



4th Grade PE

Semester 1 Pace Chart

Fall 2025

Week	Dates	Assignments
0	8/11 – 8/15	Schedule Your Welcome Call with Mrs. Rumrell
1	8/18 – 8/22	01.01 Safety
2	8/25-8/29	01.02 Fitness Assessment 1 Part A & B C
3	9/1 – 9/5 No school on 9/1	01.02 Fitness Assessment 1 Part D & E
4	9/8 – 9/12	01.03 Locomotor Movements
5	9/15 – 9/19 No school on 9/19	01.04 Throwing and Catching—Project-Based Assessment
6	9/22 – 9/26	01.05 Module One Review and Discussion-Based Assessment
7	9/29 – 10/3	01.06 Module One Assessment
8	10/6 – 10/10	02.01 Flexibility
9	10/13 – 10/17 No school on 10/13	02.02 Cardiovascular Health
10	10/20 – 10/24	02.03 Strength
11	10/27 – 10/31	02.04 Nutrition—Project-Based Assessment Part A & B C
12	11/3 – 11/7	02.04 Nutrition—Project-Based Assessment Part D & E
13	11/10 – 11/14 No school on 11/11	02.05A Fitness Assessment 2
14	11/17 – 11/21	02.06 Module Two Review and No DBA Due
15	11/24 – 11/28 No School	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>
16	12/1 – 12/5	02.07 Module Two Assessment
17	12/8 – 12/12	Segment Exam week All course work is due on Friday, December 12th at 5PM. <i>Once the segment exam, your grade must be issued within 24 hours. All work must be done prior to taking the segment exam.</i>

Teacher Contact Information:

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