



**M/J Comp. Physical Ed. Grade 6/7  
Pace Chart  
Spring 2022**

Week	Dates	Assignments
1	01/10- 01/14	*Welcome Assignment Submit to Enrichment Assessment 01.01 Getting Started
2	01/17- 01/21 1/17 – MLK Holiday No school	01.02 Introduction to Physical Fitness  01.03 Safety First
3	01/24 -01/28	01.04 Warming up and Cooling Down  01.05 Health Related Components of Fitness  01.06 Cardiovascular Activity
4	01/31- 02/04	01.07 Heart Rate and Exercise 01.08 FITT Training Skills?
5	02/7- 02/11 2/7 – Teacher Inservice Day No School	02.01 Do you have Skills? 02.02 Speed, Agility and Reaction time
6	02/14 – 02/18	02.03 Balance and Coordination 02.04 Power
7	02/21 – 02/25 2/21 – Presidents' Day No School	02.05 Body Mechanics  02.06 Music and Movement
8	02/28- 03/04	02.07 Movement and Etiquette  02.08 Choreography and Improvisation
9	03/07- 03/11 3/11 – Teacher Planning Day No School	03.01 Playing with Others 03.02 Be a Good Sport
	03/14- 03/18 Spring Break	☐ SPRING BREAK ☐ No new assignments due. Submit late work or resubmit failing assignments.

10	03/21- 03/25	03.03 Individual and Dual Activities 03.04 Group Rhythmic Activities
11	03/28 – 04/01	03.05 Team Sports  03.06 Winning Strategies
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 Nutrition
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