



[Mrs. King Zoom](#)

[904-257-3481 call/text](tel:904-257-3481)

kathleen.king@stjohns.k12.fl.us

Fitness V24
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 2:30 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 Move It
3	8/26 – 8/30	<input type="checkbox"/> 14% <input type="checkbox"/> 01.02 That's Intense! <input type="checkbox"/> 01.03 Fitness Focus
4	9/2 – 9/6 <i>No school on 9/2</i>	<input type="checkbox"/> 18% <input type="checkbox"/> 01.04 Your Training Manual
5	9/9 – 9/13	<input type="checkbox"/> 25% <input type="checkbox"/> 01.05 Foundations of Fitness Exam <input type="checkbox"/> 02.01 Listen To Your Heart
6	9/16 – 9/20 <i>No school on 9/20</i>	<input type="checkbox"/> 29% <input type="checkbox"/> 02.02 Hit Your Target
7	9/23 – 9/27 <i>Mrs. King out of office 9/26-10/2</i>	<input type="checkbox"/> 36% <input type="checkbox"/> 02.03 Prepare and Prevent
8	9/30 – 10/4	<input type="checkbox"/> 43% <input type="checkbox"/> 02.04 Matters of the Heart Discussion-Based Assessment Schedule Required Appointment

9	10/7 – 10/11	<input type="checkbox"/> 50% <input type="checkbox"/> 02.05 Matters of the Heart Exam
10	10/14 – 10/18 <i>No school on 10/14</i>	<input type="checkbox"/> 54% <input type="checkbox"/> 03.01 Be A Goal-Getter
11	10/21 – 10/25	<input type="checkbox"/> 61% <input type="checkbox"/> 03.02 The Game Plan
12	10/28 – 11/1	<input type="checkbox"/> 68% <input type="checkbox"/> 03.03 A Body For Everybody
13	11/4 – 11/8	<input type="checkbox"/> 75% <input type="checkbox"/> 03.04 Let's Make a Plan Exam <input type="checkbox"/> 04.01 Got Stress?
14	11/11 – 11/15 <i>No school on 11/11</i>	<input type="checkbox"/> 79% <input type="checkbox"/> 04.02 Player Handbook
15	11/18 – 11/22	<input type="checkbox"/> 86% <input type="checkbox"/> 04.03 Get The Facts <input type="checkbox"/> 04.04 Go Have Fun!
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"/> 04.05 More Than Muscle Discussion-Based Assessment Schedule Required Appointment
18	12/9 – 12/13	<input type="checkbox"/> 100% <input type="checkbox"/> 04.06 Segment Exam <p style="text-align: center;">All course work is due by December 13th!</p>