**JANUARY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 | 2 | 3 | 4 | 5 |
| 6 | 7Your Fitness Log | 8Health and Wellness | 9A Healthy Lifestyle | 10 | 11 | 12 |
| 13 | 14**Topic Test 1** | 15Physical Fitness Basics | 16Physical Fitness and Lifestyle | 17Physical Activity Benefits | 18 | 19 |
| 20 | 21Physical Fitness Attitudes | 22**Topic Test 2** | 23Principles of Exercise | 24Health Related Fitness | 25 | 26 |
| 27 | 28Skill Related Fitness | 29Fitness Evaluation | 30**Topic Test 3** | 31Setting Healthy Goals |  |  |

**FEBRUARY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1 | 2 |
| 3 | 4Your Fitness Plan | 5Activity Selection | 6Beginning an Exercise Program | 7 | 8 | 9 |
| 10 | 11Fitness Centers and Equipment | 12**Topic Test 4** | 13Lifetime Fitness | 14Aging and Fitness | 15 | 16 |
| 17 | 18Heredity and Genetics**No School** | 19**No School**  | 20**Topic Test 5** | 21Movement | 22 | 23 |
| 24 | 25Stability and Range of Motion | 26**Topic Test 6** | 27Muscular Strength and Endurance | 28Developing Muscular Strength and Endurance |  |  |

**MARCH**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1 | 2 |
| 3 | 4Safe Weight Training | 5Exploring Exercises for Fitness | 6 | 7**Topic Test 7****End Q3!!!** | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |  |  |  |  |  |  |

**(March 25-29th Spring Break!!!)**

**Lifetime Fitness/PE**

**(Light Green)**

|  |  |
| --- | --- |
| **Assignment** | **INow Due Date** |
| Your Fitness LogHealth and WellnessA Healthy Lifestyle**Topic Test 1 (1/14)**Physical Fitness Basics | **1/16** |
| Physical Fitness and LifestylePhysical Activity BenefitsPhysical Fitness Attitudes**Topic Test 2 (1/22)** | **1/23** |
| Principles of ExerciseHealth-Related FitnessSkill Related FitnessFitness Evaluation**Topic Test 3** | **1/30** |
| Setting Healthy GoalsYour Fitness PlanActivity Selection | **2/6** |
| Beginning an Exercise ProgramFitness Centers and Equipment**Topic Test 4** | **2/13** |
| Lifetime FitnessAging and FitnessHeredity and Genetics**Topic Test 5** | **2/20** |
| MovementStability and Range of Motion**Topic Test 6** | **2/27** |
|  | **2/28** |
|  | **3/6** |
|  | **3/7** |