



6th Fitness Semester 1 Pace Chart

Fall 2025

Please text for assistance 8am-8pm M-F*

*except school holidays

Week	Dates	Assignments
0	8/11 – 8/15	Text your teacher your first and last name and your course name. Schedule Welcome Call to get started in the course! Check the “getting started” link found in online courses under Table of Content . Courses have been updated since last year!
1	8/18 – 8/22 Mrs. King out of office 8/21/25	01.01 Move It
2	8/25-8/29	01.02 That's Intense!* 2 assignments Watch the PE Playlist video instructions in course slide 6 of lesson 1.02 for tutorial and check to make sure you included all information prior to submission for the Instant Activity portion of the assignment .
3	9/1 – 9/5 No school on 9/1	01.03 Fitness Focus* 2 assignments
4	9/8 – 9/12	01.04 Your Training Manual* 2 assignments 01.05 Foundations of Fitness Exam (text for password)
5	9/15 – 9/19 No school on 9/19	02.01 Listen To Your Heart* 2 assignments
6	9/22 – 9/26	02.02 Hit Your Target* 2 assignments
7	9/29 – 10/3	02.03 Prepare and Prevent* 2 assignments 02.04 Matters of the Heart Discussion-Based Assessment* schedule appt *exam password given after DBA
8	10/6 – 10/10	02.05 Matters of the Heart Exam* 03.01 Be A Goal-Getter* 2 assignments
9	10/13 – 10/17 No school on 10/13	03.02 The Game Plan: Lesson slide 6 has a downloadable template for the assignment. Please make your plan according to improving cardiovascular endurance only.
10	10/20 – 10/24	03.03 A Body For Everybody* 2 assignments
11	10/27 – 10/31	03.04 Let's Make a Plan Exam (text for password) 04.01 Got Stress?* 2 assignments

12	11/3 – 11/7	04.02 Player Handbook* 2 assignments
13	11/10 – 11/14 No school on 11/11	04.03 Get The Facts* 2 assignments
14	11/17 – 11/21	04.04 Go Have Fun!* 2 assignments
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	04.05 More Than Muscle Discussion-Based Assessment* Schedule appt *Exam password after DBA
17	12/8 – 12/12	04.06 Segment 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:

Mrs. King
 904-257-3481 text/call 8am-8pm M-F
 Email kathleen.king@stjohns.k12.fl.us
[Appointment calendar for DBA scheduling](#)
Course Welcome video:

[Meet Mrs. King and pick up a few tips!](#)

Course DBA Information:

DBAs require a conversation with the teacher via phone or Zoom.

Module 2 & 4 DBAs are required to complete the course credit.

[Schedule](#) when they appear on the pace chart and then you may continue working.