

Health & Physical Education – Course No. 7300
Summer 2026 - 9th Grade HPE Pacing Guide

Course Module	Topic	Due Date
HRM Check Out	**Watch Pick up (if using HCPS HR monitor)	May 21 5:00-6:30 PM Glen Allen HS
Meeting 1	Virtual for Student & Parent (graded attendance)	June 2 6:00 PM Virtual @ TEAMS
1 A & B	Introduction, Why PE Matters	June 4 11:59 PM
2	Goal Setting & Personal Wellness Planning	June 7 11:59 PM
Fitness	Fitness Hours Due- 5 Hours***	June 7 11:59 PM
3	Fitness Warm-up and 1,2,3	June 9 11:59 PM
4	Functional Fitness Testing H.C. Fitness test Practice- then do fitness test in schoology	June 9 11:59 PM
5	Value of Good Health - LST 1	June 11 11:59 PM
6.1	Individual Sport TOPIC- Part I HC- Gymnastics, Self def, Tennis	June 14 11:59 PM
Fitness	Fitness Hours Due- 13 Hours***	June 14 11:59 PM
7	Understanding Mental Wellness EVERFI®	June 16 11:59 PM
8A	First Aid	June 21 11:59 PM
8B	CPR/AED	June 21 11:59 PM
Fitness	Fitness Hours Due- 20 Hours***	June 21 11:59 PM
6.2	Individual Sport - Part II (turning in)	June 23 11:59 PM
Meeting 2	CPR/First Aid Skills, Team Sport, Fitness hour review (as needed)	June 23 3 PM In Person, Glen Allen HS
9.1	Team Sport Topic - Part I Bball, FH, Lax, Soccer, VolleyB	June 25 11:59 PM
10	Decision Making - LST 2	June 28 11:59 PM
Fitness	Fitness Hours Due- 27 Hours***	June 28 11:59 PM
11	Nutrition (Science, History, Advertising)	JUNE 30 11:59 PM
12	Risk Taking & Substance Abuse - LST 3	July 5 11:59 PM
13	Alcohol EDU EVERFI®	July 7 11:59 PM
14	Media & Health - LST 4	July 9 11:59 PM
9.2	Team Sport - Part II Turning in	July 12 11:59 PM
15.Opt	Family Life Education: Optional, Opt-In	n/a
Fitness	Fitness Hours Due- 40 Hours***	July 12 11:59 PM
Meeting 3	Meeting #3 (graded attendance) Final exam and final grade verification, HRM return, Computer return.	Tues. July 14 3:00 PM Glen Allen HS

TEACHER NAME	TEACHER EMAIL

****Mandatory Meetings** - There are three of them and each is worth a percentage of your grade. Please note that meeting #1 is Virtual and the MS Teams meeting link will be in the students Online HPE Schoology course. The Opening Meeting is a Parent/Guardian and Student meeting. It is important that both parties hear and understand the expectations and procedures. The two remaining meetings are in person student only meetings.

Meeting #2 - The meeting is in person, and we will cover the First Aid and CPR segment that is required for graduation. If you miss this meeting, you will be responsible to arrange the in-person training at your home school. **PLEASE DO NOT MISS.** Meeting 2 is in person at Glen Allen HS.

Meeting #3 - The meeting is in person at Glen Allen HS will begin at 3:00 PM - until finished.

****HRM pick-up and Drop Off** - HRM pick-up is May 21ST 5:00-6:30PM at GAHS (main entrance). HRM return during meeting #3. Failure to turn in HRM and all of its parts (*in working order*) will result in being placed on the obligation list if fees are not paid when returning the HRM. **Students must complete the 2026 SA Online Heart Rate Monitor Agreement form to checkout a HRM.**

*****Fitness hours and procedures**- You are expected to have the minimum number of fitness hours on the above dates. The maximum daily number of fitness hours allowed are: 2-hours per day and 12-hours per week. If you have below the number required, your teacher will enter that number into the gradebook. Your grade will be adversely affected **however**, you may make up the missing hours (*according to the maximum amount listed above*).