



**6<sup>th</sup> Grade PE**  
**Semester 1 Pace Chart**  
**Fall 2022**  
**Zoom Class Times:**

| Week | Dates  | Assignments   |
|------|--|---|
| 1    | 08/10 – 08/12  | o Welcome Assignment (Submit to First Enrichment Assessment)  |
| 2    | 08/15 – 08/19  | Homeroom Meeting, Monday, 8/15 at 9:00AM<br>01.01 Getting Started<br>01.02 Introduction to Physical Fitness (My Fitness Assignment)   |
| 3    | 08/22 – 08/26  | 01.03 Safety First (Activity Log)<br>01.04 Warming Up and Cooling Down (Warming Up and Cooling down)  |
| 4    | 08/29 – 09/02  | 01.05 Health-Related Components of Fitness (Health-Related Components of Fitness)<br>01.06 Heart Health (Heart Health)  |
| 5    | 09/05 – 09/09<br>09/05 No School – Labor Day           | <i>No more than 3 assignments due on holiday weeks.</i><br>02.01 Body Composition and Health<br>02.02 Measuring Body Composition and Cardiovascular Fitness (Physical Fitness test)           |
| 6    | 09/12 – 09/16  | 02.03 Maintaining Body Composition (Calorie Tracker Worksheet)<br>02.04 Cardiovascular Activity   |
| 7    | 09/19 – 09/23  | 02.05 Heart Rate and Activity<br>02.06 Cardiovascular Training Principles (Module 2 Activity Log)   |
| 8    | 09/26 – 09/30  | 02.06 Discussion Based Assessment<br>Join me in Live Lesson on Friday Sep. 30th   |
| 9    | 10/03 – 10/07  | 03.01 Healthy Muscles, Bones, and Joints<br>03.02 Measuring Flexibility and Muscular Fitness  |
| 10   | 10/10 – 10/14  | 03.03 Maintaining Flexibility (Show and explain Flexibility routine)<br>03.04 Maintaining Healthy Muscles and Bones   |
| 11   | 10/17 – 10/21<br>10/17 – No School<br>Teacher Planning | <i>No more than 3 assignments due on holiday weeks.</i><br>03.05 Equipment (Show and explain muscular strength and endurance routine)<br>03.06 Training Principles (Module 3 Activity Log)    |
| 12   | 10/24 – 10/28  | 04.01 Fitness Opportunities<br>04.02 Getting to Your Goals (Physical Fitness test)  |
| 13   | 10/31 – 11/04  | 04.03 Peer Pressure<br>04.04 Sportsmanship (Sportsmanship)  |
| 14   | 11/07 – 11/11<br>11/11 – No School<br>Veterans Day     | <i>No more than 3 assignments due on holiday weeks.</i><br>04.05 Diversity Through Sports<br>04.06 Activities Around the World (Activities Around The world)<br>04.06 (Module 4 Activity Log) |
| 15   | 11/14 – 11/18  | 4.06 Discussion Based Assessment (Join me during DBA times)<br>05.01 Health Risks<br>05.02 Health Information, Products, and Services (Project Milestone)                                     |
| 16   | 11/21 – 11/25<br>11/23 – 11/25 No School Thanksgiving  | No live lessons and no new assignments due. Use this week to catch-up if needed or work ahead.  |

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| 17 | 11/28 – 12/02 | 05.03 Making Healthy Decisions<br>05.04 Enhancing One's Health  |
| 18 | 12/05 – 12/09 | 05.05 Positive and Negative Health Influences from Family, Peers, and Culture<br>05.06 Promote Positive Health Choices (Health Project)<br>5.06 Discussion Based Assessment (Join me during one of the DBA times) |
| 19 | 12/12 – 12/16 | Segment Exams<br>No Zoom Class Time this week.  |