



PE 8 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. 01.01 Getting Started 01.02 Introduction to Physical Fitness (My Fitness Assignment) 1.03 Safety First (Activity Log)
2	1/15 – 1/19 No school on 1/15	1.4 Warming up and Cooling Down (No submission for this lesson) 1.05 Health-Related Components of Fitness (No submission for this lesson)
3	1/22 – 1/26	1.06 Cardiovascular Activity (Activity Log) 1.07 Heart Rate and Exercise (Part 1)
4	1/29 – 2/2	1.08 FITT Training Principles Module Activity Log 2.01- Pretest NOT Required 2.02 Speed, Agility, and Reaction Time-Show and Explain
5	2/5 – 2/9	2.03 Balance and Coordination (No Submission) 2.04 Skill Test
6	2/12 – 2/16	2.05 Sports Report 2.06 Play by the Rules-Quiz 2.07 Aquatics (No Submission for this Lesson)
7	2/19 – 2/23 No school on 2/19	2.08 Module Activity Log 2.08 Discussion Based Assessment
8	2/26 – 3/1	3.01 Playing with Others-President's Challenge Goals 3.02 Be a Good Sport-No Submission 3.03 Dual Activities- No submission
9	3/4 – 3/8	3.04 Alternative and Extreme Activities- No submission 3.05 Team Sports-Quiz
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	3.06 Module Activity Log 4.01 Fitness Opportunities-No submission
12	3/25 – 3/29 No school on 3/29	4.02 Getting to Your Goals-Completed President's Challenge 4.03 Peer Pressure-No Submission
13	4/1 – 4/5	4.04 Sportsmanship 4.05 Diversity Through Sports- No Submission
14	4/8 – 4/12	4.06 Nutrition and Module Activity Log 4.06 Calorie Tracker Worksheet Module Activity Log 4.06 Discussion Based Assessment
15	4/15 – 4/19 No school on 4/19	5.01 Health Risks-No submission 5.02 Project Milestone 5.03 Making Healthy Decisions- No submission
16	4/22 – 4/26	5.04 Enhancing One's Health-No submission 5.05 Positive and Negative Health Influences- No Submission

		5.06 Health Project 5.06 Discussion Based Assessment
17	4/29 – 5/3	Segment Exam
18	5/6 – 5/10	All course work and semester exams due by May 10 th .