

## Individual & Dual Sports II

### Detailed Schedule

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 about one week's time for a 16 week course. 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
<b>Course Introduction</b>				
Intro	Multimedia Lesson	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Multimedia Lesson	Fitness Log	n/a	
Intro	Team Huddle	Introduce Yourself	5	
Intro	Quiz	Course Policies Quiz	10	
Intro	Upload Assignment	Course Contract	10	
<b>UNIT 1 GETTING STARTED</b>				
<b>Section 1.1 Fitness Assessment &amp; Analysis</b>				
1.1	Multimedia Lesson	Fitness Assessment	n/a	
1.1	Multimedia Lesson	Fitness Analysis	n/a	
1.1	Multimedia Lesson	Risk Factors	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle	Overall Health	5	
1.1	Assignment	Fitness Assessment	20	
1.1	Section Quiz	1.1 Section Quiz	20	
<b>Section 1.2 Getting Started</b>				
1.2	Multimedia Lesson	Getting Started	n/a	
1.2	Multimedia Lesson	Finding Time for Fitness	n/a	
1.2	Multimedia Lesson	Creating an Exercise Program	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle	Successful Workouts	5	
1.2	Assignment	Workout Schedule	20	
1.2	Section Quiz	1.2 Section Quiz	20	
1.2	Fitness Log	Weekly Fitness Log #1	45	
<b>Section 1.3 Safety</b>				
1.3	Multimedia Lesson	Safety Guidelines	n/a	
1.3	Multimedia Lesson	Warm-up	n/a	
1.3	Multimedia Lesson	Cool down	n/a	
1.3	Multimedia Lesson	Drugs & Exercise	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	

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1.3	Team Huddle	Drawing the Line	5	
1.3	Assignment	Sport Safety	20	
1.3	Section Quiz	1.3 Section Quiz	20	
1.3	Fitness Log	Weekly Fitness Log #2	45	
<b>UNIT 2 FITNESS</b>				
<b>Section 2.1 Components of Fitness</b>				
2.1	Multimedia Lesson	Components of Fitness	n/a	
2.1	Multimedia Lesson	Heart Rate	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle	Influence of Fitness	5	
2.1	Assignment	Heart Rate Experiment	20	
2.1	Section Quiz	2.1 Section Quiz	20	
2.1	Fitness Log	Weekly Fitness Log #3	45	
<b>Section 2.2 Team Player</b>				
2.2	Multimedia Lesson	Respecting Differences	n/a	
2.2	Multimedia Lesson	Sportsmanship	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle	Showboating	5	
2.2	Assignment	Teamwork	20	
2.2	Section Quiz	2.2 Section Quiz	n/a	
2.2	Fitness Log	Weekly Fitness Log #4	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Section 2.3 Nutrition</b>				
2.3	Multimedia Lesson	MyPlate	n/a	
2.3	Multimedia Lesson	Dietary Guidelines	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle	Endorsements	5	
2.3	Assignment	Daily Food Plan & Diet Analysis	20	
2.3	Section Quiz	2.3 Section Quiz	20	
2.4	Fitness Log	Weekly Fitness Log #5	45	
<b>UNIT 3 COMBATIVE SPORTS</b>				
<b>Section 3.1 Martial Arts</b>				
3.1	Multimedia Lesson	Intro to Martial Arts	n/a	
3.1	Multimedia Lesson	Rules & Etiquette of Martial Art Competition	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle	Mixed Martial Arts	5	
3.1	Assignment	Martial Art Movements	20	
3.1	Quiz	3.1 Section Quiz	20	

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3.1	Fitness Log	Weekly Fitness Log #6	45	
<b>Section 3.2 Unarmed Martial Arts</b>				
3.2	Multimedia Lesson	Unarmed Martial Arts	n/a	
3.2	Multimedia Lesson	Judo	n/a	
3.2	Multimedia Lesson	Jeet Kune Do	n/a	
3.2	Multimedia Lesson	Martial Arts Skills: Kick	n/a	
3.2	Multimedia Lesson	Martial Arts Skills: Punch	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle	Dealing with Stress	5	
3.2	Assignment	Unarmed Martial Art Skills	20	
3.2	Section Quiz	3.2 Section Quiz	20	
3.2	Fitness Log	Weekly Fitness Log #7	45	
<b>Section 3.3 Armed Martial Arts</b>				
3.3	Multimedia Lesson	Armed Martial Arts	n/a	
3.3	Multimedia Lesson	Archery	n/a	
3.3	Multimedia Lesson	Fencing	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle	Children and Martial Arts	5	
3.3	Assignment	Armed Martial Art Research	20	
3.3	Section Quiz	3.3 Section Quiz	20	
3.3	Fitness Log	Weekly Fitness Log #8	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>UNIT 4 GYMNASTICS AND PILATES</b>				
<b>Section 4.1 Gymnastics</b>				
4.1	Multimedia Lesson	Men's Artistic Gymnastics	n/a	
4.1	Multimedia Lesson	Women's Artistic Gymnastics	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle	Olympic Training	5	
4.1	Assignment	Olympic Gymnast	20	
4.1	Section Quiz	4.1 Section Quiz	20	
4.1	Fitness Log	Weekly Fitness Log #9	45	
<b>Section 4.2 Gymnastic Skills</b>				
4.2	Multimedia Lesson	Rhythmic, Acrobatic, and Aerobic Gymnastics	n/a	
4.2	Multimedia Lesson	Gymnastics Skills	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle	Flexibility	5	
4.2	Assignment	Choreography	20	

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4.2	Section Quiz	4.2 Section Quiz	20	
4.2	Fitness Log	Weekly Fitness Log #10	45	
<b>Section 4.3 Pilates</b>				
4.3	Multimedia Lesson	Pilates	n/a	
4.3	Multimedia Lesson	Pilates Technique	n/a	
4.3	Multimedia Lesson	Benefits of Pilates	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle	Just a Fad	5	
4.3	Assignment	Pilates Sport Report	20	
4.3	Section Quiz	4.3 Section Quiz	20	
4.3	Fitness Log	Weekly Fitness Log #11	45	
<b>UNIT 5 WATER SPORTS</b>				
<b>Section 5.1 Water Safety</b>				
5.1	Multimedia Lesson	Water Safety	n/a	
5.1	Multimedia Lesson	Water Sports	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle	Shark Attack	5	
5.1	Assignment	Water Sport Safety	20	
5.1	Section Quiz	5.1 Section Quiz	20	
5.1	Fitness Log	Weekly Fitness Log #12	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Section 5.2 Water Skills</b>				
5.2	Multimedia Lesson	Swimming Skills	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle	Swimming Lessons	5	
5.2	Assignment	Water Skill Check	20	
5.2	Section Quiz	5.2 Section Quiz	20	
5.2	Fitness Log	Weekly Fitness Log #13	*optional	
<b>UNIT 6 STAYING ACTIVE</b>				
<b>Section 6.1 Post Assessment</b>				
6.1	Multimedia Lesson	Post Assessment	n/a	
6.1	Multimedia Lesson	Staying Active	n/a	
6.1	Sprint/Online Links	View Additional Links	n/a	
6.1	Team Huddle	Staying Fit	5	
6.1	Assignment	Post Assessment	35	
6.1	Fitness Log	Weekly Fitness Log #14	*optional	