sports 03.06 Winning Strategies Collaboration Project
10	10/18 – 10/22 No School Mon., Oct. 18 <sup>th</sup> Teacher Plan Day	04.01 Fitness Opportunities 04.02 Getting to Your Goals
11	10/25 – 10/29	04.03 Peer Pressure 04.04 Sportsmanship
12	11/01 – 11/05	04.05 Diversity Through Sports 04.06 Nutrition 04.06 Discussion Bases Assessment (DBA)

13	11/08 – 11/12 No School Thurs., Nov. 11 <sup>th</sup> Veterans Day	05.01 Health Risks 05.02 Health Information, Products, and Services
14	11/15 – 11/19	05.03 Making Healthy Decisions 05.04 Enhancing One's Health
15	11/22 – 11/26 No School Wed., Nov. 24 – Fri., Nov. 26 Thanksgiving Break	No Assignments Due
16	11/29 – 12/03	05.05 Positive and Negative Health Influences from Family, Peers, and Culture 05.06 Promote Positive Health Choices 05.06 Discussion Based Assessment (DBA)
17	12/06 – 12/10	Floating Week – submit any remaining assignments
18	12/13 – 12/15	Complete semester exam <i>All work must be completed by December 15<sup>th</sup>, including the segment exam.</i>