






PE
Semester 1 Pace Chart
Fall 2022

| Week | Dates | Assignments |
|------|--|--|
| 0 | 08/10 – 08/12 | Welcome Call via Zoom  |
| 1 | 08/16 – 08/19 | PE Standards Module 1 01.01A Safety 01.01B Safety |
| 2 | 08/22 – 08/26 | 01.01C Safety 01.01D Safety 01.01E Safety |
| 3 | 08/29 – 09/02 | 01.02A Fitness Assessment 1 01.02B Fitness Assessment 1 01.02C Fitness Assessment 1 01.02D Fitness Assessment 1 |
| 4 | 09/05 – 09/09 09/05 No School – Labor Day | 01.02E Fitness Assessment 1 01.03A Locomotor Movement 01.03B Locomotor Movement |
| 5 | 09/12 – 09/16 | 01.03C Locomotor Movement 01.03D Locomotor Movement 01.03E Locomotor Movement |
| 6 | 09/19 – 09/23 | 01.04A Throwing And Catching—Project-Based Assessment 01.04B Throwing And Catching—Project-Based Assessment 01.04C Throwing And Catching—Project-Based Assessment |
| 7 | 09/26 – 09/30 | 01.04D Throwing And Catching—Project-Based Assessment 01.04E Throwing And Catching—Project-Based Assessment 01.05 Module One Review And Discussion-Based Assessment 01.06 Module One Assessment |
| 8 | 10/03 – 10/07 | PE Standards Module 2 02.01A Flexibility 02.01B Flexibility 02.01C Flexibility |
| 9 | 10/10 – 10/14 | 02.01D Flexibility 02.01E Flexibility |
| 10 | 10/17 – 10/21 10/17 – No School Teacher Planning | 02.02A Cardiovascular Health 02.02B Cardiovascular Health 02.02C Cardiovascular Health |
| 11 | 10/24 – 10/28 | 02.02D Cardiovascular Health 02.02E Cardiovascular Health 02.03A Strength |
| 12 | 10/31 – 11/04 | 02.03B Strength 02.03C Strength 02.03D Strength |

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| 13 | 11/07 – 11/11 11/11 – No School Veterans Day | 02.03E Strength 02.04A Nutrition—Project-Based Assessment 02.04B Nutrition—Project-Based Assessment |
| 14 | 11/14 – 11/18 | 02.04C Nutrition—Project-Based Assessment 02.04D Nutrition—Project-Based Assessment 02.04E Nutrition—Project-Based Assessment |
| 15 | 11/21 – 11/25 11/23 – 11/25 No School Thanksgiving |  |
| 16 | 11/28 – 12/02 | 02.05A Fitness Assessment 2 02.05B Fitness Assessment 2 02.05C Fitness Assessment 2 |
| 17 | 12/05 – 12/09 | 02.06 Module Two Review And Discussion-Based Assessment (will not complete the DBA, just the review) 02.07 Module Two Assessment |
| 18 | 12/12 – 12/16 |  |