



**6/7 Comp. 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	1.01, 1.02 (My Fitness) 1.03 (Safety First) Homeroom Meeting, Monday, 8/15 at 9:00AM
3	08/22 – 08/26	1.04 (Warming Up and Cooling Down) 1.05 (Health Related components of Fitness)
4	08/29 – 09/02	1.06 (Cardiovascular Activity) 1.07
5	09/05 – 09/09 09/05 No School – Labor Day	<i>No more than 3 assignments due on holiday weeks.</i> 1.08 (Module 1 Activity log) 2.01,2.02
6	09/12 – 09/16	2.03 (Show and Explain Skill related activities) 2.04 (Skills Test)
7	09/19 – 09/23	2.05 (Body Mechanics) 2.06
8	09/26 – 09/30	2.07, 2.08 (Module 2 Activity Log) 2.08 (Choreograph dance project) 2.08 (Discussion Based Assessment) Join me during DBA times
9	10/03 – 10/07	3.01 (Presidents challenge goals) 3.02
10	10/10 – 10/14	3.03,3.04 (Rhythmic Choreography)
11	10/17 – 10/21 10/17 – No School Teacher Planning	<i>No more than 3 assignments due on holiday weeks.</i> 3.05,3.06 (Module 3 Activity Log)
12	10/24 – 10/28	4.01,4.02 (Getting to your goals Presidents challenge)
13	10/31 – 11/04	4.03,4.04 (Sportsmanship)
14	11/07 – 11/11 11/11 – No School Veterans Day	<i>No more than 3 assignments due on holiday weeks.</i> 4.05,4.06 (Module 4 Activity log) 4.06 (Calorie Tracker Worksheet) 4.06 (Discussion Based Assessment) Join me during DBA times
15	11/14 – 11/18	5.01,5.02 (Project Milestone)
16	11/21 – 11/25 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.
17	11/28 – 12/02	5.03,5.04
18	12/05 – 12/09	5.05,5.06 (Health Project) 5.06 (Discussion Based Assessment) Join me during DBA times.

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12/12 – 12/16

Segment Exams  
No Zoom Class Time this week.