

		HS			
		#1 of 4	#2 of 4	#3 of 4	#4 of 4
Classroom Part 1	10 mins	Welcome/Intro Slides	Welcome Back/Review-Check-In	Welcome Back/Review-Check-In	Welcome Back/Review-Check-In
Activity Part 1	65 mins	HS PE 101	Icebreakers/ASAPs - Choose 2 out of these 3	Icebreakers - Choose 2 out of these 3	Icebreakers - Choose 2 out of these 3
		Get the Signal	Decoder (SPARKfit)	RPS Fan Club (Icebreakers)	Acceptance 3-2-1 (SEL)
		Team Up	Fitness ASAP (New-Functional Fitness Ver.)	Cooperative Juggling (SEL)	Bumper Tag (PLE)
		Tri-Tri-Tri Your Best	Speedball ASAP (Convert-A-Round)	Human Knot (PLE)	Rock Paper Scissors Olympics (SEL)
		HS PE 101	Speedball	Wellness Walking	Football
		Fun-Day-Mental Jigsaw	Give and Go (Practice)	Walking Circuits	National Arbor Day (Practice)
		Adventure Race	Give and Go (Play)	Walk Jog Run	National Arbor Day (Game Play)
			Flying Disc	Soccer	Functional Fitness
			Battle Zone (Practice)	Adventure Race	iFunctional Fitness
			Battle Zone (Game Play)		
Classroom Part 2	15 mins	General program & lesson overview - what you have & how to use it	SPARK App – detailed app slides	SPARK App: Group creator/student selector details	SPARK App: Assessment details
BREAK	10 mins	BREAK	BREAK	BREAK	BREAK
Activity Part 3	50 mins Note: For #1 of 4 - only 45 mins here as 5 mins added to Classroom Part 3 below.	HS 101 Game Day	Pickleball	Badminton	iGames
		Sepak Takraw (Practice)	Bounce Back	Picking Sides (Practice)	iInvasion
		Sepak Takraw (Game Play)		Picking Sides (Game Play)	
			Dance		
		Group Fitness	Night Fever Hustle	Tabata	Wellness Center PE - Peer Teaching
		Yoga Basic Training	Hip Hop Jigsaw	Tabata Basic Training	Battle Zone (Flying Disc)
		iYoga	Pick 1 of the dances above and then:	iTabata	Race Walking (Wellness Walking)
			KanJam		Stutter Stomp (Dance)
			Roundnet or Corn Toss (BYG)		
Classroom Part 3	30 mins Note: For Part 1 - 35 mins here.	SPARK App Feature Slide	Debrief Activity (Gallery Walk - in WORKSHOP BOX)	Debrief Activity (Scenario-Situation - in WORKSHOP BOX)	Show Lesson Quality Checklists on slide
	SPARKfamily & Debrief Activity (Scavenger Hunt - in WORKSHOP BOX)	Overall wrap-up, Evals & Raffle, Certificate Code	Overall wrap-up, Evals & Raffle, Certificate Code	Overall wrap-up, Evals & Raffle, Certificate Code	Debrief Activity (BINGO - in WORKSHOP BOX)
	Overall wrap-up, Evals & Raffle, Certificate Code				Overall wrap-up, Evals & Raffle, Certificate Code

What I will START doing, STOP doing, & CONTINUE doing?

3 activities from today; 2 you will tell a friend; 1 you will do tomorrow