



PE 6/7 Grade

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 You must complete the first 2 assignments & welcome call before I can activate you!	<p>**Text me your first and last name and your course**</p> <p>Schedule a Welcome Call HERE (new students or new courses only!)</p> <ul style="list-style-type: none">01.01 Proceed With Caution
2	1/12 – 1/16	<ul style="list-style-type: none">01.02 Get Ready For Action01.02 Get Ready For Action Instant Activity**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	1/19 – 1/23 No school on 1/19	<ul style="list-style-type: none">01.03 Put Your Heart In It Instant Activity01.03 Put Your Heart In It
4	1/26 – 1/30 I will not be available Thursday or Friday.	<ul style="list-style-type: none">01.04 The Right Training Instant Activity01.04 The Right Training01.05 Game Prep Exam(text for password)
5	2/2 – 2/6	<ul style="list-style-type: none">02.01 Goal For It Instant Activity02.01 Goal For It
6	2/9 – 2/13 No school on 2/13	<ul style="list-style-type: none">02.02 Cardio and Flexibility Instant Activity02.02 Cardio and Flexibility
7	2/16 -2/20 No school on 2/16	<ul style="list-style-type: none">02.03 Muscular Strength and Endurance Instant Activity02.03 Muscular Strength and Endurance
8	2/23 – 2/27	<ul style="list-style-type: none">02.04 Body Composition and Energy Balance Instant Activity02.04 Body Composition and Energy Balance* schedule 2.05 DBA* <p>Flex students: Schedule a phone or Zoom call using the Appointment Calendar Link</p>

		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.
9	3/2 – 3/6	<ul style="list-style-type: none"> ▫ 02.05 Developing Your Fit Discussion-Based Assessment* required conversation schedule an appointment* see DBA requirements on page 2 ▫ 02.06 Developing Your Fit Project (no password required!)
10	3/9 – 3/13 No school on 3/13	<ul style="list-style-type: none"> ▫ 03.01 Be a Team Player Instant Activity ▫ 03.01 Be a Team Player ▫ 03.02 Offense vs. Defense
	3/16 – 3/20	<p style="text-align: center;">Spring Break Use this time to catch up if you are behind pace!</p>
11	3/23 – 3/27	<ul style="list-style-type: none"> ▫ 03.03 Build Your Skills Instant Activity ▫ 03.03 Build Your Skills
12	3/30 – 4/3 No school on 4/3	<ul style="list-style-type: none"> ▫ 03.04 Level Up Instant Activity ▫ 03.04 Level Up
13	4/6 – 4/10	<ul style="list-style-type: none"> ▫ 03.05 Teamwork! Exam (text for password)
14	4/13-4/17	<ul style="list-style-type: none"> ▫ 04.01 Going Solo ▫ 04.01 Going Solo Instant Activity
15	4/20 – 4/24	<ul style="list-style-type: none"> ▫ 04.02 Let's Get Moving ▫ 04.02 Let's Get Moving Instant activity
16	4/27 – 5/1	<ul style="list-style-type: none"> ▫ 04.03 Opportunity Is Everywhere Instant Activity ▫ 04.03 Opportunity Is Everywhere* Schedule Mod 4 DBA <p style="background-color: #00ff00; color: white; padding: 2px;">Flex/Part-Time Seniors Check completion requirements for graduation!</p>
17	5/4 – 5/8	<ul style="list-style-type: none"> ▫ 04.04 Making Moves Discussion-Based Assessment* All Students Schedule app* Exam password after DBA ▫ 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 REQUIRED DBA. Be prepared to have your camera on. https://sjcsd-us.zoom.us/my/kingclass <p style="background-color: #00ff00; color: white; padding: 2px;">All coursework is due for Full-time SJVS Seniors by 5/8 (including segment exam)</p>
18	5/11 – 5/15	<p style="text-align: center;">04.05 Segment Exam</p> <p><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></p> <p style="background-color: #ffff00; color: black; padding: 2px;">All Full-Time SJVS coursework is due by 5/15 (including segment exam)</p>
19	5/18 – 5/22	<p style="background-color: #ffff00; color: black; padding: 2px;">Grades will be issued to school</p> <p style="background-color: #ffff00; color: black; padding: 2px;">School Year officially ends 5/29/25</p>

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 or Zoom based on student choice at time of booking. Book your DBA using the booking site.