

Course Outline & Pacing Guide

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in one week's time. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Week 1: Getting Started				
1	Multimedia Lesson	<i>Course Introduction</i>	n/a	
1	Multimedia Lesson	<i>Course Tasks</i>	n/a	
1	Multimedia Lesson	<i>Exercise Requirements</i>	n/a	
1	Multimedia Lesson	<i>Fitness Log</i>	n/a	
1	Multimedia Lesson	<i>Getting Started</i>	n/a	
1	Multimedia Lesson	<i>Goal Setting</i>	n/a	
1	Sprint/Online Links	View Additional Links	n/a	
1	Team Huddle/Discussion	Road Blocks	5	
1	Assignment	1a: Course Contract	10	
1	Assignment	1b: Workout Schedule	20	
1	Quiz	Quiz 1	20	
1	Assignment	Weekly Fitness Log 1	60	
Week 2: What Is Fitness?				
2	Multimedia Lesson	<i>What is Fitness?</i>	n/a	
2	Multimedia Lesson	<i>State of the Nation</i>	n/a	
2	Multimedia Lesson	<i>Skill vs. Health</i>	n/a	
2	Multimedia Lesson	<i>Benefits of Fitness</i>	n/a	
2	Multimedia Lesson	<i>Warm Up</i>	n/a	
2	Multimedia Lesson	<i>Cool Down</i>	n/a	
2	Sprint/Online Links	View Additional Links	n/a	
2	Team Huddle/Discussion	Holistic Health	5	
2	Assignment	Benefit Summaries	20	
2	Quiz	Quiz 2	20	
2	Assignment	Weekly Fitness Log 2	60	
Week 3: Safety & Technique				
3	Multimedia Lesson	<i>Proper Posture</i>	n/a	
3	Multimedia Lesson	<i>Exercise Technique</i>	n/a	
3	Multimedia Lesson	<i>Posture & Exercise</i>	n/a	
3	Multimedia Lesson	<i>Safety Guidelines</i>	n/a	
3	Multimedia Lesson	<i>Muscle Soreness</i>	n/a	
3	Multimedia Lesson	<i>Minor Injuries</i>	n/a	
3	Sprint/Online Links	View Additional Links	n/a	
3	Team Huddle/Discussion	Extreme Sports	5	
3	Assignment	Demonstrate Posture	20	
3	Quiz	Quiz 3 (combine 3 & 4)	20	

Credit Recovery PE

3	Assignment	Weekly Fitness Log 3	60	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Week 4: Components of Fitness				
4	Multimedia Lesson	<i>Components of Fitness</i>	n/a	
4	Multimedia Lesson	<i>Cardiovascular Fitness</i>	n/a	
4	Multimedia Lesson	<i>Strength & Endurance</i>	n/a	
4	Multimedia Lesson	<i>Flexibility</i>	n/a	
4	Multimedia Lesson	<i>Body Composition</i>	n/a	
4	Sprint/Online Links	View Additional Links	n/a	
4	Team Huddle/Discussion	Media & Fitness	5	
4	Assignment	Exercise Brochure	20	
4	Quiz	Quiz 4	20	
4	Assignment	Weekly Fitness Log 4	60	
Week 5: Fitness Principles				
5	Multimedia Lesson	<i>Movement</i>	n/a	
5	Multimedia Lesson	<i>Motion</i>	n/a	
5	Multimedia Lesson	<i>FITT Principles</i>	n/a	
5	Multimedia Lesson	<i>Applying FITT Principles</i>	n/a	
5	Multimedia Lesson	<i>Principles of Exercise</i>	n/a	
5	Multimedia Lesson	<i>Heart Rate</i>	n/a	
5	Sprint/Online Links	View Additional Links	n/a	
5	Team Huddle/Discussion	Diversity & Inclusion	5	
5	Assignment	Calculate Your Heart Rate	20	
5	Quiz	Quiz 5	20	
5	Assignment	Weekly Fitness Log 5	60	
Week 6: Diet & Substances				
6	Multimedia Lesson	<i>MyPlate</i>	n/a	
6	Multimedia Lesson	<i>Dietary Guidelines</i>	n/a	
6	Multimedia Lesson	<i>Weight Management</i>	n/a	
6	Multimedia Lesson	<i>Drugs & Exercise</i>	n/a	
6	Sprint/Online Links	View Additional Links	n/a	
6	Team Huddle/Discussion	Body Image	5	
6	Assignment	Daily Food Plan	10	
6	Assignment	Diet Analysis	10	
6	Quiz	Quiz 6	20	
6	Assignment	Weekly Fitness Log 6	60	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	

Assignments should be typed in a word-processing document, saved, and uploaded in the course.

**Parent verification of the Weekly Fitness Logs is required every three weeks. You will not receive additional points for the parent verification. However, you may LOSE points for your fitness logs if parent verification is not submitted.