

1.02 Personal Fitness Pace Chart

Welcome to FLVS Personal Fitness! Each week you will need to complete the lessons listed by Sunday. Do plan to dedicate about 10-15 hours per week to working on this course. You are always welcome to work ahead of this pace but please do not fall behind. Please print out and sign this document and fax it back to us for your very first grade in the course. Post your pace chart on your refrigerator, on your computer, on your bathroom mirror...wherever you and your parents will see it every day! As you complete assignments cross them off your pace chart until you finish your course! If you have vacation time coming up you have 2 options: Work ahead and complete your assignments prior to leaving on vacation **OR** E-mail us a few days prior to leaving and we can apply 1 or both of your floating "vacation" weeks. This will extend your final course deadline by one or two weeks.

I understand I may be withdrawn from the course with an F grade if I do not submit my required work each week. As the parent/guardian, I agree to check the course GRADEBOOK each week to see that my child has completed the work listed.

Student Name _____

Parent Signature: _____ Student Signature: _____

Week	Assignments to be submitted:	Last day to submit:
1	1.00, 1.01, 1.02 , 1.03A, 1.03B, 1.04 , 1.05, 1.07, 1.08, 1.09	
2	2.00, 2.01 , 2.02 , 2.03, 2.04A, 2.04B , 2.05A, 2.05B, 2.06	
3	3.00, 3.01 , 3.02A , 3.02B , 3.03, 3.04, 3.05 , 3.06	
4	4.00, 4.01 , 4.02 , 4.03, 4.04, 4.05A, 4.05B , 4.06	
5	4.07 , 5.00, 5.01 , 5.02 , 5.03, 5.04, 5.05 , 5.06	
6	6.00, 6.01 , 6.02A , 6.02B , 6.03, 6.03B , 6.04, 6.05 ,	
7	7.00, 7.01 , 7.02 , 7.03, 7.04, 7.05, 7.06 ,	
8	8.00, 8.01A , 8.01B , 8.02 , 8.03-Final Exam	
	VACATION WEEK (OPTIONAL)	
	VACATION WEEK (OPTIONAL)	

The items in **red** are physical activity assignments.
 The items in **yellow** are oral component assignments.

FLVS Liability Waiver

The Personal Fitness and Fitness Lifestyle Design course offered by Florida Virtual School meets the course description and Sunshine State Standards as put forth by the Florida Department of Education. This course requires participation in vigorous physical activity intended to build students' strength and endurance through cardiovascular exercises, such as walking and running, and stretching exercises.

As with any vigorous exercise activity, the possibility of injury exists even with proper guidance and instruction. Despite this risk of injury, students who voluntarily participate in these activities expressly agree to hold Florida Virtual School, and its employees, harmless from any liability should an injury occur as a result of the performance of the exercise activities taught within the personal fitness course.

I hereby acknowledge that I have read, understood and agree with this waiver of liability.

 Parent or Guardian (Print Name)

 Parent or Guardian (Signature)

 Date

 Student (Print Name)

 Student (Signature)

 Date

**Please be
 sure to sign
 BEFORE
 you fax or
 scan this
 document
 and submit
 for a grade.**