River Mill Academy

Health/Physical Education Pacing Guide: 8th Grade Fall

Coach Jones

8-12 to 8-16 Warm Up routine, Fitness Test

8-19 to 8-23 Fitness Test & Workouts

8-26 to 8-30 Health Chapter 11

9-3 to 9-6 Health Chapter 11 & Progress Reports

9-9 to 9-13 Volleyball

9-16 to 9-20 Soccer

9-23 to 9-27 Health Chapter 12

9-30 to 10-3 Health Chapter 12 & End 1st 9 weeks

10-7 to 10-11 Basketball, Handball, and Quadball

10-14 to 10-18 Basketball, Handball, and Quadball

10-21 to 10-25 Health Chapter 13

10-28 to 11-1 Health Chapter 13

11-4 to 11-8 Softball

11-12 to 11-15 Bowling & Progress Reports

11-18 to 11-22 Chapter 14

11-25 to 11-27 Chapter 14

12-2 to 12-6 Tennis & Fitness Testing

12-9 to 12-13 Badminton & Health Chapter 15

12-16 to 12-18 Health Chapter 15