



# 5<sup>th</sup> Grade PE

## Semester 1 Pace Chart

### Fall 2025

Week	Dates	Assignments
0	8/11 – 8/15	<b>Schedule Your Welcome Call with Mrs. Rumrell</b>
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 <b>No school on 9/1</b>	01.02 Fitness Assessment 1 Part D & E
4	9/8 – 9/12	01.03 Locomotor Movement
5	9/15 – 9/19 <b>No school on 9/19</b>	01.04 Throwing and Catching—Project-Based Assessment
6	9/22 – 9/26	<b>01.05 Module One Review and Discussion-Based Assessment</b>
7	9/29 – 10/3	01.06 Module One Assessment
8	10/6 – 10/10	02.01 Flexibility
9	10/13 – 10/17 <b>No school on 10/13</b>	02.02 Cardiovascular Health
10	10/20 – 10/24	02.03 Strength
11	10/27 – 10/31	02.04 Nutrition—Project-Based Assessment
12	11/3 – 11/7	02.05 Fitness Assessment 2 Part A & B
13	11/10 – 11/14 <b>No school on 11/11</b>	02.05 Fitness Assessment 2 Part C & D
14	11/17 – 11/21	02.06 Module Two Review and <b>No DBA Due</b>
15	11/24 – 11/28 <b>No School</b>	<b>Thanksgiving Break</b> <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	<b>Segment Exam week</b> <b>All course work is due on Friday, December 12<sup>th</sup> at 5PM.</b> <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:**

**Mrs. Rumrell  
904-293-9898  
angela.rumrell@stjohns.k12.fl.us**