



## HOPE Pace Chart Segment 1 Fall 2021

Week	Dates	Assignments
1	08/16 – 08/20	1.01 Importance of Physical Activity
2	08/23 – 08/27	1.01 Importance of Physical Activity cont. 1.02 Safety
3	08/30 – 09/03	1.03 Fitness Assessments
4	09/6 – 09/10 No School Mon., Sept. 6 <sup>th</sup> Labor Day	1.04 Goals 1.05 Personal Wellness Planning
5	09/13 – 09/17	1.05 Personal Wellness Planning 1.06 Training Principles
6	09/20 – 09/24	1.07 Training Principles 1.08 Health-Related Fitness
7	09/27 – 10/01	1.09 Module One Wellness Plan
8	10/4 – 10/08	1.09 Discussion Based Assessment
9	10/11 – 10/15	2.01 Flexibility
10	10/18 – 10/22 No School Mon., Oct. 18 <sup>th</sup> Teacher Plan Day	2.01 Flexibility 2.02 Monitoring Activity 2.03 Peer Influence
11	10/25 – 10/29	2.03 Peer Influence 2.04 Muscular Strength and Endurance
12	11/01 – 11/05	2.05 Training Expectations and the Media 2.06 Skill-Related Fitness 2.07 Good Eats

13	11/08 – 11/12 No School Thurs., Nov. 11 <sup>th</sup> Veterans Day	2.07 Good Eats 2.08 Module Two Wellness Plan
14	11/15 – 11/19	3.01 Lifetime Fitness
15	11/22 – 11/26 No School Wed., Nov. 24 – Fri., Nov. 26 Thanksgiving Break	Catch Up Week!
16	11/29 – 12/03	3.02 Avoidance 3.03 Advertising 3.04 Happiness
17	12/06 – 12/10 All WORK must be completed by December 15, including the semester exam	3.05 Module Three Wellness Plan 3.06 Discussion Based Assessment
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>

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\*\***