**JANUARY**

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

**FEBRUARY**

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

**MARCH**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1 | 2 |
| 3 | 4  Safe Weight Training | 5  Exploring 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 Log  Health and Wellness  A Healthy Lifestyle  **Topic Test 1 (1/14)**  Physical Fitness Basics | **1/16** |
| Physical Fitness and Lifestyle  Physical Activity Benefits  Physical Fitness Attitudes  **Topic Test 2 (1/22)** | **1/23** |
| Principles of Exercise  Health-Related Fitness  Skill Related Fitness  Fitness Evaluation  **Topic Test 3** | **1/30** |
| Setting Healthy Goals  Your Fitness Plan  Activity Selection | **2/6** |
| Beginning an Exercise Program  Fitness Centers and Equipment  **Topic Test 4** | **2/13** |
| Lifetime Fitness  Aging and Fitness  Heredity and Genetics  **Topic Test 5** | **2/20** |
| Movement  Stability and Range of Motion  **Topic Test 6** | **2/27** |
|  | **2/28** |
|  | **3/6** |
|  | **3/7** |