



[Mrs. King Zoom](#)

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HOPE V14
Semester 1 Pace Chart
Fall 2024
 Open Office: 9:30am & 1:30 pm M-Th
 9-10 am Friday

| Week | Dates | Assignments |
|----------|---|--|
| 1 | 8/12 – 8/16 | <input type="checkbox"/> 0% <input type="checkbox"/> Welcome Online Session: ZOOM classroom on Tuesday 2:00 pm <input type="checkbox"/> Text your teacher your first and last name and your course name & save teacher contact information on your phone. |
| 2 | 9/10 – 8/23 | <input type="checkbox"/> 7% <input type="checkbox"/> 01.01 Importance of Physical Activity <input type="checkbox"/> 01.02 Safety |
| 3 | 8/26 – 8/30 | <input type="checkbox"/> 14% <input type="checkbox"/> 01.03 Fitness Assessments <input type="checkbox"/> 01.04 Goals |
| 4 | 9/2 – 9/6 <i>No school on 9/2</i> | <input type="checkbox"/> 18% <input type="checkbox"/> 01.05 MAD Goals Planning Assessment <input type="checkbox"/> 01.06 Cardiorespiratory Fitness |
| 5 | 9/9 – 9/13 | <input type="checkbox"/> 25% <input type="checkbox"/> 01.07 Training Principles <input type="checkbox"/> 01.08 Health-Related Fitness |
| 6 | 9/16 – 9/20 <i>No school on 9/20</i> | <input type="checkbox"/> 29% <input type="checkbox"/> 01.09 Module One Wellness Plan |
| 7 | 9/23 – 9/27 <i>Mrs. King out of office 9/26-10/2</i> | <input type="checkbox"/> 36% <input type="checkbox"/> 01.10 Discussion-Based Assessment Schedule Required Appointment <input type="checkbox"/> 02.01 Flexibility |
| 8 | 9/30 – 10/4 | <input type="checkbox"/> 43% <input type="checkbox"/> 02.02 Monitoring Activity |

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| 9 | 10/7 – 10/11 | <input type="checkbox"/> 50% <input type="checkbox"/> 02.03 Peer Influence <input type="checkbox"/> 02.04 Muscular Strength and Endurance |
| 10 | 10/14 – 10/18 <i>No school on 10/14</i> | <input type="checkbox"/> 54% <input type="checkbox"/> 02.05 Training Expectations and the Media |
| 11 | 10/21 – 10/25 | <input type="checkbox"/> 61% <input type="checkbox"/> 02.06 Skill-Related Fitness |
| 12 | 10/28 – 11/1 | <input type="checkbox"/> 68% <input type="checkbox"/> 02.07 Good Eats |
| 13 | 11/4 – 11/8 | <input type="checkbox"/> 75% <input type="checkbox"/> 02.08 Module Two Wellness Plan <input type="checkbox"/> 03.01 Lifetime Fitness |
| 14 | 11/11 – 11/15 <i>No school on 11/11</i> | <input type="checkbox"/> 79% <input type="checkbox"/> 03.02 Avoidance |
| 15 | 11/18 – 11/22 | <input type="checkbox"/> 86% <input type="checkbox"/> 03.03 Advertising <input type="checkbox"/> 03.04 Happiness |
| 16 | 11/25 – 11/29 | <input type="checkbox"/> THANKSGIVING: No live lessons this week. No work due this week. |
| 17 | 12/2 – 12/6 | <input type="checkbox"/> 93% <input type="checkbox"/> 03.05 Module Three Wellness Plan <input type="checkbox"/> 03.06 Discussion-Based Assessment Schedule Required Appointment |
| 18 | 12/9 – 12/13 | <input type="checkbox"/> 100% <input type="checkbox"/> 03.07 Segment One Exam <p style="text-align: center;">All course work is due by December 13th!</p> |