



Mrs. Rumrell's 4th Grade PE

Semester 1 Pace Chart

Fall 2024

Live Lesson Time: Mon/Wed 11:00-11:45

PE Standards

Week	Dates	Assignments
1	8/12 – 8/16	<p>Welcome Online Session: ZOOM classroom on Wednesday 8/14 at 11:00</p> <p>*Welcome Call</p> <p>*Review "Welcome Folder" and "Getting Started" sections in FLVS course page</p> <p>*Complete IXL Diagnostic Assessment</p>
2	8/19 – 8/23	<p>01.01A Safety</p> <p>01.01B Safety</p> <p>01.01C Safety</p>
3	8/26 – 8/30	<p>01.01D Safety</p> <p>01.01E Safety</p> <p>01.02A Fitness Assessment 1</p>
4	<p>9/2 – 9/6</p> <p><i>No school on 9/2</i></p>	<p>01.02B Fitness Assessment 1</p> <p>01.02C Fitness Assessment 1</p> <p>01.02D Fitness Assessment 1</p> <p>01.02E Fitness Assessment 1</p>
5	9/9 – 9/13	<p>01.03A Locomotor Movements</p> <p>01.03B Locomotor Movements</p> <p>01.03C Locomotor Movements</p>
6	<p>9/16 – 9/20</p> <p><i>No school on 9/20</i></p>	<p>01.03D Locomotor Movements</p> <p>01.04A Throwing and Catching—Project-Based Assessment</p> <p>01.04B Throwing and Catching—Project-Based Assessment</p>
7	9/23 – 9/27	<p>01.04C Throwing and Catching—Project-Based Assessment</p> <p>01.04D Throwing and Catching—Project-Based Assessment</p> <p>01.05 Module One Review and DBA DUE</p>
8	9/30 – 10/4	01.06 Module One Assessment

		02.01A Flexibility 02.01B Flexibility 02.01C Flexibility
9	10/7 – 10/11	02.01D Flexibility 02.01E Flexibility 02.02A Cardiovascular Health 02.02B Cardiovascular Health
10	10/14 – 10/18 No school on 10/14	02.02C Cardiovascular Health 02.02D Cardiovascular Health 02.02E Cardiovascular Health 02.03A Strength
11	10/21 – 10/25	02.02C Cardiovascular Health 02.02D Cardiovascular Health 02.02E Cardiovascular Health 02.03A Strength
12	10/28 – 11/1	02.03B Strength 02.03C Strength 02.03D Strength
13	11/4 – 11/8	02.03E Strength 02.04A Nutrition—Project-Based Assessment 02.04B Nutrition—Project-Based Assessment
14	11/11 – 11/15 No school on 11/11	02.04C Nutrition—Project-Based Assessment 02.04D Nutrition—Project-Based Assessment 02.04E Nutrition—Project-Based Assessment
15	11/18 – 11/22	02.05A Fitness Assessment 2 02.05B Fitness Assessment 2 02.05C Fitness Assessment 2
16	11/25 – 11/29	Thanksgiving Break <i>There will be no live lessons or work due this week. Please use this time to catch up on your course work if you are behind pace.</i>
17	12/2 – 12/6	02.06 Module Two Review NO DBA DUE 02.07 Module Two Assessment
18	12/9 – 12/13	All course work is due by December 13th!