



**M/J Comprehensive PE Grade 8 Pace Chart
Segment 1
Fall 2021**

Week	Dates	Assignments
1	08/16 – 08/20	1.01 Getting Started 1.02 Intro to Physical Fitness
2	08/23 – 08/27	1.03 Safety First 1.04 Warming Up and Cooling Down
3	08/30 – 09/03	1.05 Heat-Related Components of Fitness 1.06 Cardiovascular Activity 1.07 Heart Rate and Exercise
4	09/6 – 09/10 No School Mon., Sept. 6 th Labor Day	1.08 FITT Training Principles 2.01 Do You Have Skills? 2.02 Speed, Agility, and Reaction Time
5	09/13 – 09/17	2.03 Balance and Coordination 2.04 Power
6	09/20 – 09/24	2.05 Body Mechanics 2.06 Play by the Rules
7	09/27 – 10/01	2.07 Aquatics 2.08 Outdoor Pursuits
8	10/4 – 10/08	3.01 Playing with Others 3.02 Be A Good Sport
9	10/11 – 10/15	3.03 Dual Activities 3.04 Alternative and Extreme Activities
10	10/18 – 10/22 No School Mon., Oct. 18 th Teacher Plan Day	3.05 Team Sports
11	10/25 – 10/29	3.06 Winning Strategies 4.01 Fitness Opportunities

12	11/01 – 11/05	4.02 Getting to Your Goals
13	11/08 – 11/12 No School Thurs., Nov. 11 th Veterans Day	4.03 Peer Pressure 4.04 Sportsmanship
14	11/15 – 11/19	4.05 Diversity Through Sports 4.06 Nutrition 5.01 Health Risks
15	11/22 – 11/26 No School Wed., Nov. 24 – Fri., Nov. 26 Thanksgiving Break	CATCH UP WEEK!
16	11/29 – 12/03	5.02 Health Information, Products, and Services 5.03 Making Healthy Decisions
17	12/06 – 12/10	5.04 Enhancing One's Health 5.05 Positive and Negative Health Influences 5.06 Positive Health Choices
18	12/13 – 12/15	Complete semester exam <i>All work must be completed by December 15th, including the segment exam.</i>

Contact Mrs. Lipovetsky: 904-217-5316 or amy.lipovetsky@stjohns.k12.fl.us

Need General SJVS Help?

Contact Mr. Lee, SJVS Assistant Principal, at 904-547-8088 with any concerns.

Help Desk 24/7 at (866) 322-8324

Mrs. Lipovetsky's Weekly Schedule	Weekly Zoom DBA	Weekly Office Hours (schedule by appointment)
Monday	No DBAs	Office calls as needed
Tuesday	Zoom: 9:30AM	Office Hours: 9:00AM – 10:00AM 12:00PM – 3:00PM
Wednesday	Zoom: 3:30PM	Office Hours: 11:00AM – 1:00PM 6:00PM – 8:00PM
Thursday		Office Hours: 12:00PM – 3:00PM
Friday	Zoom: 9:30AM	Office calls as needed

[Click here for the Zoom Classroom link](#)

To schedule a time during Office Hours, <https://tinyurl.com/4y5xjs4e>

****Any changes to Zoom DBAs or Office Hours will be updated on the landing page****