



**M/J Physical Education 7th grade
Semester Two Pace Chart
Spring 2022**

Week	Dates	Assignments
1	01/10- 01/14	1.02 My Fitness 1.03 Safety First
2	01/17- 01/21 1/17 – MLK Holiday No School	1.04 Warming Up and Cooling Down 1.05 Health-Related Components of Fitness
3	01/24 -01/28	1.06 Cardiovascular Activity 1.08 Module Activity Log
4	01/31- 02/04	2.03 Show & Explain Skill-Related Fitness
5	02/07- 02/11 2/7 – Teacher Inservice Day No School	2.04 Skill Test
6	02/14 – 02/18	2.05 Body Mechanics 2.08 Module Activity Log
7	02/21 – 02/25 2/21 – Presidents’ Day No School	2.08 Choreograph Your Own Dance Project 2.08 DBA
8	02/28- 03/04	3.01 Playing with other’s President’s Challenge
9	03/07- 03/11 3/11 – Teacher Planning Day No School	3.04 Rhythmic Choreography 3.06 Module Activity Log
xx	03/14- 03/18 Spring Break	SPRING BREAK!
10	03/21- 03/25	4.02 Getting to Your Goals
11	03/28 – 04/01	4.04 Sportsmanship
12	04/04 – 04/08	4.06 Module Activity Log
13	04/11- 04/15 4/15 – Holiday No School	4.06 Calorie Tracking Worksheet
14	04/18- 04/22 4/18 – Holiday No School	4.06 Discussion Based Assessment
15	04/25 – 04/29	No assignments, catch up week
16	05/02- 05/06	5.02 Project Milestone
17	05/09- 05/13	5.06 Health Project 5.06 Discussion Based Assessment DBA
18	05/16-05/20	COMPLETE FINAL EXAM All work must be completed by May 20th!