



# 6th Fitness

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](mailto: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 first 2 assignments &amp; welcome call before I can activate you!</i>	<p><b>**Text me your first and last name and your course**</b></p> <p>Schedule a <a href="#">Welcome Call HERE</a> (new students or new courses only!)</p> <ul style="list-style-type: none"> <li>01.01 Move It</li> </ul>
2	1/12 – 1/16	<ul style="list-style-type: none"> <li>01.02 That's Intense!* 2 assignments</li> <li>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>.</li> </ul>
3	1/19 – 1/23 <i>No school on 1/19</i>	<ul style="list-style-type: none"> <li>01.03 Fitness Focus* 2 assignments</li> </ul>
4	1/26 – 1/30 <i>I will not be available Thursday or Friday.</i>	<ul style="list-style-type: none"> <li>01.04 Your Training Manual* 2 assignments* text for exam 1.05 password</li> </ul>
5	2/2 – 2/6	<ul style="list-style-type: none"> <li>01.05 Foundations of Fitness Exam (text for password)</li> </ul>
6	2/9 – 2/13 <i>No school on 2/13</i>	<ul style="list-style-type: none"> <li>02.01 Listen To Your Heart* 2 assignments</li> </ul>
7	2/16 -2/20 <i>No school on 2/16</i>	<ul style="list-style-type: none"> <li>02.02 Hit Your Target* 2 assignments</li> </ul>
8	2/23 – 2/27	<ul style="list-style-type: none"> <li>02.03 Prepare and Prevent* 2 assignments* <a href="#">schedule 2.04 DBA</a></li> </ul>

		<ul style="list-style-type: none"> <li>▫ <b>Flex students:</b> Schedule a phone call using the <a href="#">Appointment Calendar Link</a></li> <li>▫ <b>Full-time students:</b> 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 password.</li> </ul>
9	3/2 – 3/6	<ul style="list-style-type: none"> <li>▫ 02.04 Matters of the Heart Discussion-Based Assessment* <a href="#">schedule appt</a> *exam password given after DBA</li> <li>▫ <b>Flex students:</b> Schedule a phone call using the <a href="#">Appointment Calendar Link</a></li> </ul>
10	3/9 – 3/13 No school on 3/13	▫ 03.01 Be A Goal-Getter * 2 assignments
	3/16 – 3/20	<b>Spring Break</b> <b>Use this time to catch up if you are behind pace!</b>
11	3/23 – 3/27	▫ 03.02 The Game Plan
12	3/30-4/3 No school on 4/3	<input type="checkbox"/> 3.03 A Body For Everybody <input type="checkbox"/> 3.04 Let's Make a Plan Exam
13	4/6-4/10	▫ 04.01 Got Stress?* 2 assignments
14	4/13-4/17	▫ 04.02 Player Handbook* 2 assignments
15	4/20-4/24	<ul style="list-style-type: none"> <li>▫ 04.03 Get The Facts* 2 assignments</li> <li>▫ *All students schedule 4.04 DBA (see below)</li> <li>▫ 04.04 Go Have Fun!* 2 assignments*</li> </ul>
16	4/27-5/1	<p><b>Flex students:</b> Schedule a phone call using <a href="#">Appointment Calendar Link</a></p> <p><b>Full-time students:</b> Schedule a zoom meeting time using the <a href="#">Appointment Calendar Link</a> for this DBA. Be prepared to have your camera on.</p> <p><a href="https://sjcsd-us.zoom.us/my/kingclass">https://sjcsd-us.zoom.us/my/kingclass</a></p> <ul style="list-style-type: none"> <li>▫</li> </ul>
17	5/4-5/8	<b>04.06 Segment Exam* password given at DBA</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> <b>All coursework is due for Full-time SJVS Seniors by 5/8 (including segment exam)</b>
18	5/11 – 5/15	<b>All Full-Time SJVS coursework is due by 5/15 (including segment exam)</b>
19	5/18 – 5/22	<b>Grades will be issued to school</b> <b>School Year officially ends 5/29/25</b>

### 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:

<b>Student Type</b>	<b>DBA Requirement</b>
<b>Full-time</b>	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.
<b>Flex (Part-Time)</b>	Must complete all DBAs. DBAs will be via phone call. Book your DBA using the booking site.