



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

Week	Dates	Assignments
1	08/16 – 08/20	01.01 Getting Started 01.02 Introduction to Physical Fitness
2	08/23 – 08/27	01.03 Safety First 01.04 Warming Up and Cooling Down
3	08/30 – 09/03	01.05 Health-Related Components of Fitness 01.06 Heart Health
4	09/6 – 09/10 No School Mon., Sept. 6 th Labor Day	02.01 Body Composition and Health 02.02 Measuring Body Composition and Cardiovascular Fitness
5	09/13 – 09/17	02.03 Maintaining Body Composition 02.04 Cardiovascular Activity
6	09/20 – 09/24	02.05 Heart Rate and Activity 02.06 Cardiovascular Training Principles 02.08 Discussion Based Assessment (DBA)
7	09/27 – 10/01	03.01 Healthy Muscles, Bones, and Joints 03.02 Measuring Flexibility and Muscular Fitness
8	10/4 – 10/08	03.03 Maintaining Flexibility 03.04 Maintaining Healthy Muscles and Bones
9	10/11 – 10/15	03.05 Equipment 03.06 Training Principles
10	10/18 – 10/22 No School Mon., Oct. 18 th 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 Activities Around the World 04.06 Discussion Bases Assessment (DBA)

13	11/08 – 11/12 No School Thurs., Nov. 11 th 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	Assignments Due – Submit any late assignments
16	11/29 – 12/03	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 15th, including the segment exam.</i>