



# PE 6/7 V25 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. <a href="#">Schedule Welcome Call</a> to get started in the course! Check the “getting started” link found in online courses under <b>Table of Content</b> . <b>Courses have been updated since last year!</b>
1	8/18 – 8/22 <i>Mrs. King out of office 8/21/25</i>	01.01 Proceed With Caution
2	8/25-8/29	01.02 Get Ready For Action Instant Activity* 01.02 Get Ready For Action *Watch the <b>PE Playlist</b> 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 <a href="#">Instant Activity portion of the assignment</a> .
3	9/1 – 9/5 <b>No school on 9/1</b>	01.03 Put Your Heart In It Instant Activity 01.03 Put Your Heart In It
4	9/8 – 9/12	01.04 The Right Training Instant Activity 01.04 The Right Training
5	9/15 – 9/19 <b>No school on 9/19</b>	01.05 Game Prep Exam 02.01 Goal For It Instant Activity 02.01 Goal For It
6	9/22 – 9/26	02.02 Cardio and Flexibility Instant Activity 02.02 Cardio and Flexibility
7	9/29 – 10/3	02.03 Muscular Strength and Endurance Instant Activity 02.03 Muscular Strength and Endurance
8	10/6 – 10/10	02.04 Body Composition and Energy Balance Instant Activity 02.04 Body Composition and Energy Balance
9	10/13 – 10/17 <b>No school on 10/13</b>	02.05 Developing Your Fit Discussion-Based Assessment* required conversation <a href="#">schedule an appointment</a> 02.06 Developing Your Fit Project
10	10/20 – 10/24	03.01 Be a Team Player Instant Activity 03.01 Be a Team Player 03.02 Offense vs. Defense
11	10/27 – 10/31	03.03 Build Your Skills Instant Activity 03.03 Build Your Skills
12	11/3 – 11/7	03.04 Level Up Instant Activity 03.04 Level Up
13	11/10 – 11/14 <b>No school on 11/11</b>	03.05 Teamwork! Exam 04.01 Going Solo Instant Activity
14	11/17 – 11/21	04.01 Going Solo 04.02 Let's Get Moving

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	04.03 Opportunity Is Everywhere Instant Activity 04.03 Opportunity Is Everywhere 04.04 Making Moves Discussion-Based Assessment* <a href="#">Schedule appt</a>
17	12/8 – 12/12	<b>04.05 Segment 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  
904-257-3481 text/call  
Email [kathleen.king@stjohns.k12.fl.us](mailto: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.