



Segment 1 FT HOPE

Mrs. King, Spring 2026

This is an elective course. No Live Lessons.

Open Office 12:00-12:30 M-TH

****Please see page 2 for NEW DBA requirements based on student enrollment type****

Teacher Information:

Mrs. Kathleen King

(904) 257-3481 M-F 8 am-8pm

kathleen.king@stjohns.k12.fl.us (email)

<https://sjcsd-us.zoom.us/my/kingclass> (zoom link)

[Appointment Calendar](#) (booking page)

Week	Dates	Assignments
1	1/5 – 1/9 <i>You must complete the <u>first 2</u> assignments & welcome call before I can activate you!</i>	**Text me your first and last name and your course** Schedule a Welcome Call HERE (new students or new courses only!) Set up your SWORKIT and Watch video linked to the class page. Skip pretests! Skip enrichments! Skip collaborations! <input type="checkbox"/> 01.01 Health Influences
2	1/12 – 1/16	<input type="checkbox"/> 01.02 Benefits of Exercise
3	1/19 – 1/23 <i>No school on 1/19</i>	<input type="checkbox"/> 01.03 Play Nice
4	1/26 – 1/30 <i>I will not be available Thursday or Friday.</i>	<input type="checkbox"/> 01.04 Food Is Fuel <input type="checkbox"/> 01.05 Check Your Sources
5	2/2 – 2/6	<input type="checkbox"/> 01.06 Foundations of Health Activity Log <input type="checkbox"/> 01.07 Foundations of Health Exam (text for password)
6	2/9 – 2/13 <i>No school on 2/13</i>	<input type="checkbox"/> 02.01 Principles of Fitness
7	2/16 -2/20 <i>No school on 2/16</i>	<input type="checkbox"/> 02.02 Your Body's Cogs and Wheels <input type="checkbox"/> 02.03 Follow Your Heart
8	2/23 – 2/27	<input type="checkbox"/> 02.04 Put Some Muscle Into It

		<input type="checkbox"/> 02.05 Meet Yourself Where You Are
9	3/2 – 3/6	<input type="checkbox"/> 02.06 Fitness Plan
10	3/9 – 3/13 <i>No school on 3/13</i>	<input type="checkbox"/> 02.07 Fitness Activity Log * DBA next assignment
	3/16 – 3/20	Spring Break Use this time to catch up if you are behind pace!
11	3/23 – 3/27	<input type="checkbox"/> 02.08 Fitness Discussion-Based Assessment-required conversation exam password given at completion. Flex students: Schedule a phone call using the Appointment Calendar Link Full-time students: If in good academic standing, you can submit this assignment with your current % complete and grade % from grade report and I will exempt you and email the password exam. <input type="checkbox"/> 02.09 Fitness Exam* Password after DBA
12	3/30 – 4/3 <i>No school on 4/3</i>	<input type="checkbox"/> 03.01 Communicable Disease
13	4/6 – 4/10	<input type="checkbox"/> 03.02 Care For Your Body <input type="checkbox"/> 03.03 Reproductive Health Parent Letter
14	4/13-4/17	<input type="checkbox"/> 03.04 Chronic Disease
15	4/20 – 4/24	<input type="checkbox"/> 03.05 First Aid
16	4/27 – 5/1	<input type="checkbox"/> 03.06 Personal Care and Disease Activity Log * schedule DBA Flex/Part-Time Seniors Check completion requirements for graduation!
17	5/4 – 5/8	<input type="checkbox"/> 03.07 Personal Care and Disease Discussion-Based Assessment Flex students: Schedule a phone call using Appointment Calendar Link Full-time students: Schedule a zoom meeting time using the Appointment Calendar Link for this DBA. Be prepared to have your camera on. https://sjcsd-us.zoom.us/my/kingclass All coursework is due for Full-time SJVS Seniors by 5/8 (including segment exam)
18	5/11 – 5/15	<input type="checkbox"/> 03.08 Segment One Exam* password after DBA <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> All Full-Time SJVS coursework is due by 5/15 (including segment exam)
19	5/18 – 5/22	Grades will be issued to school School Year officially ends 5/29/25

DBA Information:

A "Discussion Based Assessment (DBA)" is a time for the students to share what they have learned in the module with the teacher. Students may use notes, but should not receive any additional support from another person (parent, guardian, tutor, sibling, friend, etc.). Be sure to book your DBA time [HERE](#).

DBA requirements are based on enrollment status:

Student Type	DBA Requirement
Full-time	Must attend a zoom meeting with the camera on to complete the required DBA. Students will book their DBA time using the booking site. Be prepared for your DBA to take about 10 minutes. Some Module DBAs will be exempt if the student is in good academic standing and is on Pace.
Flex (Part-Time)	Must complete all DBAs. DBAs will be via phone call. Book your DBA using the booking site.