



# HOPE Semester 1 Full-Time Student 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. <a href="#">Schedule Welcome Call</a> to get started in the course! <b><u>Course Welcome video:</u></b>  <a href="#">Welcome to HOPE</a>
1	8/18 – 8/22 <i>Mrs. King out of office 8/21/25</i>	<b>Skip pretests! Skip enrichments! Skip collaborations! !</b> 01.01 Health Influences
2	8/25-8/29	01.02 Benefits of Exercise 01.03 Play Nice
3	9/1 – 9/5 <b>No school on 9/1</b>	01.04 Food Is Fuel 01.05 Check Your Sources
4	9/8 – 9/12	01.06 Foundations of Health Activity Log
5	9/15 – 9/19 <b>No school on 9/19</b>	01.07 Foundations of Health Exam (text for password)
6	9/22 – 9/26	02.01 Principles of Fitness
7	9/29 – 10/3	02.02 Your Body's Cogs and Wheels 02.03 Follow Your Heart
8	10/6 – 10/10	02.04 Put Some Muscle Into It 02.05 Meet Yourself Where You Are
9	10/13 – 10/17 <b>No school on 10/13</b> <i>Mrs King out of town 10/18-10/20</i>	02.06 Fitness Plan 02.07 Fitness Activity Log * <a href="#">schedule DBA</a>
10	10/20 – 10/24	02.08 Fitness Discussion-Based Assessment-required conversation exam password given at completion.

		02.09 Fitness Exam
11	10/27 – 10/31	03.01 Communicable Disease
12	11/3 – 11/7	03.02 Care For Your Body 03.03 Reproductive Health <a href="#">Parent Letter</a>
13	11/10 – 11/14 <b>No school on 11/11</b>	03.04 Chronic Disease 03.05 First Aid
14	11/17 – 11/21	03.06 Personal Care and Disease Activity Log* <a href="#">schedule DBA</a>
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	03.07 Personal Care and Disease Discussion-Based Assessment <a href="#">required conversation exam password given at completion.</a>
17	12/8 – 12/12	<b>03.08 Segment One Exam</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. King  
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[Schedule Appointments HERE](#)

### **Course DBA Information:**

The Discussion-Based Assessment (or DBA) is an opportunity to discuss your skills and learning objectives in each Module with your instructor. This isn't a "one size fits all" activity. Each DBA is a specific activity and discussion. It provides opportunities for you to make connections in your own learning across key concepts, ideas, and policies. You can ask questions and demonstrate your growing skills.

DBAs are required after Module 2 & 3. Please complete the DBA as you arrive at the assignment in your coursework. You may use notes and assignments to help you during the conversation.