



HOPE Spring Segment 1

Mrs. King, Spring 2025

Open Office 9:30 am & 4:30 pm M-Th

9:00-10:00 Friday

Week	Dates	Assignments
0	1/6 – 1/10	New Students: Text your teacher with your first and last name & complete welcome call
1	1/13 – 1/17	01.01 Importance of Physical Activity: Lesson & quiz
2	1/20 – 1/24 No school on 1/20	01.02 Safety: Lesson & quiz
3	1/27 – 1/31	01.03 Fitness Assessments Lesson & video & document
4	2/3 – 2/7	01.04 Goals: Lesson & quiz 01.05 MAD Goals Planning Assessment: Lesson & document
5	2/10 – 2/14 No school on 2/14	01.06 Cardiorespiratory Fitness: Lesson & quiz 01.07 Training Principles: Lesson & quiz
6	2/17 -2/21 No school on 2/17	01.08 Health-Related Fitness: Lesson & quiz
7	2/24 – 2/28	01.09 Module One Wellness Plan: Lesson & document 01.10 Discussion-Based Assessment: Talk with Mrs. Kin
8	3/3 – 3/7	02.01 Flexibility Lesson & quiz 02.02 Monitoring Activity: Lesson & quiz
9	3/10 – 3/14 No school on 3/14	02.03 Peer Influence: Lesson & quiz 02.04 Muscular Strength and Endurance: Lesson & video
10	3/17 – 3/21	Spring Break No live lessons this week
11	3/24 – 3/28	02.05 Training Expectations and the Media: Lesson & quiz 02.06 Skill-Related Fitness: Lesson & quiz
12	3/31 – 4/4	02.07 Good Eats: Lesson & quiz 02.08 Module Two Wellness Plan: Lesson & document
13	4/7 – 4/11	03.01 Lifetime Fitness: Lesson & quiz 03.02 Avoidance: Lesson & quiz
14	4/14 – 4/18 No school on 4/18	03.03 Advertising: Lesson & quiz 03.04 Happiness: Lesson & quiz
15	4/21 – 4/25	03.05 Module Three Wellness Plan: Lesson & document
16	4/28 – 5/2	03.06 Discussion-Based Assessment: Talk with Mrs. King All Seg 1 & 2 coursework due for Seniors by 5/2 (including segment exams)
17	5/5 – 5/9	03.07 Segment One Exam All coursework due by 5/9 (including segment exam)
18	5/12 – 5/16	Grades should be issued to school