



HOPE with Mrs. McCullough Semester 1 Pace Chart Fall 2022

Join any Friday at 9:00AM for questions or DBA!

Week	Dates	Assignments
0	8/10 – 8/12	Welcome Call via ZOOM or phone
1	8/15 – 8/19	Lesson 1.01 “Importance of Physical Activity”
2	8/22 – 8/26	Lesson 1.02 “Safety”
3	8/29 – 9/02	Lesson 1.03 “Fitness Assessments”
4	9/05 – 9/09	09/05 No School – Labor Day Lesson 1.04 “Goals”
5	9/12 – 9/16	Lesson 1.05 “Personal Wellness Planning” Lesson 1.06 “Cardiorespiratory Fitness”
6	9/19 – 9/23	Lesson 1.07 “Training Principles” Lesson 1.08 “Health-Related Fitness”
7	9/26 – 9/30	Lesson 1.09 “Module 1 Wellness Plan”
8	10/03 – 10/07	Lesson 1.10 “Discussion Based Assessment” (Join the 9AM office hour on Friday to complete your DBA!)
9	10/10 – 10/14	Lesson 2.01 “Flexibility” Lesson 2.02 “Monitoring Activity”
10	10/17 – 10/21	10/17 – No School Teacher Planning Lesson 2.03 “Peer Influence” Lesson 2.04 “Muscular Strength and Endurance”
11	10/24 – 10/28	Lesson 2.05 “Training Expectations and the Media” Lesson 2.06 “Skill-Related Fitness”
12	10/31 – 11/04	Lesson 2.07 “Good Eats” Lesson 2.08 “Module 2 Wellness Plan”
13	11/07 – 11/11	11/11 – No School Veterans Day Lesson 3.01 “Lifetime Fitness”
14	11/14 – 11/18	Lesson 3.02 “Avoidance” Lesson 3.03 “Advertising”
15	11/21 – 11/25	Thanksgiving Break: No live lessons this week! No work due during this week! Please use this time to get caught up on your schoolwork. Enjoy your break with your family!
16	11/28 – 12/02	Lesson 3.04 “Happiness” Lesson 3.05 “Module 3 Wellness Plan”
17	12/05 – 12/09	Lesson 3.06 “Discussion Based Assessment” Lesson 3.07 “Segment One Exam”
18	12/12 – 12/16	Complete any work not done yet. Grades must be submitted to schools during this week!