



## PE 7 Semester 2 Pace Chart Spring 2024

Week	Dates	
1	1/8 – 1/12	Text your teacher with your first and last name and the course you are taking. 1.01, Getting Started 1.02 My Fitness 1.03 Safety First
2	1/15 – 1/19 No school on 1/15	1.04 Warming Up and Cooling Down 1.05 Health Related components of Fitness
3	1/22 – 1/26	1.06 Cardiovascular Activity 1.07 Heart Rate and Exercise
4	1/29 – 2/2	<b>1.08 FITT Training Principles (Module 1 Activity log)</b> 2.01 Do you have skills? 2.02 Speed, Agility, and Reaction Time
5	2/5 – 2/9	2.03 Balance and Coordination (Show and Explain Skill related activities) 2.04 Power (Skills Test) 2.05 Body Mechanics
6	2/12 – 2/16	2.06 Music and Movement 2.07 Movement and Etiquette <b>2.08 Choreography and Improvisation (Module 2 Activity Log)</b>
7	2/19 – 2/23 No school on 2/19	2.08 (Choreograph dance project) <b>2.08 (Discussion Based Assessment)</b>
8	2/26 – 3/1	3.01 Playing with others (President's challenge goals) 3.02 Be a good sport
9	3/4 – 3/8	3.03 Individual and Dual Activities 3.04 Group Rhythmic (Rhythmic Choreography)
10	3/11 – 3/15 Spring Break	No live lessons this week. No work due this week.
11	3/18 – 3/22 No school on 3/18	3.05 Team Sports <b>3.06 Winning Strategies (Module 3 Activity Log)</b>
12	3/25 – 3/29 No school on 3/29	4.01 Fitness Opportunities 4.02 Getting to your goals - President's challenge
13	4/1 – 4/5	4.03 Peer Pressure 4.04 Sportsmanship 4.05 Diversity through Sports <b>4.06 Nutrition (Module 4 Activity log)</b>
14	4/8 – 4/12	4.06 (Calorie Tracker Worksheet) <b>4.06 (Discussion Based Assessment)</b>
15	4/15 – 4/19 No school on 4/19	5.01 Health Risks 5.02 Healthy Information, products and services (Project Milestone)
16	4/22 – 4/26	5.03 Making Healthy Decisions 5.04 Enhancing one's health
17	4/29 – 5/3	5.05 Positive and Negative Influences from family, peers and culture 5.06 Promote Positive Health Choices (Health Project) <b>5.06 (Discussion Based Assessment)</b>

18	5/6 – 5/10	All course work and semester exams due by May 10 <sup>th</sup> .
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