



M/J Fitness Grade 6 Pace Chart Spring 2022

Week	Dates	Assignments
1	01/10- 01/14	*Welcome Assignment Submit to Enrichment Assessment
2	01/17- 01/21 1/17 – MLK Holiday No school	01.01 Getting Started 01.02 Introduction to Physical Fitness
3	01/24 -01/28	01.03 Safety First 01.04 Warming Up and Cooling Down
4	01/31- 02/04	01.05 Health-Related Components of Fitness 01.06 Heart Health
5	02/7- 02/11 2/7 – Teacher Inservice Day No School	02.01 Body Composition and Health 02.02 Measuring Body Composition and Cardiovascular Fitness
6	02/14 – 02/18	02.03 Maintaining Body Composition 02.04 Cardiovascular Activity
7	02/21 – 02/25 2/21 – Presidents' Day No School	02.05 Heart Rate and Activity 02.06 Cardiovascular Training Principles
8	02/28- 03/04	03.01 Healthy Muscles, Bones, and Joints 03.02 Measuring Flexibility and Muscular Fitness
9	03/07- 03/11 3/11 – Teacher Planning Day No School	03.03 Maintaining Flexibility 03.04 Maintaining Healthy Muscles and Bones
	03/14- 03/18 Spring Break	<input type="checkbox"/> SPRING BREAK <input type="checkbox"/> No new assignments due. Submit late work or resubmit failing assignments.
10	03/21- 03/25	03.05 Equipment 03.06 Training Principles

11	03/28 – 04/01	
12	04/04 – 04/08	04.01 Fitness Opportunities 04.02 Getting to Your Goals
13	04/11- 04/15 4/15 – Holiday No School	04.03 Peer Pressure 04.04 Sportsmanship
14	04/18- 04/22 4/18 – Holiday No School	04.05 Diversity Through Sports 04.06 Activities Around the World
15	04/25 – 04/29	05.01 Health Risks 05.02 Health Information, Products, and Services
16	05/02- 05/06	05.03 Making Healthy Decisions 05.04 Enhancing One’s Health
17	05/09- 05/13	05.05 Positive and Negative Health Influences from Family, Peers, and Culture 05.06 Promote Positive Health Choices
18	05/16-05/20	Final Exam