



## PE 6 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 enrolled in 01.01 Getting Started 01.02 Introduction to Physical Fitness (My Fitness Assignment)
2	1/15 – 1/19 No school on 1/15	01.01 Getting Started 01.02 Introduction to Physical Fitness (My Fitness Assignment)
3	1/22 – 1/26	<b>01.03 Safety First (Activity Log)</b> 01.04 Warming Up and Cooling Down (Warming Up and Cooling down)
4	1/29 – 2/2	01.05 Health-Related Components of Fitness (Health-Related Components of Fitness) 01.06 Heart Health (Heart Health)
5	2/5 – 2/9	02.01 Body Composition and Health- No submission 02.02 Measuring Body Composition and Cardiovascular Fitness (Physical Fitness test)
6	2/12 – 2/16	02.03 Maintaining Body Composition (Calorie Tracker Worksheet) 02.04 Cardiovascular Activity
7	2/19 – 2/23 No school on 2/19	02.05 Heart Rate and Activity <b>02.06 Cardiovascular Training Principles (Module 2 Activity Log)</b>
8	2/26 – 3/1	<b>02.06 Discussion Based Assessment</b>
9	3/4 – 3/8	03.01 Healthy Muscles, Bones, and Joints 03.02 Measuring Flexibility and Muscular Fitness
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	03.03 Maintaining Flexibility (Show and explain Flexibility routine) 03.04 Maintaining Healthy Muscles and Bones
12	3/25 – 3/29 No school on 3/29	03.05 Equipment (Show and explain muscular strength and endurance routine) <b>03.06 Training Principles (Module 3 Activity Log)</b>
13	4/1 – 4/5	04.01 Fitness Opportunities 04.02 Getting to Your Goals (Physical Fitness test)
14	4/8 – 4/12	04.03 Peer Pressure 04.04 Sportsmanship (Sportsmanship) 04.05 Diversity Through Sports
15	4/15 – 4/19 No school on 4/19	04.06 Activities Around the World (Activities Around The world) <b>04.06 (Module 4 Activity Log)</b>
16	4/22 – 4/26	<b>4.06 Discussion Based Assessment</b> 05.01 Health Risks 05.02 Health Information, Products, and Services (Project Milestone)
17	4/29 – 5/3	05.03 Making Healthy Decisions 05.04 Enhancing One's Health 05.05 Positive and Negative Health Influences from Family, Peers, and Culture
18	5/6 – 5/10	05.06 Promote Positive Health Choices (Health Project) <b>5.06 Discussion Based Assessment</b> All course work and semester exams due by May 10 <sup>th</sup> .

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**Teacher Contact Information:**

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