



6th Fitness V24  
 Semester 2 Pace Chart  
 Spring 2025  
 Open Office: 9:30 am & 4:30 pm M-Th  
 9-10 am Friday

Mrs. King 8am-8pm M-F    [Kathleen.king@stjohns.k12.fl.us](mailto:Kathleen.king@stjohns.k12.fl.us)    904-257-3481    [ZOOM link](#)

Week	Dates	Assignments
0	1/6 – 1/10	<input type="checkbox"/> 0% <input type="checkbox"/> <a href="#">Complete Welcome Calls</a> & Text your teacher your first and last name and your course name & save teacher contact information on your phone.
1	1/13 – 1/17	<input type="checkbox"/> 7% <input type="checkbox"/> 01.01 Move It
2	1/20 – 1/24 <i>No school on 1/20</i>	<input type="checkbox"/> 14% <input type="checkbox"/> 01.02 That's Intense! <input type="checkbox"/> 01.03 Fitness Focus
3	1/27 – 1/31	<input type="checkbox"/> 18% <input type="checkbox"/> 01.04 Your Training Manual
4	2/3 – 2/7	<input type="checkbox"/> 25% <input type="checkbox"/> 01.05 Foundations of Fitness <a href="#">Exam (Text for password)</a> <input type="checkbox"/> 02.01 Listen To Your Heart
5	2/10 – 2/14 <i>No school on 2/14</i>	<input type="checkbox"/> 29% <input type="checkbox"/> 02.02 Hit Your Target
6	2/17 -2/21 <i>No school on 2/17</i>	<input type="checkbox"/> 36% <input type="checkbox"/> 02.03 Prepare and Prevent
7	2/24 – 2/28	<input type="checkbox"/> 43% <input type="checkbox"/> 02.04 Matters of the Heart Discussion-Based Assessment <a href="#">Schedule Required Appointment</a>

8	3/3 – 3/7	<input type="checkbox"/> 50% <input type="checkbox"/> 02.05 Matters of the Heart <a href="#">Exam</a>
9	3/10 – 3/14 <i>No school on 3/14</i>	<input type="checkbox"/> 54% <input type="checkbox"/> 03.01 Be A Goal-Getter
10	3/17 – 3/21	<input type="checkbox"/> <b>SPRING BREAK!</b>
11	3/24 – 3/28	<input type="checkbox"/> 61% <input type="checkbox"/> 03.02 The Game Plan
12	3/31 – 4/4	<input type="checkbox"/> 68% <input type="checkbox"/> 03.03 A Body For Everybody
13	4/7 – 4/11	<input type="checkbox"/> 75% <input type="checkbox"/> 03.04 Let's Make a Plan <a href="#">Exam (Text for password)</a> <input type="checkbox"/> 04.01 Got Stress?
14	4/14 – 4/18 <i>No school on 4/18</i>	<input type="checkbox"/> 79% <input type="checkbox"/> 04.02 Player Handbook
15	4/21 – 4/25	<input type="checkbox"/> 86% <input type="checkbox"/> 04.03 Get The Facts  <input type="checkbox"/> 04.04 Go Have Fun!
16	4/28 – 5/2	<input type="checkbox"/> 93% <input type="checkbox"/> 04.05 More Than Muscle Discussion-Based Assessment <a href="#">Schedule Required Appointment</a>
17	5/5 – 5/9	<input type="checkbox"/> 100% <input type="checkbox"/> 04.06 Segment <a href="#">Exam</a> <p style="text-align: center;"><b>All coursework is due by May 9<sup>th</sup>!</b></p>
18	5/12-5/16	Grades Finalized-Happy Summer!