



HOPE
Semester 1 Pace Chart
Fall 2022
Live Lesson Times - 12:30PM

Week	Dates	Assignments
1	08/10 – 08/12	<ul style="list-style-type: none"> o Welcome Call via Zoom or phone o No Live Lesson
2	08/15 – 08/19	1.01 Importance of Physical Activity
3	08/22 – 08/26	1.02 Safety
4	08/29 – 09/02	1.03 Fitness Assessments
5	09/05 – 09/09 09/05 No School – Labor Day	1.04 Goals
6	09/12 – 09/16	1.05 Personal Wellness Planning 1.06 Cardiorespiratory Fitness
7	09/19 – 09/23	1.07 Training Principles
8	09/26 – 09/30	1.08 Health-Related Fitness
9	10/03 – 10/07	1.09 Module 1 Wellness Plan No Live Lesson
	10/10 – 10/14	1.10 Discussion Based Assessment Join the live lesson for Module 1 DBA at 12:30PM
10	10/17 – 10/21 10/17 – No School Teacher Planning	2.01 Flexibility
11	10/24 – 10/28	2.02 Monitoring Activity 2.03 Peer Influence 2.04 Muscular Strength and Endurance
12	10/31 – 11/04	2.05 Training Expectations and the Media 2.06 Skill-Related Fitness 2.07 Good Eats No Live Lesson
13	11/07 – 11/11 11/11 – No School Veterans Day	2.08 Module Two Wellness Plan No Live Lesson
14	11/14 – 11/18	3.01 Lifetime Fitness
15	11/21 – 11/25 11/23 – 11/25 No School Thanksgiving	No live lessons this week! No work due during this week! Please use this time to get caught up on your schoolwork.
16	11/28 – 12/02	3.02 Avoidance 3.03 Advertising 3.04 Happiness
17	12/05 – 12/09	3.05 Module Three Wellness Plan 3.06 Discussion Based Assessment Join the live lesson for Module 3 DBA at 12:30PM
18	12/12 – 12/16	Complete the semester exam for your course! This should be the only thing to complete!

