

# SPARK™ Pacing Guide

# Kindergarten

\*Begin each lesson with an ASAP activity of your choice

\*\*See end of month for suggested Recess Activities

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
<b>August/September</b>				
1	Building a Foundation	1.4, 1.5, 1.8, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 4.1, 5.1, 5.2	Spatial Awareness	• Orientation and Personal Space (Building a Foundation)
2	Building a Foundation	1.1, 1.2, 1.8, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Spatial Awareness	• General Space and Creative Moves (Building a Foundation)
3	Building a Foundation	1.1, 1.2, 1.8, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Locomotor Skills	• Locomotor Skills, Levels, and Directions (Building a Foundation)
4	Building a Foundation	1.1, 1.2, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Pathways	• Pathways and Creative Moves (Building a Foundation)
5	Building a Foundation	1.1, 1.2, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Rhythms	• Tempos and Creative Moves (Building a Foundation)
6	Building a Foundation	1.1, 1.2, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Movement Concepts	• Movement Concepts Using Hoops (Building a Foundation)
7	Building a Foundation	1.1, 1.2, 1.4, 1.5, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Balance	• Body Management and Balance (Building a Foundation)
8	Building a Foundation	1.1, 1.2, 1.4, 1.5, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Cooperation	• Pairing and Moving Together (Building a Foundation)
9	Building a Foundation	1.1, 1.2, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Cooperation	• Pairs Combining Movement Concepts (Building a Foundation)
10	Building a Foundation	1.1, 1.2, 1.4, 1.5, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Cooperation	• Grouping and Making Bridges (Building a Foundation)

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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
11	Building a Foundation	1.1, 1.2, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Cooperation	• Grouping and Moving Together (Building a Foundation)
12	Building a Foundation	1.1, 1.2, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Dodging	• Chasing and Fleeing (Building a Foundation)
13	Building a Foundation	1.1, 2.2, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 5.1, 5.2	Fitness	• Fitness Introduction (Building a Foundation)
14	Building a Foundation	2.3, 3.1, 3.5, 4.1, 4.9, 5.1, 5.2	Fitness	• Flexibility (Building a Foundation)
15	Building a Foundation	1.1, 1.2, 1.8, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5 <i>Specific standards addressed will be determined by teacher-selected station cards</i>	Stations	• Circuit Introduction (Building a Foundation)

Recess Activities:  
Rules of the Play Structure

## October

1	Parachute	1.8, 2.1, 2.3, 3.1, 4.1, 5.1, 5.2, 5.3, 5.4	Cooperative Play	• Parachute Introduction (Parachute)
2	Parachute	1.5, 1.8, 2.1, 2.3, 3.1, 4.1, 5.1, 5.2, 5.3, 5.4	Cooperative Play	• Chute Shapes (Parachute)
3	Parachute	1.1, 1.2, 1.3, 1.8, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4	Rhythms Locomotor Skills Cooperative Play	• Move and Groove (Parachute)
4	Parachute	1.1, 1.2, 1.3, 1.8, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4	Cooperative Play	• Changing Places (Parachute)
5	Parachute	1.1, 1.2, 1.3, 1.8, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4	Rhythms Locomotor Skills Fitness	• Move and Groove (Parachute) • Parachute Fitness (Parachute)
6	Parachute	1.8, 2.1, 2.3, 3.1, 4.1, 5.1, 5.2, 5.3, 5.4	Cooperative Play	• Popcorn (Parachute)

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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
7	Parachute	1.2, 1.8, 2.1, 2.3, 3.1, 4.1, 5.1, 5.2, 5.3, 5.4	Rhythms Locomotor Skills Cooperative Play	<ul style="list-style-type: none"> <li>• Move and Groove (Parachute)</li> <li>• Space Mountain (Parachute)</li> </ul>
8	Parachute	1.8, 2.1, 2.3, 3.1, 4.1, 5.1, 5.2, 5.3, 5.4	Cooperative Play	<ul style="list-style-type: none"> <li>• Shark Attack (Parachute)</li> </ul>
9	Parachute	1.1, 1.2, 1.3, 1.8, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4	Rhythms Locomotor Skills Cooperative Play	<ul style="list-style-type: none"> <li>• Move and Groove (Parachute)</li> <li>• Superhero's Cape (Parachute)</li> </ul>
10	Parachute	1.1, 1.2, 1.3, 1.8, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4	Cooperative Play	<ul style="list-style-type: none"> <li>• Parachute Switcheroo (Parachute)</li> </ul>
11	Parachute	1.8, 2.1, 2.3, 3.1, 4.1, 5.1, 5.2, 5.3, 5.4	Rhythms Locomotor Skills Cooperative Play	<ul style="list-style-type: none"> <li>• Move and Groove (Parachute)</li> <li>• Fly in the Web (Parachute)</li> </ul>
12	Parachute	1.1, 1.2, 1.3, 1.8, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4	Rhythms Locomotor Skills Cooperative Play	<ul style="list-style-type: none"> <li>• Showtime (Boogie Walk) (Parachute)</li> </ul>
<b>November</b>				
1	Manipulatives	1.1, 1.2, 1.5, 1.10, 1.16, 1.17, 2.1, 2.2, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Body Awareness	<ul style="list-style-type: none"> <li>• Scarf Exploration (Manipulatives)</li> </ul>
2	Manipulatives	1.1, 1.2, 1.5, 1.10, 1.16, 1.17, 2.1, 2.2, 2.5, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Body Awareness Throw, Catch	<ul style="list-style-type: none"> <li>• Scarf Exploration (Manipulatives)</li> </ul>
3	Manipulatives	1.8, 1.13, 2.1, 2.2, 2.3, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Body Awareness Throw, Catch	<ul style="list-style-type: none"> <li>• Beanbag Exploration (Manipulatives)</li> </ul>
4	Manipulatives	1.8, 1.13, 2.1, 2.2, 2.3, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Body Awareness Throw, Catch	<ul style="list-style-type: none"> <li>• Beanbag Exploration (Manipulatives)</li> </ul>
5	Manipulatives	1.8, 2.1, 3.1, 3.5, 4.1, 4.9, 5.1, 5.2, 5.3, 5.4	Body Awareness Cooperative Play	<ul style="list-style-type: none"> <li>• Twist and Turn/Bend and Stretch (Manipulatives)</li> <li>• Line Boogie (Manipulatives)</li> </ul>
6	Manipulatives	1.1, 1.5, 2.1, 2.2, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Body Awareness	<ul style="list-style-type: none"> <li>• Ribbon Exploration (Manipulatives)</li> </ul>
7	Manipulatives	1.1, 1.5, 1.16, 1.17, 2.1, 2.2, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Rhythms Body Awareness	<ul style="list-style-type: none"> <li>• Chinese Ribbon Dance (Manipulatives)</li> </ul>

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8	Manipulatives	1.8, 1.13, 2.1, 2.2, 2.3, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Body, Spatial Awareness	• Hoop Spinning (Manipulatives)
9	Manipulatives	1.8, 1.13, 2.1, 2.2, 2.3, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Body, Spatial Awareness	• Hoop Rolling (Manipulatives)
10	Manipulatives	1.8, 1.13, 2.1, 2.2, 2.3, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2, 5.3, 5.4	Body, Spatial Awareness Cooperative Play	• Partner Hoop Rolling (Manipulatives)
11	Manipulatives	1.8, 1.13, 2.1, 2.2, 2.3, 3.1, 3.2, 3.6, 4.1, 5.1, 5.2	Body Awareness Throw, Catch Cooperative Play	• Manipulatives Circuit (Manipulatives)
12	Manipulatives	1.1, 1.5, 1.16, 1.17, 2.1, 2.2, 3.1, 3.6, 4.1, 5.1, 5.2, 5.3, 5.4	Rhythms Body Awareness	• Showtime (Manipulatives)
<b>December</b>				
1	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.10, 2.2, 2.3, 3.1, 4.1, 4.8, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Stunts Introduction (Balance, Stunts, and Tumbling)
2	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.6, 1.10, 2.2, 2.3, 2.4, 3.1, 4.1, 4.8, 5.1, 5.2	Body Awareness Balance	• Animal Balancing Act (Balance, Stunts, and Tumbling)
3	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.6, 1.10, 2.2, 2.3, 2.4, 3.1, 4.1, 4.8, 5.1, 5.2	Body Awareness	• Basic Body Positions (Balance, Stunts, and Tumbling)
4	Balance, Stunts, and Tumbling	1.5, 1.6, 2.3, 2.4, 3.1, 4.1, 5.1, 5.2	Body Awareness Balance	• Static Balances (Balance, Stunts, and Tumbling)
5	Balance, Stunts, and Tumbling	1.4, 1.5, 1.6, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 4.1, 5.1, 5.2	Body Awareness Balance	• Beanbag Balances (Balance, Stunts, and Tumbling)
6	Balance, Stunts, and Tumbling	1.1, 1.2, 1.4, 1.5, 1.6, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 4.1, 5.1, 5.2, 5.4	Body Awareness Balance	• Dynamic Balances (Balance, Stunts, and Tumbling)
7	Balance, Stunts, and Tumbling	1.1, 1.4, 1.10, 2.1, 2.2, 2.3, 2.5, 3.1, 3.6, 4.1, 5.1, 5.2, 5.4	Locomotor Skills	• Jumping and Landing (Balance, Stunts, and Tumbling)
8	Balance, Stunts, and Tumbling	1.1, 1.2, 1.4, 1.5, 1.6, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 4.1, 5.1, 5.2, 5.4	Body Awareness Flexibility Muscular Strength & Endurance Cooperative Play	• Partner Stunts (Balance, Stunts, and Tumbling)

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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
9	Balance, Stunts, and Tumbling	1.4, 1.5, 1.6, 1.9, 2.3, 2.4, 3.1, 4.1, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Weight Transfer and Rolls (Balance, Stunts, and Tumbling)
10	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.10, 2.1, 2.2, 2.3, 2.4, 3.1, 4.1, 4.8, 5.1, 5.2	Creating Combinations	• Stunts Add-On (Balance, Stunts, and Tumbling)
11	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.10, 2.1, 2.2, 2.3, 2.4, 3.1, 4.1, 4.8, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Stunts Circuit (Balance, Stunts, and Tumbling)
12	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.10, 2.1, 2.2, 2.3, 2.4, 3.1, 4.1, 4.8, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Showtime (Balance, Stunts, and Tumbling)
<b>January</b>				
1	Catching and Throwing	2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Rolling	• Rolling and Catching with a Partner (Catching and Throwing)
2	Catching and Throwing	1.10, 2.5, 2.6, 2.7, 2.8, 3.1, 5.1	Throwing	• Throwing Underhand to Targets (Catching and Throwing)
3	Catching and Throwing	1.10, 1.14, 1.15, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1	Catching, Throwing	• Self-Toss and Catch (Catching and Throwing)
4	Catching and Throwing	2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Rolling	• Bowlers Rollers (Catching and Throwing)
5	Catching and Throwing	1.10, 1.11, 1.13, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Catching, Throwing	• Partner Throw and Catch (Catching and Throwing)
6	Catching and Throwing	1.10, 2.5, 2.6, 2.7, 2.8, 3.1, 5.1, 5.3, 5.5	Catching, Throwing	• Partner Throw and Catch Challenges (Catching and Throwing)
7	Catching and Throwing	1.11, 1.12, 2.5, 2.7, 2.8, 3.1, 5.1	Throwing	• Overhand Throw for Distance (Catching and Throwing)
8	Catching and Throwing	1.10, 1.11, 1.12, 2.5, 2.7, 2.8, 3.1, 5.1	Throwing	• Clean Your Room (Catching and Throwing)
9	Catching and Throwing	1.10, 1.11, 1.13, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Catching, Throwing	• Switcheroo (Catching and Throwing)
10	Catching and Throwing	1.10, 1.14, 1.15, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1	Catching, Throwing	• Scoops and Balls Introduction (Catching and Throwing)

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11	Catching and Throwing	1.10, 1.11, 1.13, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Catching, Throwing	• Catching and Throwing Circuit (Catching and Throwing)
12	Catching and Throwing	1.10, 1.11, 1.13, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 5.1, 5.3, 5.5	Catching, Throwing	• Showtime (Catching and Throwing)
<b>Recess Activities:</b> Corn Toss Monkey in the Middle SPUD				
<b>February</b>				
1	Jumping	1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Locomotor Patterns	• Jumping and Landing Patterns (Jumping)
2	Jumping	1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4	Locomotor Patterns	• Jump for Distance (Jumping)
3	Jumping	1.1, 1.2, 2.2, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.6	Locomotor Patterns	• Hurdling Practice (Jumping)
4	Jumping	1.1, 1.4, 1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity	• Stationary Rope Jumping (Jumping)
5	Jumping	1.1, 1.4, 1.8, 1.22, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity	• Jumping Rhythmically (Jumping)
6	Jumping	5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Cooperative Play	• Long Rope Turning in Pairs (Jumping)
7	Jumping	1.2, 1.8, 1.9, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Rhythms Locomotor Patterns Aerobic Capacity Cooperative Play	• Long Rope Jumping I (Jumping)
8	Jumping	1.2, 1.8, 1.9, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Rhythms Locomotor Patterns Aerobic Capacity Cooperative Play	• Long Rope Jumping II (Jumping)
9	Jumping	1.2, 1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity	• Individual Rope Jumping I (Jumping)
10	Jumping	1.2, 1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity	• Individual Rope Jumping II (Jumping)
11	Jumping	1.2, 1.8, 1.9, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Rhythms Locomotor Patterns Aerobic Capacity	• Jumping and Landing Circuit (Jumping)

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12	Jumping	1.1, 1.4, 1.8, 1.22, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity	• Showtime (Jumping)
Recess Activities: Hopscotch				
<b>March</b>				
1	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2	Foot Dribbling	• Dribbling Soccer-Style (Kicking and Trapping)
2	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2	Foot Dribbling	• Control Dribble Around Obstacles (Kicking and Trapping)
3	Kicking and Trapping	3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Partner Roll, Pass, and Trap (Kicking and Trapping)
4	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Foot Dribbling	• Shadow Dribble (Kicking and Trapping)
5	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Foot Dribbling	• Tunnel Dribble (Kicking and Trapping)
6	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Kicking for Distance (Kicking and Trapping)
7	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Kicking for Accuracy (Kicking and Trapping)
8	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Soccer Golf (Kicking and Trapping)
9	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking Cooperative Play	• Passing in Pairs (Kicking and Trapping)
10	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking Cooperative Play	• Triangle Passing (Kicking and Trapping)
11	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Kicking and Trapping Circuit (Kicking and Trapping)
12	Kicking and Trapping	1.1, 1.15, 1.18, 2.1, 3.1, 3.6, 5.1, 5.2	Rhythms Ball Control	• Showtime (Kicking and Trapping)
Recess Activities: Kickback Shoot and Score Marbles				
<b>April</b>				

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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
1	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Bunny Hop (Dance)
2	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Mexican Hat Dance (Dance)
3	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Hokey Pokey (Dance)
4	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Conga (Dance)
5	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Seven Jumps (Dance)
6	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Muffin Man (Dance)
7	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Shoemaker's Dance (Dance)
8	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Hawaiian Roller Coaster (Dance)
9	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Tarantella (Dance)
10	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Showtime (Dance)
11	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Showtime (Dance)
12	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Showtime (Dance)
<b>May</b>				
1	Dribbling, Volleying, and Striking	2.9, 2.10, 3.1, 5.1, 5.2	Hand Dribbling	• Bounce and Catch Introduction (Dribbling, Volleying, and Striking)
2	Dribbling, Volleying, and Striking	1.1, 1.21, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2	Hand Dribbling	• Dribbling Introduction (Dribbling, Volleying, and Striking)



# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
3	Dribbling, Volleying, and Striking	1.1, 1.21, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2	Hand Dribbling	• Squirrels and Acorns (Dribbling, Volleying, and Striking)
4	Dribbling, Volleying, and Striking	1.18, 1.19, 2.1, 22, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2	Body Awareness Striking	• Volleying and Striking Introduction (Dribbling, Volleying, and Striking)
5	Dribbling, Volleying, and Striking	1.1, 1.18, 1.19, 2.1, 22, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Body Awareness Striking	• Keep It Up (Dribbling, Volleying, and Striking)
6	Dribbling, Volleying, and Striking	1.1, 1.3, 1.18, 1.19, 2.1, 22, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Body Awareness Striking	• Sheep Dogs (Dribbling, Volleying, and Striking)
7	Dribbling, Volleying, and Striking	3.1, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Body Awareness Striking	• Straddleball (Dribbling, Volleying, and Striking)
8	Dribbling, Volleying, and Striking	1.18, 1.19, 2.1, 22, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2	Striking with Paddles	• Striking with Paddles (Dribbling, Volleying, and Striking)
9	Dribbling, Volleying, and Striking	1.1, 1.3, 1.18, 1.19, 2.1, 22, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Striking with Paddles	• Paddle Circuit (Dribbling, Volleying, and Striking)
10	Dribbling, Volleying, and Striking	3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.6	Striking with Long Implements	• Batter Up! (Dribbling, Volleying, and Striking)
11	Dribbling, Volleying, and Striking	1.1, 1.3, 1.18, 1.19, 1.21, 2.1, 22, 2.12, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Hand Dribbling Striking Volleying	• Dribbling, Volleying, and Striking Circuit (Dribbling, Volleying, and Striking)
12	Dribbling, Volleying, and Striking	1.18, 1.19, 1.22, 2.1, 22, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2	Hand Dribbling Rhythms	• Showtime (Dribbling, Volleying, and Striking)
Recess Activities: 2-Square/4-Square Wallball				
<b>June</b>				
1	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Cookie Monster Tag (Games)

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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
2	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Cookie Monster Tag (Games)
3	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Crazy Cones (Games)
4	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Crazy Cones (Games)
5	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Color Tag (Games)
6	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Color Tag (Games)
7	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Squirrels in the Trees (Games)
8	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Squirrels in the Trees (Games)
9	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Stuck in the Mud (Games)
10	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Stuck in the Mud (Games)
11	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Catch and Chase (Games)
12	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.2, 5.3, 5.6	Aerobic Capacity Cooperative Play	• Catch and Chase (Games)
<b>Recess Activities</b> Cat and Mice Rock, Paper, Scissor Tag Switcheroo				

# Grade 1

\*Begin each lesson with an ASAP activity of your choice

\*\*See end of month for suggested Recess Activities

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
<b>August/September</b>				
1	Building a Foundation	1.1, 1.2, 2.2, 2.4, 3.1, 4.1, 5.1	Spatial Awareness	<ul style="list-style-type: none"> <li>Orientation and Personal Space (Building a Foundation)</li> </ul>
2	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.6, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1	Spatial Awareness	<ul style="list-style-type: none"> <li>General Space and Creative Moves (Building a Foundation)</li> </ul>
3	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1	Locomotor Skills	<ul style="list-style-type: none"> <li>Locomotor Skills, Levels, and Directions (Building a Foundation)</li> </ul>
4	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1	Pathways	<ul style="list-style-type: none"> <li>Pathways and Creative Moves (Building a Foundation)</li> </ul>
5	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1	Rhythms	<ul style="list-style-type: none"> <li>Tempos and Creative Moves (Building a Foundation)</li> </ul>
6	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1	Movement Concepts	<ul style="list-style-type: none"> <li>Movement Concepts Using Hoops (Building a Foundation)</li> </ul>
7	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1	Balance	<ul style="list-style-type: none"> <li>Body Management and Balance (Building a Foundation)</li> </ul>
8	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.3, 5.5	Cooperation	<ul style="list-style-type: none"> <li>Pairing and Moving Together (Building a Foundation)</li> </ul>
9	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.3, 5.5	Cooperation	<ul style="list-style-type: none"> <li>Pairs Combining Movement Concepts (Building a Foundation)</li> </ul>

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
10	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.3, 5.5	Cooperation	<ul style="list-style-type: none"> <li>Grouping and Making Bridges (Building a Foundation)</li> </ul>
11	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.3, 5.5	Cooperation	<ul style="list-style-type: none"> <li>Grouping and Moving Together (Building a Foundation)</li> </ul>
12	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.7, 4.1, 5.1, 5.3, 5.5	Dodging	<ul style="list-style-type: none"> <li>Chasing and Fleeing (Building a Foundation)</li> </ul>
13	Building a Foundation	1.1, 2.1, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 5.1, 5.2	Fitness	<ul style="list-style-type: none"> <li>Fitness Introduction (Building a Foundation)</li> </ul>
14	Building a Foundation	2.1, 3.1, 3.6, 4.10, 4.11, 5.1, 5.2	Fitness	<ul style="list-style-type: none"> <li>Flexibility (Building a Foundation)</li> </ul>
15	Building a Foundation	1.1, 1.2, 1.3, 1.4, 1.5, 1.8, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 5.1, 5.3, 5.5 <i>Specific standards addressed will be determined by teacher-selected station cards</i>	Stations	<ul style="list-style-type: none"> <li>Circuit Introduction (Building a Foundation)</li> </ul>
<b>Recess Activities:</b> <b>Rules of the Play Structure</b>				
<b>October</b>				
1	Parachute	3.1, 5.1, 5.2, 5.3, 5.6	Cooperative Play	<ul style="list-style-type: none"> <li>Parachute Introduction (Parachute)</li> </ul>
2	Parachute	3.1, 5.1, 5.2, 5.3, 5.6	Cooperative Play	<ul style="list-style-type: none"> <li>Chute Shapes (Parachute)</li> </ul>
3	Parachute	1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.4, 3.1, 3.2, 3.7, 5.1, 5.2, 5.3, 5.6	Rhythms Locomotor Skills Cooperative Play	<ul style="list-style-type: none"> <li>Move and Groove (Parachute)</li> </ul>
4	Parachute	1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.4, 3.1, 3.2, 3.7, 5.1, 5.2, 5.3, 5.6	Cooperative Play	<ul style="list-style-type: none"> <li>Changing Places (Parachute)</li> </ul>
5	Parachute	1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.4, 3.1, 3.2, 3.3, 3.4, 3.7, 4.8, 4.9, 5.1, 5.2, 5.3, 5.6	Rhythms Locomotor Skills Fitness	<ul style="list-style-type: none"> <li>Move and Groove (Parachute)</li> <li>Parachute Fitness (Parachute)</li> </ul>
6	Parachute	3.1, 5.1, 5.2, 5.3, 5.6	Cooperative Play	<ul style="list-style-type: none"> <li>Popcorn (Parachute)</li> </ul>
7	Parachute	1.1, 3.1, 5.1, 5.2, 5.3, 5.6	Rhythms Locomotor Skills Cooperative Play	<ul style="list-style-type: none"> <li>Move and Groove (Parachute)</li> <li>Space Mountain (Parachute)</li> </ul>

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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
8	Parachute	1.1, 1.6, 2.2, 3.1, 5.1, 5.2, 5.3, 5.6	Cooperative Play	• Shark Attack (Parachute)
9	Parachute	1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.4, 3.1, 3.2, 3.7, 5.1, 5.2, 5.3, 5.6	Rhythms Locomotor Skills Cooperative Play	• Move and Groove (Parachute) • Superhero's Cape (Parachute)
10	Parachute	1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.4, 3.1, 3.2, 3.7, 5.1, 5.2, 5.3, 5.6	Cooperative Play	• Parachute Switcheroo (Parachute)
11	Parachute	1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.4, 3.1, 3.2, 3.7, 5.1, 5.2, 5.3, 5.6	Rhythms Locomotor Skills Cooperative Play	• Fly in the Web (Parachute)
12	Parachute	1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.4, 3.1, 3.2, 3.7, 5.1, 5.2, 5.3, 5.6	Rhythms Locomotor Skills Cooperative Play	• Capture the Orb (Parachute)
<b>November</b>				
1	Manipulatives	1.1, 1.2, 1.3, 1.4, 1.5, 1.16, 1.17, 2.1, 2.2, 3.1, 3.6, 4.1, 5.1, 5.2	Body Awareness	• Scarf Exploration (Manipulatives)
2	Manipulatives	1.10, 1.13, 1.14, 2.1, 2.2, 2.5, 2.6, 2.7, 2.8, 3.1, 4.1, 5.1, 5.2	Throw, Catch	• Scarf Juggling Lead-Up (Manipulatives)
3	Manipulatives	1.10, 1.13, 1.14, 2.1, 2.2, 2.5, 2.6, 2.7, 2.8, 3.1, 4.1, 5.1, 5.2	Body Awareness Throw, Catch	• Beanbag Exploration (Manipulatives)
4	Manipulatives	1.10, 1.13, 1.14, 2.1, 2.2, 2.5, 2.6, 2.7, 2.8, 3.1, 4.1, 5.1, 5.2	Body Awareness Throw, Catch	• Beanbag Exploration (Manipulatives)
5	Manipulatives	2.1, 3.1, 3.6, 4.1, 4.10, 4.11, 5.1, 5.2, 5.3, 5.5	Body Awareness Cooperative Play	• Twist and Turn/Bend and Stretch (Manipulatives) • Line Boogie (Manipulatives)
6	Manipulatives	2.1, 2.2, 3.1, 3.6, 4.1, 4.10, 4.11, 5.1, 5.2, 5.3, 5.5	Body Awareness	• Ribbon Exploration (Manipulatives)
7	Manipulatives	1.3, 1.4, 1.22, 2.1, 2.2, 3.1, 3.6, 4.1, 4.10, 4.11, 5.1, 5.2, 5.3, 5.5	Rhythms Body Awareness	• Chinese Ribbon Dance (Manipulatives)
8	Manipulatives	1.10, 1.13, 1.14, 2.1, 2.2, 2.5, 2.6, 2.7, 2.8, 3.1, 4.1, 5.1, 5.2	Body, Spatial Awareness	• Hoop Spinning (Manipulatives)
9	Manipulatives	1.10, 1.13, 1.14, 2.1, 2.2, 2.5, 2.6, 2.7, 2.8, 3.1, 4.1, 5.1, 5.2	Body, Spatial Awareness	• Hoop Rolling (Manipulatives)
10	Manipulatives	1.10, 1.13, 1.14, 2.1, 2.2, 2.5, 2.6, 2.7, 2.8, 3.1, 4.1, 5.1, 5.2, 5.3, 5.5	Body, Spatial Awareness Cooperative Play	• Partner Hoop Rolling (Manipulatives)
11	Manipulatives	1.10, 1.13, 1.14, 2.1, 2.2, 2.5, 2.6, 2.7, 2.8, 3.1, 4.1, 5.1, 5.2	Body Awareness Throw, Catch Cooperative Play	• Manipulatives Circuit (Manipulatives)

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
12	Manipulatives	1.1, 1.5, 1.16, 1.17, 2.1, 2.2, 3.1, 3.6, 4.1, 5.1, 5.2, 5.3, 5.5	Rhythms Body Awareness	• Showtime (Manipulatives)
<b>December</b>				
1	Balance, Stunts, and Tumbling	1.1, 1.3, 1.4, 1.5, 2.1, 2.2, 3.1, 4.1, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Stunts Introduction (Balance, Stunts, and Tumbling)
2	Balance, Stunts, and Tumbling	1.1, 1.3, 1.4, 1.5, 2.1, 2.2, 3.1, 4.1, 5.1, 5.2	Body Awareness Balance	• Animal Balancing Act (Balance, Stunts, and Tumbling)
3	Balance, Stunts, and Tumbling	1.1, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3, 3.1, 4.1, 5.1, 5.2	Body Awareness	• Basic Body Positions (Balance, Stunts, and Tumbling)
4	Balance, Stunts, and Tumbling	1.6, 2.3, 3.1, 5.1, 5.2	Body Awareness Balance	• Static Balances (Balance, Stunts, and Tumbling)
5	Balance, Stunts, and Tumbling	1.1, 1.6, 2.1, 2.3, 3.1, 5.1, 5.2	Body Awareness Balance	• Beanbag Balances (Balance, Stunts, and Tumbling)
6	Balance, Stunts, and Tumbling	1.1, 1.3, 1.6, 2.1, 2.2, 2.3, 3.1, 4.1, 5.1, 5.2, 5.6	Body Awareness Balance	• Dynamic Balances (Balance, Stunts, and Tumbling)
7	Balance, Stunts, and Tumbling	1.1, 1.3, 1.8, 2.1, 2.2, 2.4, 3.1, 3.7, 5.1, 5.2, 5.6	Locomotor Skills	• Jumping and Landing (Balance, Stunts, and Tumbling)
8	Balance, Stunts, and Tumbling	1.1, 1.3, 1.6, 2.1, 2.2, 2.3, 3.1, 4.1, 5.1, 5.2, 5.6	Body Awareness Flexibility Muscular Strength & Endurance Cooperative Play	• Partner Stunts (Balance, Stunts, and Tumbling)
9	Balance, Stunts, and Tumbling	1.1, 1.6, 1.7, 2.1, 2.3, 3.1, 5.1, 5.2, 5.6	Body Awareness Flexibility Muscular Strength & Endurance	• Weight Transfer and Rolls (Balance, Stunts, and Tumbling)
10	Balance, Stunts, and Tumbling	1.1, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 3.1, 4.1, 5.1, 5.2	Creating Combinations	• Stunts Add-On (Balance, Stunts, and Tumbling)
11	Balance, Stunts, and Tumbling	1.1, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 3.1, 4.1, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Stunts Circuit (Balance, Stunts, and Tumbling)
12	Balance, Stunts, and Tumbling	1.1, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 2.1, 2.2, 2.3, 3.1, 4.1, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Showtime (Balance, Stunts, and Tumbling)

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
<b>January</b>				
1	Catching and Throwing	2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Rolling	• Rolling and Catching with a Partner (Catching and Throwing)
2	Catching and Throwing	1.10, 2.5, 2.6, 2.7, 2.8, 3.1, 5.1	Throwing	• Throwing Underhand to Targets (Catching and Throwing)
3	Catching and Throwing	1.10, 1.14, 1.15, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1	Catching, Throwing	• Self-Toss and Catch (Catching and Throwing)
4	Catching and Throwing	2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Rolling	• Bowlers Rollers (Catching and Throwing)
5	Catching and Throwing	1.10, 1.11, 1.13, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Catching, Throwing	• Partner Throw and Catch (Catching and Throwing)
6	Catching and Throwing	1.10, 2.5, 2.6, 2.7, 2.8, 3.1, 5.1, 5.3, 5.5	Catching, Throwing	• Partner Throw and Catch Challenges (Catching and Throwing)
7	Catching and Throwing	1.11, 1.12, 2.5, 2.7, 2.8, 3.1, 5.1	Throwing	• Overhand Throw for Distance (Catching and Throwing)
8	Catching and Throwing	1.10, 1.11, 1.12, 2.5, 2.7, 2.8, 3.1, 5.1	Throwing	• Clean Your Room (Catching and Throwing)
9	Catching and Throwing	1.10, 1.11, 1.13, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Catching, Throwing	• Switcheroo (Catching and Throwing)
10	Catching and Throwing	1.10, 1.14, 1.15, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1	Catching, Throwing	• Scoops and Balls Introduction (Catching and Throwing)
11	Catching and Throwing	1.10, 1.11, 1.13, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 5.1, 5.3, 5.5	Catching, Throwing	• Catching and Throwing Circuit (Catching and Throwing)
12	Catching and Throwing	1.10, 1.11, 1.13, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 3.1, 3.2, 5.1, 5.3, 5.5	Catching, Throwing	• Showtime (Catching and Throwing)
<b>Recess Activities:</b> Corn Toss Monkey in the Middle SPUD				

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
<b>February</b>				
1	Jumping	1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Locomotor Patterns	• Jumping and Landing Patterns (Jumping)
2	Jumping	1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4	Locomotor Patterns	• Jump for Distance (Jumping)
3	Jumping	1.1, 1.2, 2.2, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.6	Locomotor Patterns	• Hurdling Practice (Jumping)
4	Jumping	1.1, 1.4, 1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Locomotor Patterns Aerobic Capacity	• Stationary Rope Jumping (Jumping)
5	Jumping	1.1, 1.4, 1.8, 1.22, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity	• Jumping Rhythmically (Jumping)
6	Jumping	5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Cooperative Play	• Long Rope Turning in Pairs (Jumping)
7	Jumping	1.2, 1.8, 1.9, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Rhythms Locomotor Patterns Aerobic Capacity Cooperative Play	• Long Rope Jumping I (Jumping)
8	Jumping	1.2, 1.8, 1.9, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Rhythms Locomotor Patterns Aerobic Capacity Cooperative Play	• Long Rope Jumping II (Jumping)
9	Jumping	1.2, 1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity	• Individual Rope Jumping I (Jumping)
10	Jumping	1.2, 1.8, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity	• Individual Rope Jumping II (Jumping)
11	Jumping	1.2, 1.8, 1.9, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Rhythms Locomotor Patterns Aerobic Capacity	• Jumping and Landing Circuit (Jumping)
12	Jumping	1.1, 1.4, 1.8, 1.22, 2.4, 3.1, 3.7, 4.1, 5.1, 5.2	Rhythms Locomotor Patterns Aerobic Capacity Cooperative Play	• Showtime (Jumping)
<b>Recess Activities: Hopscotch</b>				
<b>March</b>				
1	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2	Foot Dribbling	• Dribbling Soccer-Style (Kicking and Trapping)
2	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2	Foot Dribbling	• Control Dribble Around Obstacles (Kicking and Trapping)
3	Kicking and Trapping	3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Partner Roll, Pass, and Trap (Kicking and Trapping)



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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
4	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Foot Dribbling	• Shadow Dribble (Kicking and Trapping)
5	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Foot Dribbling	• Tunnel Dribble (Kicking and Trapping)
6	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Kicking for Distance (Kicking and Trapping)
7	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Kicking for Accuracy (Kicking and Trapping)
8	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Soccer Golf (Kicking and Trapping)
9	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking Cooperative Play	• Passing in Pairs (Kicking and Trapping)
10	Kicking and Trapping	1.16, 1.17, 2.11, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking Cooperative Play Aerobic Capacity	• 3-Player Kick and Score
11	Kicking and Trapping	1.1, 1.3, 1.20, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Kicking and Trapping Circuit (Kicking and Trapping)
12	Kicking and Trapping	1.1, 1.15, 1.18, 2.1, 3.1, 3.6, 5.1, 5.2	Rhythms Ball Control	• Showtime (Kicking and Trapping)
<b>Recess Activities:</b> Kickback Shoot and Score Marbles				
April				
1	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Bunny Hop (Dance)
2	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Mexican Hat Dance (Dance)
3	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Conga (Dance)
4	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Seven Jumps (Dance)
5	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• The Shoemaker's Dance (Dance)
6	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Hawaiian Roller Coaster (Dance)
7	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Tarantella (Dance)

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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
8	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Mayonesa (Dance)
9	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Mayonesa (Dance)
10	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Showtime (Dance)
11	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Showtime (Dance)
12	Dance	1.1, 1.3, 1.4, 1.5, 1.22, 2.1, 3.1, 3.2, 3.7, 4.1, 5.1, 5.6	Rhythms	• Showtime (Dance)
<b>May</b>				
1	Dribbling, Volleying, and Striking	2.9, 2.10, 3.1, 5.1, 5.2	Hand Dribbling	• Bounce and Catch Introduction (Dribbling, Volleying, and Striking)
2	Dribbling, Volleying, and Striking	1.1, 1.21, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2	Hand Dribbling	• Dribbling Introduction (Dribbling, Volleying, and Striking)
3	Dribbling, Volleying, and Striking	1.1, 1.21, 2.2, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2	Hand Dribbling	• Squirrels and Acorns (Dribbling, Volleying, and Striking)
4	Dribbling, Volleying, and Striking	1.18, 1.19, 2.1, 2.2, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2	Body Awareness Striking	• Volleying and Striking Introduction (Dribbling, Volleying, and Striking)
5	Dribbling, Volleying, and Striking	1.1, 1.18, 1.19, 2.1, 2.2, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Body Awareness Striking	• Keep It Up (Dribbling, Volleying, and Striking)
6	Dribbling, Volleying, and Striking	1.1, 1.3, 1.18, 1.19, 2.1, 2.2, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Body Awareness Spatial Awareness Striking	• Sheep Dogs (Dribbling, Volleying, and Striking)
7	Dribbling, Volleying, and Striking	3.1, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Body Awareness Striking	• Straddleball (Dribbling, Volleying, and Striking)
8	Dribbling, Volleying, and Striking	1.18, 1.19, 2.1, 2.2, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2	Striking with Paddles	• Striking with Paddles (Dribbling, Volleying, and Striking)
9	Dribbling, Volleying, and Striking	1.1, 1.3, 1.18, 1.19, 2.1, 2.2, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Striking with Paddles	• Paddle Circuit (Dribbling, Volleying, and Striking)
10	Dribbling, Volleying, and Striking	3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.6	Striking with Long Implements	• Batter Up! (Dribbling, Volleying, and Striking)

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
11	Dribbling, Volleying, and Striking	1.1, 1.3, 1.18, 1.19, 1.21, 2.1, 2.2, 2.12, 2.13, 3.1, 3.7, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5	Hand Dribbling Striking Volleying	• Dribbling, Volleying, and Striking Circuit (Dribbling, Volleying, and Striking)
12	Dribbling, Volleying, and Striking	1.18, 1.19, 1.22, 2.1, 2.2, 2.12, 3.1, 3.7, 4.1, 5.1, 5.2	Hand Dribbling Rhythms	• Showtime (Dribbling, Volleying, and Striking)
Recess Activities 2-Square/4-Square Wallball				
<b>June</b>				
1	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• Sugar and Fat Tag (Games)
2	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• Sugar and Fat Tag (Games)
3	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• The Dog Catcher (Games)
4	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• The Dog Catcher (Games)
5	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• The Good Ship SPARK (Games)
6	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• The Good Ship SPARK (Games)
7	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• Houdini Hoops (Games)
8	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• Houdini Hoops (Games)
9	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• Oxygen Boogie (Games)
10	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• Oxygen Boogie (Games)

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Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
11	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• It's in the Cards (Games)
12	Games	1.1, 1.3, 1.4, 2.2, 2.4, 3.1, 3.2, 3.7, 4.1, 4.3, 5.1, 5.2, 5.3, 5.5, 5.6	Aerobic Capacity Cooperative Play	• It's in the Cards (Games)
Recess Activities Cat and Mice Rock, Paper, Scissor Tag Switcheroo				

# Grade 2

\*Begin each lesson with an ASAP activity of your choice

\*\*See end of month for suggested Recess Activities

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
<b>August/September</b>				
1	Building a Foundation	2.1, 3.1, 5.1	Spatial Awareness	<ul style="list-style-type: none"> <li>Orientation and Personal Space SPARK It Up! (Building a Foundation)</li> </ul>
2	Building a Foundation	2.1, 2.3, 3.1, 3.2, 3.6, 5.1, 5.2	Spatial Awareness	<ul style="list-style-type: none"> <li>General Space and Creative Moves SPARK It Up! (Building a Foundation)</li> </ul>
3	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 3.1, 3.2, 3.6, 5.1, 5.2	Locomotor Skills	<ul style="list-style-type: none"> <li>Locomotor Skills, Levels, and Directions SPARK It Up! (Building a Foundation)</li> </ul>
4	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 3.1, 3.2, 3.6, 5.1, 5.2	Pathways	<ul style="list-style-type: none"> <li>Pathways and Creative Moves SPARK It Up! (Building a Foundation)</li> </ul>
5	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2	Rhythms	<ul style="list-style-type: none"> <li>Tempos and Creative Moves SPARK It Up! (Building a Foundation)</li> </ul>
6	Building a Foundation	1.1, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2	Movement Concepts	<ul style="list-style-type: none"> <li>Movement Concepts Using Hoops SPARK It Up! (Building a Foundation)</li> </ul>
7	Building a Foundation	1.1, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2	Body Awareness Balance	<ul style="list-style-type: none"> <li>Body Management and Balance SPARK It Up! (Building a Foundation)</li> </ul>
8	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Cooperation	<ul style="list-style-type: none"> <li>Pairing and Moving Together SPARK It Up! (Building a Foundation)</li> </ul>
9	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Cooperation	<ul style="list-style-type: none"> <li>Pairs Combining Movement Concepts SPARK It Up! (Building a Foundation)</li> </ul>
10	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Cooperation	<ul style="list-style-type: none"> <li>Grouping and Making Bridges SPARK It Up! (Building a Foundation)</li> </ul>
11	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Cooperation	<ul style="list-style-type: none"> <li>Grouping and Moving Together SPARK It Up! (Building a Foundation)</li> </ul>

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
12	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Dodging	• Chasing and Fleeing SPARK It Up! (Building a Foundation)
13	Building a Foundation	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.2, 4.3, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 5.1, 5.2	Fitness	• Fitness Introduction SPARK It Up! (Building a Foundation)
14	Building a Foundation	3.1, 3.6, 3.7, 4.13, 4.14, 5.1, 5.2	Fitness	• Flexibility SPARK It Up! (Building a Foundation)
15	Building a Foundation	1.1, 1.5, 1.6, 2.1, 2.3, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7 <i>Specific standards addressed will be determined by teacher-selected station cards</i>	Stations	• Circuit Introduction SPARK It Up! (Building a Foundation)

Recess Activities:  
Rules of the Play Structure

## October

1	Parachute	3.1, 5.1, 5.2, 5.5, 5.7	Cooperative Play	• Parachute Introduction (Parachute)
2	Parachute	3.1, 5.1, 5.2, 5.5, 5.7	Cooperative Play	• Chute Shapes (Parachute)
3	Parachute	1.6, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Rhythms Locomotor Skills Cooperative Play	• Move and Groove (Parachute)
4	Parachute	1.6, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Cooperative Play	• Changing Places (Parachute)
5	Parachute	1.6, 2.5, 3.1, 3.2, 3.3, 3.6, 4.9, 4.10, 4.11, 5.1, 5.2, 5.5, 5.7	Rhythms Locomotor Skills Fitness	• Move and Groove (Parachute) • Parachute Fitness (Parachute)
6	Parachute	3.1, 5.1, 5.2, 5.5, 5.7	Cooperative Play	• Popcorn (Parachute)
7	Parachute	1.6, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Rhythms Locomotor Skills Cooperative Play	• Move and Groove (Parachute) • Space Mountain (Parachute)
8	Parachute	3.1, 5.1, 5.2, 5.5, 5.7	Cooperative Play	• Shark Attack (Parachute)
9	Parachute	1.1, 1.6, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Rhythms Locomotor Skills Cooperative Play	• Move and Groove (Parachute) • Superhero's Cape (Parachute)

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
10	Parachute	1.1, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Cooperative Play	• Parachute Switcheroo (Parachute)
11	Parachute	1.1, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Cooperative Play	• The Great Race (Parachute)
12	Parachute	1.1, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Cooperative Play Catching	• Capture the Orb (Parachute)
<b>October</b>				
1	Manipulatives	2.6, 2.10, 3.1, 5.1, 5.2, 5.5	Throw, Catch	• Scarf Juggling Lead-Up (Manipulatives)
2	Manipulatives	2.6, 2.10, 3.1, 5.1, 5.2, 5.5	Throw, Catch	• Scarf Juggling Lead-Up (Manipulatives)
3	Manipulatives	2.6, 2.10, 3.1, 5.1, 5.2, 5.5	Body Awareness Throw, Catch	• Beanbag Exploration (Manipulatives)
4	Manipulatives	2.6, 2.10, 3.1, 5.1, 5.2, 5.5	Body Awareness Throw, Catch	• Beanbag Exploration (Manipulatives)
5	Manipulatives	3.1, 3.2, 3.5, 3.6, 4.6, 4.7, 4.8, 4.12, 4.14, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Body Awareness Cooperative Play	• Twist and Turn/Bend and Stretch (Manipulatives) • Line Boogie (Manipulatives)
6	Manipulatives	3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Body Awareness	• Ribbon Exploration (Manipulatives)
7	Manipulatives	1.17, 1.18, 1.19, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Rhythms Body Awareness	• Chinese Ribbon Dance (Manipulatives)
8	Manipulatives	2.6, 2.10, 3.1, 5.1, 5.2, 5.5	Body, Spatial Awareness	• Hoop Spinning (Manipulatives)
9	Manipulatives	2.6, 2.10, 3.1, 5.1, 5.2, 5.5	Body, Spatial Awareness	• Hoop Rolling (Manipulatives)
10	Manipulatives	2.6, 2.10, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Body, Spatial Awareness Cooperative Play	• Partner Hoop Rolling (Manipulatives)
11	Manipulatives	2.6, 2.10, 3.1, 5.1, 5.2, 5.5	Body Awareness Throw, Catch Cooperative Play	• Manipulatives Circuit (Manipulatives)

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
12	Manipulatives	1.18, 1.19, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Rhythms Body Awareness	• Showtime (Manipulatives)
<b>December</b>				
1	Balance, Stunts, and Tumbling	1.1, 1.2, 3.1, 4.9, 4.11, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Stunts Introduction (Balance, Stunts, and Tumbling)
2	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 2.3, 3.1, 4.9, 4.11, 5.1, 5.2	Body Awareness Balance	• Animal Balancing Act (Balance, Stunts, and Tumbling)
3	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 2.3, 3.1, 4.9, 4.11, 5.1, 5.2	Body Awareness	• Basic Body Positions (Balance, Stunts, and Tumbling)
4	Balance, Stunts, and Tumbling	1.3, 2.3, 3.1, 5.1, 5.2	Body Awareness Balance	• Static Balances (Balance, Stunts, and Tumbling)
5	Balance, Stunts, and Tumbling	1.3, 2.3, 3.1, 5.1, 5.2	Body Awareness Balance	• Beanbag Balances (Balance, Stunts, and Tumbling)
6	Balance, Stunts, and Tumbling	1.1, 1.3, 2.1, 2.3, 3.1, 5.1, 5.2, 5.4, 5.5	Body Awareness Balance	• Dynamic Balances (Balance, Stunts, and Tumbling)
7	Balance, Stunts, and Tumbling	1.1, 1.5, 2.1, 3.1, 5.1, 5.2, 5.4, 5.5	Locomotor Skills	• Jumping and Landing (Balance, Stunts, and Tumbling)
8	Balance, Stunts, and Tumbling	1.1, 1.3, 2.1, 2.3, 3.1, 5.1, 5.2, 5.4, 5.5	Body Awareness Flexibility Muscular Strength & Endurance Cooperative Play	• Partner Stunts (Balance, Stunts, and Tumbling)
9	Balance, Stunts, and Tumbling	1.2, 1.3, 1.4, 2.3, 3.1, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Weight Transfer and Rolls (Balance, Stunts, and Tumbling)
10	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.4, 2.3, 3.1, 4.9, 4.11, 5.1, 5.2	Creating Combinations	• Stunts Add-On (Balance, Stunts, and Tumbling)
11	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.4, 2.3, 3.1, 4.9, 4.11, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Stunts Circuit (Balance, Stunts, and Tumbling)
12	Balance, Stunts, and Tumbling	1.1, 1.2, 1.3, 1.4, 2.3, 3.1, 4.9, 4.11, 5.1, 5.2	Body Awareness Flexibility Muscular Strength & Endurance	• Showtime (Balance, Stunts, and Tumbling)
<b>January</b>				
1	Catching and Throwing	1.9, 1.10, 2.6, 2.10, 5.1, 5.4, 5.5	Catching, Throwing	• Self-Toss and Catch (Catching and Throwing)



# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
2	Catching and Throwing	1.8, 2.6, 2.8, 5.1, 5.4, 5.5	Throwing	• Throwing Underhand to Targets (Catching and Throwing)
3	Catching and Throwing	1.8, 1.9, 1.10, 2.6, 2.9, 2.10, 5.1, 5.3, 5.4, 5.5, 5.7	Catching, Throwing	• Partner Throw and Catch (Catching and Throwing)
4	Catching and Throwing	1.8, 1.9, 1.10, 2.6, 2.9, 2.10, 5.1, 5.3, 5.4, 5.5, 5.7	Catching, Throwing	• Partner Throw and Catch Challenges (Catching and Throwing)
5	Catching and Throwing	1.8, 2.6, 2.9, 5.1, 5.4, 5.5	Throwing	• Overhand Throw for Distance (Catching and Throwing)
6	Catching and Throwing	1.8, 2.6, 2.9, 5.1, 5.4, 5.5	Throwing	• Clean Your Room (Catching and Throwing)
7	Catching and Throwing	1.8, 1.9, 1.10, 2.6, 2.9, 2.10, 5.1, 5.3, 5.4, 5.5, 5.7	Catching, Throwing	• Switcheroo (Catching and Throwing)
8	Catching and Throwing	1.9, 1.10, 2.6, 2.10, 5.1, 5.4, 5.5	Catching, Throwing	• Scoops and Balls Introduction (Catching and Throwing)
9	Catching and Throwing	1.8, 1.9, 1.10, 2.6, 2.9, 2.10, 5.1, 5.3, 5.4, 5.5, 5.7	Catching, Throwing	• Scoops and Balls with Groups (Catching and Throwing)
10	Catching and Throwing	1.8, 1.9, 1.10, 2.6, 2.9, 2.10, 5.1, 5.3, 5.4, 5.5, 5.7	Catching, Throwing	• Scoops and Balls with Groups (Catching and Throwing)
11	Catching and Throwing	1.7, 1.8, 1.9, 1.10, 2.6, 2.8, 2.9, 2.10, 5.1, 5.3, 5.4, 5.5, 5.7	Catching, Throwing	• Catching and Throwing Circuit (Catching and Throwing)
	Catching and Throwing	1.7, 1.8, 1.9, 1.10, 2.6, 2.8, 2.9, 2.10, 5.1, 5.3, 5.4, 5.5, 5.7	Catching, Throwing	• Showtime (Catching and Throwing)

Recess Activities:  
 Corn Toss  
 Monkey in the Middle  
 SPUD

## February

1	Jumping	1.2, 1.5, 3.1, 3.6, 5.1	Locomotor Patterns	• Jumping and Landing Patterns (Jumping)
2	Jumping	1.2, 1.5, 1.6, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Locomotor Patterns	• Jump for Distance (Jumping)

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
3	Jumping	1.6, 2.4, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Locomotor Patterns	• Hurdling Practice (Jumping)
4	Jumping	1.5, 1.6, 2.4, 3.1, 3.6, 5.1	Rhythms Locomotor Patterns Aerobic Capacity	• Stationary Rope Jumping (Jumping)
5	Jumping	1.5, 1.6, 1.17, 2.4, 3.1, 3.6, 5.1	Rhythms Locomotor Patterns Aerobic Capacity	• Jumping Rhythmically (Jumping)
6	Jumping	5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Cooperative Play	• Long Rope Turning in Pairs (Jumping)
7	Jumping	1.5, 1.16, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Rhythms Locomotor Patterns Aerobic Capacity Cooperative Play	• Long Rope Jumping I (Jumping)
8	Jumping	1.5, 1.16, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Rhythms Locomotor Patterns Aerobic Capacity Cooperative Play	• Long Rope Jumping II (Jumping)
9	Jumping	1.5, 1.16, 3.1, 3.6, 5.1	Rhythms Locomotor Patterns Aerobic Capacity	• Individual Rope Jumping I (Jumping)
10	Jumping	1.5, 1.16, 3.1, 3.6, 5.1	Rhythms Locomotor Patterns Aerobic Capacity	• Individual Rope Jumping II (Jumping)
11	Jumping	1.5, 1.16, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.7	Rhythms Locomotor Patterns Aerobic Capacity	• Jumping and Landing Circuit (Jumping)
12	Jumping	1.5, 1.6, 1.17, 2.4, 3.1, 3.6, 5.1	Rhythms Locomotor Patterns Aerobic Capacity	• Showtime (Jumping)

Recess Activities:  
Hopscotch

## March

1	Kicking and Trapping	1.1, 1.15, 2.1, 3.1, 3.6, 5.1, 5.2	Foot Dribbling	• Dribbling Soccer-Style (Kicking and Trapping)
2	Kicking and Trapping	1.1, 1.15, 2.1, 3.1, 3.6, 5.1, 5.2	Foot Dribbling	• Control Dribble Around Obstacles (Kicking and Trapping)
3	Kicking and Trapping	1.7, 2.4, 2.7, 2.8, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	• Partner Roll, Pass, and Trap (Kicking and Trapping)

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
4	Kicking and Trapping	1.1, 1.7, 1.15, 2.1, 2.4, 2.7, 2.8, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Foot Dribbling	<ul style="list-style-type: none"> <li>Shadow Dribble (Kicking and Trapping)</li> </ul>
5	Kicking and Trapping	1.1, 1.7, 1.15, 2.1, 2.4, 2.7, 2.8, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Foot Dribbling	<ul style="list-style-type: none"> <li>Tunnel Dribble (Kicking and Trapping)</li> </ul>
6	Kicking and Trapping	1.7, 1.11, 2.4, 2.7, 2.8, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	<ul style="list-style-type: none"> <li>Kicking for Distance (Kicking and Trapping)</li> </ul>
7	Kicking and Trapping	1.7, 1.11, 2.4, 2.7, 2.8, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	<ul style="list-style-type: none"> <li>Kicking for Accuracy (Kicking and Trapping)</li> </ul>
8	Kicking and Trapping	1.7, 1.11, 2.4, 2.7, 2.8, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	<ul style="list-style-type: none"> <li>Soccer Golf (Kicking and Trapping)</li> </ul>
9	Kicking and Trapping	1.7, 1.11, 2.4, 2.7, 2.8, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking Cooperative Play	<ul style="list-style-type: none"> <li>Passing in Pairs (Kicking and Trapping)</li> <li>Triangle Passing (Kicking and Trapping)</li> </ul>
10	Kicking and Trapping	1.7, 1.11, 2.4, 2.7, 2.8, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking Cooperative Play Aerobic Capacity	<ul style="list-style-type: none"> <li>3-Player Kick and Score</li> </ul>
11	Kicking and Trapping	1.1, 1.7, 1.15, 2.1, 2.4, 2.7, 2.8, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Kicking	<ul style="list-style-type: none"> <li>Kicking and Trapping Circuit (Kicking and Trapping)</li> </ul>
12	Kicking and Trapping	1.1, 1.15, 1.18, 2.1, 3.1, 3.6, 5.1, 5.2	Rhythms Ball Control	<ul style="list-style-type: none"> <li>Showtime (Kicking and Trapping)</li> </ul>

Recess Activities:  
Kickback  
Shoot and Score  
Marbles

## April

1	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	<ul style="list-style-type: none"> <li>The Bunny Hop (Dance)</li> </ul>
2	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	<ul style="list-style-type: none"> <li>The Mexican Hat Dance (Dance)</li> </ul>
3	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	<ul style="list-style-type: none"> <li>The Conga (Dance)</li> </ul>
4	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	<ul style="list-style-type: none"> <li>Seven Jumps (Dance)</li> </ul>

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
5	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	• The Shoemaker's Dance (Dance)
6	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	• Hawaiian Roller Coaster (Dance)
7	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	• Tarantella (Dance)
8	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	• Mayonesa (Dance)
9	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5	Rhythms	• Mayonesa (Dance)
10	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Rhythms	• Create a Dance (Dance)
11	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Rhythms	• Create a Dance (Dance)
12	Dance	1.17, 1.18, 1.19, 2.5, 3.1, 3.2, 3.6, 5.1, 5.2, 5.5, 5.7	Rhythms	• Create a Dance (Dance)
<b>May</b>				
1	Dribbling, Volleying, and Striking	1.14, 2.14, 5.1, 5.2	Hand Dribbling	• Bounce and Catch Introduction (Dribbling, Volleying, and Striking)
2	Dribbling, Volleying, and Striking	1.1, 1.14, 2.14, 3.1, 3.6, 5.1, 5.2	Hand Dribbling	• Dribbling Introduction (Dribbling, Volleying, and Striking)
3	Dribbling, Volleying, and Striking	1.1, 1.14, 2.1, 2.4, 2.14, 3.1, 3.6, 5.1, 5.2	Hand Dribbling	• Squirrels and Acorns (Dribbling, Volleying, and Striking)
4	Dribbling, Volleying, and Striking	1.12, 2.4, 2.7, 2.12, 3.1, 3.6, 5.1, 5.2	Body Awareness Striking	• Volleying and Striking Introduction (Dribbling, Volleying, and Striking)
5	Dribbling, Volleying, and Striking	1.12, 2.4, 2.7, 2.12, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Body Awareness Striking	• Keep It Up (Dribbling, Volleying, and Striking)
6	Dribbling, Volleying, and Striking	1.1, 1.12, 2.4, 2.7, 2.12, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Body Awareness Striking	• Sheep Dogs (Dribbling, Volleying, and Striking)

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
7	Dribbling, Volleying, and Striking	3.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Body Awareness Striking	<ul style="list-style-type: none"> <li>• Straddleball (Dribbling, Volleying, and Striking)</li> <li>• 2-Square/4-Square (Recess Activities)</li> </ul>
8	Dribbling, Volleying, and Striking	1.12, 2.4, 2.7, 2.12 3.1, 3.6, 5.1, 5.2	Striking with Paddles	<ul style="list-style-type: none"> <li>• Striking with Paddles (Dribbling, Volleying, and Striking)</li> </ul>
9	Dribbling, Volleying, and Striking	1.1, 1.12, 2.4, 2.7, 2.12, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Striking with Paddles	<ul style="list-style-type: none"> <li>• Paddle Circuit (Dribbling, Volleying, and Striking)</li> <li>• Wallball (Recess Activities)</li> </ul>
10	Dribbling, Volleying, and Striking	1.7, 1.13, 2.8, 2.13, 3.1, 3.6, 5.1, 5.2, 5.5	Striking with Long Implements	<ul style="list-style-type: none"> <li>• Batter Up! (Dribbling, Volleying, and Striking)</li> </ul>
11	Dribbling, Volleying, and Striking	1.1, 1.12, 1.13, 1.14, 2.4, 2.7, 2.12, 2.13, 2.14, 3.1, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Hand Dribbling Striking Volleying	<ul style="list-style-type: none"> <li>• Dribbling, Volleying, and Striking Circuit (Dribbling, Volleying, and Striking)</li> </ul>
12	Dribbling, Volleying, and Striking	1.12, 1.18, 2.4, 2.7, 2.12 3.1, 3.6, 5.1, 5.2	Hand Dribbling Rhythms	<ul style="list-style-type: none"> <li>• Showtime (Dribbling, Volleying, and Striking)</li> </ul>

**Recess Activities:**  
2-Square/4-Square  
Wallball

## June

1	Games	1.1, 1.6, 1.15, 2.1, 3.1, 3.2, 3.6, 4.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Aerobic Capacity Cooperative Play	<ul style="list-style-type: none"> <li>• Sugar and Fat Tag (Games)</li> </ul>
2	Games	1.1, 1.6, 1.15, 2.1, 3.1, 3.2, 3.6, 4.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Aerobic Capacity Cooperative Play	<ul style="list-style-type: none"> <li>• Sugar and Fat Tag (Games)</li> </ul>
3	Games	1.1, 1.6, 1.14, 2.1, 2.10, 2.14, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Aerobic Capacity Cooperative Play	<ul style="list-style-type: none"> <li>• The Dog Catcher (Games)</li> </ul>
4	Games	1.1, 1.6, 1.15, 2.1, 3.1, 3.2, 3.6, 4.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Aerobic Capacity Cooperative Play	<ul style="list-style-type: none"> <li>• The Dog Catcher (Games)</li> </ul>
5	Games	1.1, 1.6, 1.15, 2.1, 3.1, 3.2, 3.6, 4.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Aerobic Capacity Cooperative Play	<ul style="list-style-type: none"> <li>• The Good Ship SPARK (Games)</li> </ul>
6	Games	1.1, 1.6, 1.14, 2.1, 2.10, 2.14, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Aerobic Capacity Cooperative Play	<ul style="list-style-type: none"> <li>• The Good Ship SPARK (Games)</li> </ul>
7	Games	1.1, 1.6, 1.15, 2.1, 3.1, 3.2, 3.6, 4.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Aerobic Capacity Cooperative Play	<ul style="list-style-type: none"> <li>• Houdini Hoops (Games)</li> </ul>

# SPARK™ Pacing Guide

Day	Unit	CA Standards	Skills/Concepts	Suggested Activities
8	Games	1.1, 1.6, 1.15, 2.1, 3.1, 3.2, 3.6, 4.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Aerobic Capacity Cooperative Play	• Houdini Hoops (Games)
9	Games	1.1, 1.6, 1.14, 2.1, 2.10, 2.14, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Aerobic Capacity Cooperative Play	• Oxygen Boogie (Games)
10	Games	1.1, 1.6, 1.15, 2.1, 3.1, 3.2, 3.6, 4.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Aerobic Capacity Cooperative Play	• Oxygen Boogie (Games)
11	Games	1.1, 1.6, 1.15, 2.1, 3.1, 3.2, 3.6, 4.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7	Aerobic Capacity Cooperative Play	• It's in the Cards (Games)
12	Games	1.1, 1.6, 1.14, 2.1, 2.10, 2.14, 3.1, 3.2, 3.6, 5.1, 5.2, 5.3, 5.4, 5.5	Aerobic Capacity Cooperative Play	• It's in the Cards (Games)
<b>Recess Activities:</b> Cat and Mice Rock, Paper, Scissors Tag Switcheroo				

# Grade 3

\*Begin each lesson with an ASAP activity of your choice

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
<b>August/September</b>								
1	Cooperatives	5.1, 5.2, 5.3	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Cooperatives Introduction</li> <li>Workout Buddies</li> </ul>	Fitness Circuits	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Fitness Circuits</li> <li>Introduce Home Play</li> <li>Aerobic Capacity Circuit</li> </ul>
2	Cooperatives	5.1, 5.2, 5.3	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Have You Ever?</li> <li>Workout Buddies (Review Lesson 1)</li> <li>Introduce Home Play</li> </ul>	Fitness Circuits	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Aerobic Capacity Circuit</li> </ul>
3	Cooperatives	5.1, 5.2, 5.3	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Twist and Turn/Bend and Stretch</li> <li>Workout Buddies (Review Lessons 1 and 2)</li> <li>Designated Drivers</li> </ul>	Fitness Circuits	3.1, 3.2, 3.4, 3.5, 4.4, 4.9, 4.10, 4.11, 4.12, 4.13	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Muscular Strength and Endurance Circuit</li> </ul>
4	Cooperatives	5.1, 5.2, 5.3	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Dollars and Cents</li> </ul>	Fitness Circuits	3.1, 3.6, 4.3, 4.14, 4.15	Flexibility	<ul style="list-style-type: none"> <li>Flexibility Circuit</li> </ul>
5	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 4)</li> <li>Group Juggling</li> <li>Houdini Hoops</li> </ul>	Fitness Circuits	3.1, 3.3, 3.7, 4.1, 4.5, 4.16	Body Composition	<ul style="list-style-type: none"> <li>Body Composition Circuit</li> </ul>
6	Cooperatives	3.3, 3.7, 4.1, 4.7, 4.8 5.4, 5.5	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 4 and 5)</li> <li>PACE Activity #1 and/or Assessment</li> </ul>	Fitness Circuits	3.8, 4.2, 4.6, 4.8	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 and/or Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
7	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Workout Buddies (New Buddy and Task)</li> <li>• Stick With Me!</li> <li>• Beat the Clock</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>• Mixed Fitness Circuit</li> </ul>
8	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Workout Buddies (Review Lesson 7)</li> <li>• Stepping Stones</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>• Mixed Fitness Circuit</li> </ul>
9	Cooperatives	3.3, 3.7, 4.1, 4.7, 4.8, 5.6	Social Interaction Fitness	<ul style="list-style-type: none"> <li>• Workout Buddies (Review Lessons 7 and 8)</li> <li>• PACE Activity #2 and/or Assessment</li> </ul>	Fitness Circuits	3.8, 4.2, 4.6, 4.8	Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #2 and/or Assessment</li> </ul>
10	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Workout Buddies (New Buddy and Task)</li> <li>• Log Jam</li> <li>• Pass It Around</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>• Fitness Grids</li> </ul>
11	Cooperatives	3.3, 3.7, 4.1, 4.7, 4.8, 5.6	Social Interaction Fitness	<ul style="list-style-type: none"> <li>• Workout Buddies (Review Lesson 10)</li> <li>• Pedometer Activity</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>• Fitness Grids</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
12	Cooperatives	3.3, 3.7, 4.1, 4.7, 4.8, 5.6	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 10 and 11)</li> <li>PACE Activity #3 and/or Assessment</li> </ul>	Fitness Circuits	3.8, 4.2, 4.6, 4.8	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3 and/or Assessment</li> </ul>
<b>October</b>								
1	Flying Disc	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Catching Throwing	<ul style="list-style-type: none"> <li>Backhand Throw and Catch</li> <li>Introduction</li> <li>Introduce HomePlay</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Chasing and Fleeing</li> <li>Basic Tag</li> </ul>
2	Flying Disc	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>Backhand Give and Go</li> <li>Target Throw</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Basic Tag (SPARK It Up!)</li> </ul>
3	Flying Disc	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>Forehand Throw</li> <li>Pass and Follow</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Basic Tag (SPARK It Up!)</li> </ul>
4	Flying Disc	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>Backhand Give and Go</li> <li>Corner to Corner Give and Go</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Elbow Tag</li> </ul>
5	Flying Disc	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Hoop to Hoop</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Tunnel Tag</li> </ul>
6	Flying Disc	3.8, 4.2, 4.6, 4.8	Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 or Assessment</li> </ul>	Chasing and Fleeing	3.8, 4.2, 4.6, 4.8	Assessment	<ul style="list-style-type: none"> <li>Assessment</li> </ul>
7	Flying Disc	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Backhand Give and Go</li> <li>5-Player Flying Disc Throw and Run</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Side-by-Side Tag</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
8	Flying Disc	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Flying Disc Golf</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Partner Tag</li> </ul>
9	Flying Disc	3.8, 4.2, 4.6, 4.8	Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
10	Flying Disc	1.1, 2.2, 2.3, 3.7, 5.3, 5.4, 5.6	Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Keep Away (3 on 1)</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Side-by-Side Tag</li> </ul>
11	Flying Disc	1.1, 2.2, 2.3, 3.7, 5.3, 5.4, 5.6	Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Flying Disc 3-Catch Game</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Addition Tag</li> </ul>
12	Flying Disc	3.8, 4.2, 4.6, 4.8	Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3 or Assessment</li> </ul>	Chasing and Fleeing	1.1, 2.1, 3.3, 5.3	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Addition Tag</li> </ul>
<b>November</b>								
1	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Introduction to Dance</li> <li>Introduce Home Play</li> <li>Teach California Strut</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Jump Rope</li> </ul>
2	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Review California Strut</li> <li>SPARK It Up!</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Jump the Circuit (Individual Tricks)</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
3	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Line Dance	• Teach Achy Breaky Heart	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Rhythm Aerobic Capacity	• Jump Wheel
4	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Line Dance	• Review Achy Breaky Heart • SPARK It Up!	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Rhythm Aerobic Capacity	• Mirror, Mirror
5	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Square Dance Social Interaction	• Teach Scatter Square Dance	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Rhythm Aerobic Capacity Social Interaction	• Group Estimation
6	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Square Dance Social Interaction	• Review Scatter Square Dance • SPARK It Up!	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Aerobic Capacity Fitness Assessment	• PACE Activity #1 Assessment
7	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Folk Dance	• Teach Alunelul	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Rhythm Aerobic Capacity Social Interaction	• Jump the Circuit (Partner Tricks)
8	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Folk Dance	• Review Alunelul • SPARK It Up!	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Rhythm Aerobic Capacity Group Dynamics	• Jumping Color Tag

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Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
9	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Aerobic Capacity Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2</li> <li>Assessment</li> </ul>
10	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Creating Sequences Assessment	<ul style="list-style-type: none"> <li>Create a Dance</li> <li>Assessment</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Rhythm Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Jump Rope Add-On</li> </ul>
11	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Creating Sequences Assessment	<ul style="list-style-type: none"> <li>Create a Dance</li> <li>Assessment</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
12	Dance	1.15, 2.6, 2.7, 3.1, 3.3, 3.7, 4.1, 4.3, 5.5, 5.6	Rhythm Creating Sequences Assessment	<ul style="list-style-type: none"> <li>Create a Dance</li> <li>Assessment</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.1, 4.3, 4.5, 4.6, 4.7, 4.8, 4.9, 4.15, 5.1, 5.2, 5.4	Aerobic Capacity Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3</li> <li>Assessment</li> </ul>
<b>December</b>								
1	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking	<ul style="list-style-type: none"> <li>Introduction to Forearm Pass (Bump)</li> <li>Volleyball Introduction</li> <li>Introduce Home Play</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Map Challenges</li> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
2	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Forearm 21</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
3	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Cooperative Countdown</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
4	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking Social Interaction	<ul style="list-style-type: none"> <li>Introduction to Overhead Pass (Set)</li> <li>Crossover</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
5	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking Social Interaction Aerobic Capacity	<ul style="list-style-type: none"> <li>Setting Pairs</li> <li>Pedometer Activity</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
6	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Serving	<ul style="list-style-type: none"> <li>Introduction to Underhand Serve</li> <li>Serving Challenges</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
7	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking Assessment Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #1 or Assessment</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
8	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking Serving Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Serving Shower</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
9	Volleyball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking Assessment Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
10	Volleyball	1.13, 2.2, 2.3, 2.4, 3.7, 5.3, 5.4, 5.6	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Mini-Volleyball</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
11	Volleyball	1.13, 2.2, 2.3, 2.4, 3.7, 5.3, 5.4, 5.6	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Setting Pairs</li> <li>4-Square Volleyball</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
12	Volleyball	1.13, 2.2, 2.3, 2.4, 3.7, 5.3, 5.4, 5.6	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Mini- or 4-Square Volleyball</li> </ul>	Map Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
<b>January</b>								
1	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Introduce Daily Dozen</li> <li>Stunts and Tumbling Introduction</li> <li>Introduce Home Play</li> </ul>	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>

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2	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts	• Look, Learn, and Leave	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
3	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts	• Look, Learn, and Leave	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
4	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts	• Those Tricky Transitions	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
5	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts	• Those Tricky Transitions	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen

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6	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts Assessment	• PACE Activity #1 or Assessment	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
7	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts	• Stunt Stories and Tumbling Tales	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
8	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts	• Stunt Stories and Tumbling Tales	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
9	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Flexibility Strength Stunts	• Pedometer Activity	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen



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Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
10	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts Creating Sequences	• PACE Activity #2 or Create a Routine	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
11	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts Creating Sequences	• PACE Activity #2 or Create a Routine	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
12	Stunts and Tumbling	1.2, 1.3, 1.4, 1.6, 3.1, 3.3, 3.4, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.10, 4.11, 4.13, 4.14, 4.15, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Flexibility Strength Stunts Creating Sequences	• Perform Routines	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.3, 4.14, 4.15	Warm-Up	• Daily Dozen
<b>February</b>								
1	Basketball	1.13, 2.5	Hand Dribble	<ul style="list-style-type: none"> <li>• Ball-Handling Drills</li> <li>• Dribbling Drills</li> <li>• Basketball Introduction</li> <li>• Introduce Home Play</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	• Introduction to Movement Bands

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
2	Basketball	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Grid Passing</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Movement Bands Circuit (Individual Tricks)</li> </ul>
3	Basketball	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Pivoting Throwing Catching	<ul style="list-style-type: none"> <li>• Pivoting Drills</li> <li>• Pass and Follow</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Movement Bands Circuit (Individual Tricks)</li> </ul>
4	Basketball	1.7, 1.8, 1.10, 1.13, 2.2, 2.3, 2.4, 2.5, 5.4, 5.5, 5.6	Hand Dribbling Throwing Catching	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Corner to Corner Give and Go</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Add-On</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
5	Basketball	1.1, 2.2, 2.3, 3.7, 5.3, 5.4, 5.6	Moving to Open Space Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Keep Away (2 on 1)</li> <li>• 3-Catch Basketball</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Lucky Guess (Individual Tricks)</li> </ul>
6	Basketball	1.1, 1.7, 1.8, 1.10, 1.13, 2.1, 2.2, 2.3, 2.4, 3.3, 3.7, 4.1, 4.5, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #1 or Assessment</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
7	Basketball	1.1, 1.7, 1.8, 1.10, 1.13, 2.1, 2.2, 2.3, 2.4, 3.3, 3.7, 4.1, 4.5, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Shooting Combining Skills	<ul style="list-style-type: none"> <li>• Shooting Drills</li> <li>• S-P-A-R-K</li> <li>• Add 'Em Up</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Movement Band Circuit (Group Tricks)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
8	Basketball	1.1, 1.7, 1.8, 1.10, 1.13, 2.1, 2.2, 2.3, 2.4, 3.3, 3.7, 4.1, 4.5, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>Around the Court</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Movement Band Circuit (Group Tricks)</li> </ul>
9	Basketball	1.1, 1.7, 1.8, 1.10, 1.13, 2.1, 2.2, 2.3, 2.4, 3.3, 3.7, 4.1, 4.5, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Rhythm Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Self-Check Assessment</li> </ul>
10	Basketball	1.1, 1.7, 1.8, 1.10, 1.13, 2.1, 2.2, 2.3, 2.4, 3.3, 3.7, 4.1, 4.5, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Mini-Basketball</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Lucky Guess (Group Tricks)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
11	Basketball	1.1, 1.7, 1.8, 1.10, 1.13, 2.1, 2.2, 2.3, 2.4, 3.3, 3.7, 4.1, 4.5, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>PACE Activity – Create a Routine</li> </ul>
12	Basketball	1.1, 1.7, 1.8, 1.10, 1.13, 2.1, 2.2, 2.3, 2.4, 3.3, 3.7, 4.1, 4.5, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3 or Assessment</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration Assessment	<ul style="list-style-type: none"> <li>PACE Activity – Create a Routine</li> <li>Performance Rubric Assessment</li> </ul>
<b>March</b>								
1	Hockey	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Stick Handling	<ul style="list-style-type: none"> <li>Introduction to Stick Handling</li> <li>Hockey Introduction</li> <li>Introduce Home Play</li> </ul>	Group Fitness	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Muscular Strength & Endurance	<ul style="list-style-type: none"> <li>Introduction</li> <li>Fitness in the Middle</li> </ul>
2	Hockey	1.12, 1.13, 3.3, 3.7, 4.15, 5.1	Dribbling	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Hockey Hoopla</li> <li>Round Up</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Paper Plate Aerobics</li> </ul>
3	Hockey	1.12, 1.13, 3.3, 3.7, 4.15, 5.1	Dribbling Aerobic Capacity	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>PACE Activity #1 or Assessment</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity Rhythms	<ul style="list-style-type: none"> <li>Aerobic Dance</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
4	Hockey	2.4, 3.3, 3.7, 4.15, 5.1, 5.4	Passing	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Pass and Follow</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity Rhythms	<ul style="list-style-type: none"> <li>Aerobic Dance</li> </ul>
5	Hockey	2.4, 3.3, 3.7, 4.15, 5.1, 5.4	Passing	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Corner to Corner Give and Go</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity Rhythms	<ul style="list-style-type: none"> <li>Sport Moves Aerobics</li> </ul>
6	Hockey	2.4, 3.3, 3.7, 4.15, 5.1, 5.4	Passing Aerobic Capacity	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>PACE Activity #2 or Assessment</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity Rhythms Assessment	<ul style="list-style-type: none"> <li>Sport Moves Aerobics Assessment</li> </ul>
7	Hockey	1.8, 3.3, 3.7, 4.15, 5.1, 5.4	Shooting Combining Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>5-Player Shoot and Dribble</li> </ul>	Group Fitness	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 5.3, 5.4, 5.5, 5.6	Muscular Strength & Endurance	<ul style="list-style-type: none"> <li>Fitness in the Middle</li> </ul>
8	Hockey	1.1, 2.2, 2.3, 3.7, 5.3, 5.4, 5.6	Moving to Open Space Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>Defense</li> <li>Keep Away (3 on 1)</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Paper Plate Aerobics</li> </ul>
9	Hockey	1.1, 1.12, 1.13, 2.2, 2.3, 2.4, 3.7, 5.3, 5.4, 5.6	Face-off Aerobic Capacity	<ul style="list-style-type: none"> <li>Face-off</li> <li>PACE Activity #3 or Assessment</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
10	Hockey	1.1, 1.12, 1.13, 2.2, 2.3, 2.4, 3.7, 5.3, 5.4, 5.6	Face-off Aerobic Capacity	<ul style="list-style-type: none"> <li>Face-off</li> <li>Pedometer Activity</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity Rhythms	<ul style="list-style-type: none"> <li>Aerobic Dance</li> </ul>
11	Hockey	1.1, 1.12, 1.13, 2.2, 2.3, 2.4, 3.7, 5.3, 5.4, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Face-off</li> <li>3-Trap Hockey</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity Rhythms	<ul style="list-style-type: none"> <li>Sports Moves Aerobics</li> </ul>
12	Hockey	1.1, 1.12, 1.13, 2.2, 2.3, 2.4, 3.7, 5.3, 5.4, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Mini-Hockey</li> </ul>	Group Fitness	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Assessment</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
<b>April</b>								
1	Soccer	1.14, 2.5, 3.3, 3.7	Foot Dribbling	<ul style="list-style-type: none"> <li>Ball-Control Drills</li> <li>Dribbling Drills</li> <li>Soccer Introduction</li> <li>Introduce Home Play</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Aerobic Games Introduction</li> <li>Builders and Bulldozers</li> </ul>
2	Soccer	1.14, 2.5, 3.3, 3.7	Foot Dribbling	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Soccer Hoopla</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Builders and Bulldozers</li> </ul>
3	Soccer	1.11, 1.14, 2.5, 3.3, 3.7, 5.4, 5.5, 5.6	Foot Dribbling Passing	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Rainforest</li> <li>Soccer Golf</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Builders and Bulldozers</li> </ul>
4	Soccer	1.11, 3.3, 3.7, 5.4, 5.5, 5.6	Passing Trapping Aerobic Capacity	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Pass, Trap, and Follow</li> <li>Pedometer Activity</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Aerobic Bowling</li> </ul>
5	Soccer	1.11, 3.3, 3.7, 5.4, 5.5, 5.6	Passing Trapping	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Corner to Corner Give and Go</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics Assessment	<ul style="list-style-type: none"> <li>Aerobic Bowling</li> <li>Assessment</li> </ul>
6	Soccer	1.1, 1.11, 1.14, 2.2, 2.3, 2.5, 3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Punting Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 or Assessment</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Aerobic Golf</li> </ul>
7	Soccer	1.1, 1.11, 1.14, 2.2, 2.3, 2.5, 3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Shooting Combing Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>5-Player Kick and Dribble</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Aerobic Golf</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
8	Soccer	1.1, 1.11, 1.14, 2.2, 2.3, 2.5, 3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Combining Skills Moving to Open Space	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Dribbling Partner Tag</li> <li>Keep Away (3 on 1)</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Hearty Hoopla</li> </ul>
9	Soccer	1.1, 1.11, 1.14, 2.2, 2.3, 2.5, 3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Punting Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Hearty Hoopla</li> </ul>
10	Soccer	1.1, 1.11, 1.14, 2.2, 2.3, 2.5, 3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Get Your Ball</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
11	Soccer	1.1, 1.11, 1.14, 2.2, 2.3, 2.5, 3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>Mini-Soccer</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
12	Soccer	1.1, 1.11, 1.14, 2.2, 2.3, 2.5, 3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Punting Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3 or Assessment</li> </ul>	Aerobic Games	3.3, 3.7, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
<b>May</b>								
1	Softball	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>Partner Throw and Catch</li> <li>Softball Introduction</li> <li>Out at Home!</li> <li>Introduce Home Play</li> </ul>	Walk/Jog/Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Walk/Jog/Run</li> <li>The Snake</li> </ul>
2	Softball	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>Partner Throw and Catch</li> <li>Corner to Corner Give and Go</li> </ul>	Walk/Jog/Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pass the Hat</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
3	Softball	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Fielding Throwing Catching	<ul style="list-style-type: none"> <li>Ground Ball Mania</li> <li>Triangle Fielding</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Figure 8 Walk/Jog</li> </ul>
4	Softball	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Fielding Throwing Catching	<ul style="list-style-type: none"> <li>Ground Ball Mania</li> <li>Pickle</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Inside/Outside Walk/Jog</li> </ul>
5	Softball	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Pitching Throwing Catching	<ul style="list-style-type: none"> <li>Pitch and Catch</li> <li>Beat the Ball</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>The Snake</li> </ul>
6	Softball	1.7, 1.8, 1.10, 2.2, 2.3, 2.4, 5.4, 5.5, 5.6	Pitching Throwing Catching Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Pitch and Catch</li> <li>PACE Activity #1 and/or Assessment</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #1</li> </ul>
7	Softball	1.12, 3.3, 3.7, 4.15, 5.1, 5.4	Striking Throwing Catching	<ul style="list-style-type: none"> <li>Batting Practice</li> <li>Beat the Ball</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pass the Hat</li> </ul>
8	Softball	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Batting Practice</li> <li>All-Run Softball</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Figure 8 Walk/Jog</li> </ul>
9	Softball	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Throwing Catching Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Partner Throw and Catch and Catch</li> <li>PACE Activity #2 and/or Assessment</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #2</li> </ul>
10	Softball	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Ground Ball Mania</li> <li>5-Player Throw/Hit and Run</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Inside/Outside Walk/Jog</li> </ul>
11	Softball	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Pitch and Catch</li> <li>5-Player Throw/Hit and Run</li> </ul>	Walk/Jog/ Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
12	Softball	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Assessment	<ul style="list-style-type: none"> <li>Batting Practice</li> <li>Assessment</li> </ul>	Walk/Jog/Run	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Assessment</li> </ul>
<b>June</b>								
1	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Introduction to Racquets and Paddles</li> <li>Batter Splatter</li> <li>Paddle/Racquet Hoopla</li> </ul>	Fitness Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Fitness Challenges</li> <li>Solo Aerobic Fitness</li> </ul>
2	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Batter Splatter</li> <li>Paddle/Racquet Hoopla</li> </ul>	Fitness Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Partner Aerobic Fitness</li> </ul>
3	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Stroke Shadow</li> <li>Stroke and Catch</li> </ul>	Fitness Challenges	3.1, 3.2, 3.4, 3.5, 4.4, 4.9, 4.10, 4.11, 4.12, 4.13	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Partner Muscular Strength and Endurance</li> </ul>
4	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Stroke Shadow</li> <li>Stroke and Catch</li> </ul>	Fitness Challenges	3.1, 3.6, 4.3, 4.14, 4.15	Flexibility	<ul style="list-style-type: none"> <li>Fun and Flexibility with a Friend</li> </ul>
5	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Batter Splatter</li> <li>Paddle Call Ball</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.1, 4.5, 4.16	Body Composition	<ul style="list-style-type: none"> <li>Body Composition BINGO</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
6	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Batter Splatter</li> <li>Paddle Call Ball</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13	Fitness Concepts	<ul style="list-style-type: none"> <li>Goal Setting Assessment</li> </ul>
7	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Stroke Shadow</li> <li>Paddle 2-Square</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Partner Mixed Fitness</li> </ul>
8	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Stroke Shadow</li> <li>Paddle 2-Square</li> </ul>	Fitness Challenges	3.3, 3.7, 4.1, 4.7, 4.8	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
9	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Batter Splatter</li> <li>Paddle Wall Ball</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Survivor Challenge</li> </ul>
10	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Batter Splatter</li> <li>Paddle Wall Ball</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.1, 4.5, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grab Bag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/Concepts	Suggested Activities
11	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking	<ul style="list-style-type: none"> <li>Stroke Shadow</li> <li>Introduction to Badminton</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grab Bag</li> <li>or</li> <li>Survivor Challenge</li> </ul>
12	Racquets and Paddles	1.7, 1.8, 1.10, 1.12, 2.2, 2.3, 2.4, 3.3, 3.7, 4.15, 5.1, 5.4, 5.5, 5.6	Striking Assessment	<ul style="list-style-type: none"> <li>Introduction to Badminton</li> <li>Assessment</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.1, 4.5, 4.16	Body Composition	<ul style="list-style-type: none"> <li>Assessment</li> </ul>

# GRADE 4

\*Begin each lesson with an ASAP activity of your choice

\*\*See end of month for suggested Recess Activities

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>August/September</b>								
1	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Cooperatives Introduction</li> <li>Workout Buddies</li> </ul>	Fitness Circuits	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Fitness Circuits</li> <li>Introduce Home Play</li> <li>Aerobic Capacity Circuit</li> </ul>
2	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Have You Ever?</li> <li>Workout Buddies (Review Lesson 1)</li> <li>Introduce Home Play</li> </ul>	Fitness Circuits	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Aerobic Capacity Circuit</li> </ul>
3	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Twist and Turn/Bend and Stretch</li> <li>Workout Buddies (Review Lessons 1 and 2)</li> <li>Designated Drivers</li> </ul>	Fitness Circuits	3.1, 3.2, 3.4, 3.5, 4.2, 4.3, 4.7, 4.12, 4.13, 4.14, 4.15, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Muscular Strength and Endurance Circuit</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Dollars and Cents</li> </ul>	Fitness Circuits	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Flexibility	<ul style="list-style-type: none"> <li>Flexibility Circuit</li> </ul>
5	Cooperatives	5.5, 5.6	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 4)</li> <li>Group Juggling</li> <li>Houdini Hoops</li> </ul>	Fitness Circuits	3.1, 3.3, 3.7, 4.4, 4.5, 4.6, 4.17, 5.1, 5.2	Body Composition	<ul style="list-style-type: none"> <li>Body Composition Circuit</li> </ul>
6	Cooperatives	5.5, 3.1, 3.3, 3.7	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 4 and 5)</li> <li>PACE Activity #1 and/or Assessment</li> </ul>	Fitness Circuits	3.8, 3.9, 4.3, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 and/or Assessment</li> </ul>
7	Cooperatives	5.5, 5.6, 3.1, 3.3, 3.7	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Stick With Me!</li> <li>Beat the Clock</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 5.1, 5.2	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Mixed Fitness Circuit</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Cooperatives	5.5, 5.6, 3.1, 3.3, 3.7	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 7)</li> <li>Stepping Stones</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 5.1, 5.2	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Mixed Fitness Circuit</li> </ul>
9	Cooperatives	5.5, 3.1, 3.3, 3.7	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 7 and 8)</li> <li>PACE Activity #2 and/or Assessment</li> </ul>	Fitness Circuits	3.8, 3.9, 4.3, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 and/or Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Cooperatives	5.5, 5.6, 3.1, 3.3, 3.7	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Log Jam</li> <li>Pass It Around</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 5.1, 5.2	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grids</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
11	Cooperatives	5.5, 3.1, 3.3, 3.7	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 10)</li> <li>Pedometer Activity</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 5.1, 5.2	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grids</li> </ul>
12	Cooperatives	5.5, 3.1, 3.3, 3.7	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 10 and 11)</li> <li>PACE Activity #3 and/or Assessment</li> </ul>	Fitness Circuits	3.8, 3.9, 4.3, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 and/or Assessment</li> </ul>
<b>October</b>								
1	Flying Disc	1.6, 1.7, 2.5, 5.5, 5.6	Catching Throwing	<ul style="list-style-type: none"> <li>Backhand Throw and Catch</li> <li>Introduction</li> <li>Introduce Home Play</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Chasing and Fleeing</li> <li>Basic Tag (SPARK It Up!)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
2	Flying Disc	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Backhand Give and Go</li> <li>• Target Throw</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Hospital Tag</li> </ul>
3	Flying Disc	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Forehand Throw</li> <li>• Pass and Follow</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Hospital Tag</li> </ul>
4	Flying Disc	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Backhand Give and Go</li> <li>• Corner to Corner Give and Go</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Partner Tag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
5	Flying Disc	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Hoop to Hoop</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Partner Tag</li> </ul>
6	Flying Disc	1.6, 1.7, 2.5, 3.1, 3.3, 3.7, 5.5, 5.6	Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 or Assessment</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Assessment	<ul style="list-style-type: none"> <li>Assessment</li> </ul>
7	Flying Disc	1.6, 1.7, 2.5, 3.1, 3.3, 3.7, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Backhand Give and Go</li> <li>5-Player Flying Disc Throw and Run</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Toe Tag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Flying Disc	1.6, 1.7, 2.5, 3.1, 3.3, 3.7, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Flying Disc Golf</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Rock-Paper-Scissors Tag</li> </ul>
9	Flying Disc	1.6, 1.7, 2.5, 3.1, 3.3, 3.7, 5.5, 5.6	Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity (SPARK It Up!)</li> </ul>
10	Flying Disc	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.1, 3.3, 3.7, 5.5, 5.6	Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Keep Away (3 on 1)</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Rock-Paper-Scissors Tag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
11	Flying Disc	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.1, 3.3, 3.7, 5.5, 5.6	Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Flying Disc 3-Catch Game</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Catch the Dragon's Tail</li> </ul>
12	Flying Disc	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.1, 3.3, 3.7, 5.5, 5.6	Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3 or Assessment</li> </ul>	Chasing and Fleeing	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Catch the Dragon's Tail</li> </ul>
<b>November</b>								
1	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Introduction to Dance</li> <li>Introduce Home Play</li> <li>Teach 5-6-7-8</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Jump Rope</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
2	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.1, 2.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Review 5-6-7-8</li> <li>SPARK It Up!</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Jump the Circuit (Individual Tricks)</li> </ul>
3	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Teach Jekyll Island Stomp</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Jump Wheel</li> </ul>
4	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Review Jekyll Island Stomp</li> <li>SPARK It Up!</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Mirror, Mirror</li> </ul>
5	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Square Dance Social Interaction	<ul style="list-style-type: none"> <li>Teach Hot Time</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Rhythm Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Group Estimation</li> </ul>
6	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Square Dance Social Interaction	<ul style="list-style-type: none"> <li>Review Hot Time</li> <li>SPARK It Up!</li> </ul>	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Aerobic Capacity Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
7	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Folk Dance	• Teach Cotton-Eyed Joe	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Rhythm Aerobic Capacity Social Interaction	• Jump the Circuit (Partner Tricks)
8	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Folk Dance	• Review Cotton-Eyed Joe • SPARK It Up!	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Rhythm Aerobic Capacity Group Dynamics	• Jumping Color Tag
9	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Aerobic Capacity	• Pedometer Activity	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Aerobic Capacity Fitness Assessment	• PACE Activity #2 • Assessment
10	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Creating Sequences Assessment	• Create a Dance • Assessment	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Rhythm Aerobic Capacity Social Interaction	• Jump Rope Add-On
11	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Creating Sequences Assessment	• Create a Dance • Assessment	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Aerobic Capacity	• Pedometer Activity
12	Dance	1.21, 1.22, 2.10, 3.1, 3.3, 3.7, 5.5	Rhythm Creating Sequences Assessment	• Create a Dance • Assessment	Jump Rope	1.5, 3.1, 3.3, 3.7, 4.8, 4.11, 5.5, 5.6	Aerobic Capacity Fitness Assessment	• PACE Activity #3 • Assessment

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>December</b>								
1	Volleyball	1.20, 2.9	Striking	<ul style="list-style-type: none"> <li>• Introduction to Forearm Pass (Bump)</li> <li>• Volleyball Introduction</li> <li>• Introduce Home Play</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Introduction to Map Challenges</li> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>
2	Volleyball	1.20, 2.9, 5.5, 5.6	Striking Social Interaction	<ul style="list-style-type: none"> <li>• Bumping Buddies</li> <li>• Forearm 21</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>
3	Volleyball	1.20, 2.9, 5.5, 5.6	Striking Social Interaction	<ul style="list-style-type: none"> <li>• Bumping Buddies</li> <li>• Cooperative Countdown</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving for Time (Counting Minutes)</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Volleyball	1.20, 2.9, 5.5, 5.6	Striking Social Interaction	<ul style="list-style-type: none"> <li>• Introduction to Overhead Pass (Set)</li> <li>• Crossover</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>
5	Volleyball	1.20, 2.9, 5.5, 5.6	Striking Social Interaction Aerobic Capacity	<ul style="list-style-type: none"> <li>• Setting Pairs</li> <li>• Pedometer Activity</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>
6	Volleyball	1.14, 2.3, 2.5, 2.9, 5.3, 5.6	Serving	<ul style="list-style-type: none"> <li>• Introduction to Underhand Serve</li> <li>• Serving Challenges</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving for Time (Counting Minutes)</li> </ul>
7	Volleyball	1.14, 2.3, 2.5, 2.9, 3.1, 3.3, 3.7, 5.3, 5.6	Striking Assessment Aerobic Capacity	<ul style="list-style-type: none"> <li>• PACE Activity #1 or Assessment</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Volleyball	1.14, 1.20, 2.3, 2.5, 2.9, 5.3, 5.6	Striking Serving Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Serving Shower</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
9	Volleyball	1.14, 1.20, 2.3, 2.5, 2.9, 3.1, 3.3, 3.7, 5.3, 5.6	Striking Assessment Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
10	Volleyball	1.14, 1.20, 2.3, 2.5, 2.9, 5.3, 5.6	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Mini-Volleyball</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
11	Volleyball	1.14, 1.20, 2.3, 2.5, 2.9, 5.3, 5.6	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Setting Pairs</li> <li>4-Square Volleyball</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Volleyball	1.14, 1.20, 2.3, 2.5, 2.9, 5.3, 5.6	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Mini- or 4-Square Volleyball</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
<b>January</b>								
1	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Introduce Daily Dozen</li> <li>Stunts and Tumbling Introduction</li> <li>Introduce Home Play</li> </ul>	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>
2	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Look, Learn, and Leave</li> </ul>	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
3	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts	• Look, Learn, and Leave	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen
4	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts	• Those Tricky Transitions	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen
5	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts	• Those Tricky Transitions	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen
6	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts Assessment	• PACE Activity #1 or Assessment	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
7	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts	• Stunt Stories and Tumbling Tales	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen
8	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts	• Stunt Stories and Tumbling Tales	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen
9	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Aerobic Capacity Flexibility Strength Stunts	• Pedometer Activity	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen
10	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts Creating Sequences	• PACE Activity #2 or Create a Routine	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
11	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts Creating Sequences	• PACE Activity #2 or Create a Routine	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen
12	Stunts and Tumbling	1.1, 3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.7, 4.12, 4.14, 4.16	Flexibility Strength Stunts Creating Sequences	• Perform Routines	Daily Dozen *Stunts and Tumbling	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Warm-Up	• Daily Dozen

## February

1	Basketball	1.17, 2.7	Hand Dribble	<ul style="list-style-type: none"> <li>• Ball-Handling Drills</li> <li>• Dribbling Drills</li> <li>• Basketball Introduction</li> <li>• Introduce Home Play</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	• Introduction to Movement Bands
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# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
2	Basketball	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Grid Passing</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Movement Bands Circuit (Individual Tricks)</li> </ul>
3	Basketball	1.6, 1.7, 2.5, 5.5, 5.6	Pivoting Throwing Catching	<ul style="list-style-type: none"> <li>• Pivoting Drills</li> <li>• Pass and Follow</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Movement Bands Circuit (Individual Tricks)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Basketball	1.6, 1.7, 1.17, 2.5, 2.7, 5.5, 5.6	Hand Dribbling Throwing Catching	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Corner to Corner Give and Go</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Add-On</li> </ul>
5	Basketball	1.2, 1.3, 1.4 1.17, 2.1, 2.2, 2.7, 3.3, 3.7, 5.5, 5.6	Moving to Open Space Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Keep Away (2 on 1)</li> <li>• 3-Catch Basketball</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Lucky Guess (Individual Tricks)</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Basketball	1.2, 1.3, 1.4 1.17, 2.1, 2.2, 2.7, 3.3, 3.7, 5.5, 5.6	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #1 or Assessment</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
7	Basketball	1.2, 1.3, 1.4, 1.6, 1.7, 1.17, 2.1, 2.2, 2.5, 2.7, 3.3, 3.7, 5.5, 5.6	Shooting Combining Skills	<ul style="list-style-type: none"> <li>• Shooting Drills</li> <li>• S-P-A-R-K</li> <li>• Add 'Em Up</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Movement Band Circuit (Group Tricks)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Basketball	1.2, 1.3, 1.4, 1.6, 1.7, 1.17, 2.1, 2.2, 2.5, 2.7, 3.3, 3.7, 5.5, 5.6	Combing Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>Around the Court</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Movement Band Circuit (Group Tricks)</li> </ul>
9	Basketball	1.2, 1.3, 1.4, 1.6, 1.7, 1.17, 2.1, 2.2, 2.5, 2.7, 3.3, 3.7, 5.5, 5.6	Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Self-Check Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Basketball	1.2, 1.3, 1.4, 1.6, 1.7, 1.17, 2.1, 2.2, 2.5, 2.7, 3.3, 3.7, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Mini-Basketball</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Lucky Guess (Group Tricks)</li> </ul>
11	Basketball	1.2, 1.3, 1.4, 1.6, 1.7, 1.17, 2.1, 2.2, 2.5, 2.7, 3.3, 3.7, 5.5, 5.6	Aerobic Capacity Combining Skills	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• PACE Activity – Create a Routine</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Basketball	1.2, 1.3, 1.4, 1.6, 1.7, 1.17, 2.1, 2.2, 2.5, 2.7, 3.3, 3.7, 5.5, 5.6	Aerobic Capacity Assessment Combining Skills	<ul style="list-style-type: none"> <li>• PACE Activity #3 or Assessment</li> </ul>	Movement Bands	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17, 5.1, 5.2, 5.5, 5.6	Rhythm Aerobic Capacity Social Integration Assessment	<ul style="list-style-type: none"> <li>• PACE Activity – Create a Routine</li> <li>• Performance Rubric Assessment</li> </ul>

## March

\*Can substitute Racquets and Paddles (Instructional Media Disc)

1	Hockey	1.18, 2.8	Stick Handling	<ul style="list-style-type: none"> <li>• Introduction to Stick Handling</li> <li>• Hockey Introduction</li> <li>• Introduce Home Play</li> </ul>	Group Fitness	3.1, 3.2, 3.4, 3.5, 4.2, 4.3, 4.7, 4.12, 4.13, 4.14, 4.15, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Meet Me in the Middle</li> </ul>
2	Hockey	1.18, 2.7, 2.8	Dribbling	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Hockey Hoopla</li> <li>• Round Up</li> </ul>	Group Fitness	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17	Rhythms Aerobic Capacity	<ul style="list-style-type: none"> <li>• Aerobic Dance</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
3	Hockey	1.18, 2.7, 2.8, 3.1, 3.3, 3.4, 3.6, 3.7	Dribbling Aerobic Capacity	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>PACE Activity #1 or Assessment</li> </ul>	Group Fitness	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17	Rhythms Aerobic Capacity	<ul style="list-style-type: none"> <li>Sport Moves Aerobics</li> </ul>
4	Hockey	1.18, 2.7, 2.8	Passing	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Pass and Follow</li> </ul>	Group Fitness	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17	Rhythms Aerobic Capacity	<ul style="list-style-type: none"> <li>Bench Step Basics</li> </ul>
5	Hockey	1.18, 2.7, 2.8	Passing	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Corner to Corner Give and Go</li> </ul>	Group Fitness	3.1, 3.2, 3.4, 3.5, 4.2, 4.3, 4.7, 4.12, 4.13, 4.14, 4.15, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Resistance Band Workout</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Hockey	1.18, 2.7, 2.8, 3.1, 3.3, 3.4, 3.6, 3.7	Passing Aerobic Capacity	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• PACE Activity #2 or Assessment</li> </ul>	Group Fitness	3.8, 3.9, 4.3, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>• Assessment</li> </ul>
7	Hockey	1.2, 1.3, 1.4, 1.18, 2.1, 2.2, 2.7, 2.8, 5.4, 5.5, 5.6	Shooting Combining Skills	<ul style="list-style-type: none"> <li>• Shooting Drills</li> <li>• 5-Player Shoot and Dribble</li> </ul>	Group Fitness	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17	Rhythms Aerobic Capacity	<ul style="list-style-type: none"> <li>• Aerobic Dance</li> </ul>
8	Hockey	1.2, 1.3, 1.4, 1.18, 2.1, 2.2, 2.7, 5.4, 5.5, 5.6	Moving to Open Space Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>• Shooting Drills</li> <li>• Defense</li> <li>• Keep Away (3 on 1)</li> </ul>	Group Fitness	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17	Rhythms Aerobic Capacity	<ul style="list-style-type: none"> <li>• Sport Moves Aerobics</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
9	Hockey	1.2, 1.3, 1.4, 1.18, 2.1, 2.2, 2.7, 2.8, 3.1, 3.2, 3.3, 3.4, 5.4, 5.5, 5.6	Face-off Aerobic Capacity	<ul style="list-style-type: none"> <li>Face-off</li> <li>PACE Activity #3 or Assessment</li> </ul>	Group Fitness	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
10	Hockey	1.2, 1.3, 1.4, 1.18, 2.1, 2.2, 2.7, 2.8, 3.1, 3.2, 3.3, 3.4, 5.4, 5.5, 5.6	Face-off Aerobic Capacity	<ul style="list-style-type: none"> <li>Face-off</li> <li>Pedometer Activity</li> </ul>	Group Fitness	3.1, 3.3, 3.4, 3.6, 3.7, 4.1, 4.2, 4.3, 4.7, 4.8, 4.11, 4.12, 4.15, 4.16, 4.17	Rhythms Aerobic Capacity	<ul style="list-style-type: none"> <li>Bench Step Basics</li> </ul>
11	Hockey	1.2, 1.3, 1.4, 1.18, 2.1, 2.2, 2.7, 2.8, 3.1, 3.2, 3.3, 3.4, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Face-off</li> <li>3-Trap Hockey</li> </ul>	Group Fitness	3.1, 3.2, 3.4, 3.5, 4.2, 4.3, 4.7, 4.12, 4.13, 4.14, 4.15, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Resistance Band Workout</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Hockey	1.2, 1.3, 1.4, 1.18, 2.1, 2.2, 2.7, 2.8, 3.1, 3.2, 3.3, 3.4, 5.4, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Mini-Hockey</li> </ul>	Group Fitness	3.8, 3.9, 4.3, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>• Assessment</li> </ul>
<b>April</b>								
1	Soccer	1.16, 2.7	Foot Dribbling	<ul style="list-style-type: none"> <li>• Ball-Control Drills</li> <li>• Dribbling Drills</li> <li>• Soccer Introduction</li> <li>• Introduce Home Play</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Aerobic Games Introduction</li> <li>• Centipede Bucket Brigade</li> </ul>
2	Soccer	1.16, 2.7	Foot Dribbling	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Soccer Hoopla</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Centipede Bucket Brigade</li> </ul>
3	Soccer	1.10, 1.11, 1.12, 1.16, 1.19, 2.7	Foot Dribbling Passing	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Rainforest</li> <li>• Soccer Golf</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Track and Field</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Soccer	1.10, 1.11, 1.12, 1.19, 3.1, 3.3, 3.4, 3.6, 3.7	Passing Trapping Aerobic Capacity	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Pass, Trap, and Follow</li> <li>Pedometer Activity</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Track and Field</li> </ul>
5	Soccer	1.10, 1.11, 1.12, 1.19	Passing Trapping	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Corner to Corner Give and Go</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics Assessment	<ul style="list-style-type: none"> <li>5-Player Kickball</li> </ul>
6	Soccer	1.11, 1.12, 2.6, 3.1, 3.3, 3.4, 3.6, 3.7	Punting Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 or Assessment</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>5-Player Kickball</li> </ul>
7	Soccer	1.2, 1.3, 1.4, 1.10, 1.11, 1.12, 1.16, 1.19, 2.1, 2.2, 2.7, 3.3, 3.7, 5.5, 5.6	Shooting Combing Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>5-Player Kick and Dribble</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics Assessment	<ul style="list-style-type: none"> <li>5-Player Kickball</li> <li>Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Soccer	1.2, 1.3, 1.4, 1.10, 1.11, 1.12, 1.16, 1.19, 2.1, 2.2, 2.7, 3.3, 3.7, 5.5, 5.6	Combining Skills Moving to Open Space	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Dribbling Partner Tag</li> <li>• Keep Away (3 on 1)</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Moving to Open Space Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Keep Away (2 on 1)</li> </ul>
9	Soccer	1.11, 1.12, 2.6, 3.1, 3.3, 3.4, 3.6, 3.7	Punting Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #2 or Assessment</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Moving to Open Space Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Keep Away (2 on 1)</li> </ul>
10	Soccer	1.2, 1.3, 1.4, 1.10, 1.11, 1.12, 1.16, 1.19, 2.1, 2.2, 2.7, 3.3, 3.7, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Get Your Ball</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
11	Soccer	1.2, 1.3, 1.4, 1.10, 1.11, 1.12, 1.16, 1.19, 2.1, 2.2, 2.7, 3.3, 3.7, 5.5, 5.6	Combining Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>Mini-Soccer</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
12	Soccer	1.2, 1.3, 1.4, 1.10, 1.11, 1.12, 1.16, 1.19, 2.1, 2.2, 2.7, 3.3, 3.7, 5.5, 5.6	Punting Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3 or Assessment</li> </ul>	Aerobic Games	3.1, 3.3, 3.4, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
<b>May</b>								
1	Softball	1.6, 1.7, 1.8, 1.9, 2.5, 5.5	Throwing Catching	<ul style="list-style-type: none"> <li>Partner Throw and Catch</li> <li>Softball Introduction</li> <li>Out at Home!</li> <li>Introduce Home Play</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Walk/Jog/Run</li> <li>Partner Walk/Jog and Talk</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
2	Softball	1.6, 1.7, 1.8, 1.9, 2.5, 5.5	Throwing Catching	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Corner to Corner Give and Go</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Walk/Run Switcheroo</li> </ul>
3	Softball	1.6, 1.7, 1.8, 1.9, 2.5, 5.5	Fielding Throwing Catching	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• Triangle Fielding</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Tag Team Traveling Challenges</li> </ul>
4	Softball	1.6, 1.7, 1.8, 1.9, 2.5, 5.5	Fielding Throwing Catching	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• Pickle</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Number Run</li> </ul>
5	Softball	1.6, 1.7, 1.8, 1.9, 2.5, 5.5	Pitching Throwing Catching	<ul style="list-style-type: none"> <li>• Pitch and Catch</li> <li>• Beat the Ball</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Partner Walk/Jog and Talk</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Softball	1.6, 1.7, 1.8, 1.9, 1.15, 2.5, 2.8, 3.1, 3.3, 3.7, 5.5	Pitching Throwing Catching Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Pitch and Catch</li> <li>PACE Activity #1 and/or Assessment</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #1</li> </ul>
7	Softball	1.6, 1.7, 1.8, 1.9, 1.15, 2.5, 2.8, 3.1, 3.3, 3.7, 5.5	Striking Throwing Catching	<ul style="list-style-type: none"> <li>Batting Practice</li> <li>Beat the Ball</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Walk/Run Switcheroo</li> </ul>
8	Softball	1.6, 1.7, 1.8, 1.9, 1.15, 2.5, 2.8, 3.1, 3.3, 3.7, 5.5	Combining Skills	<ul style="list-style-type: none"> <li>Batting Practice</li> <li>All-Run Softball</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Tag Team Traveling Challenges</li> </ul>
9	Softball	1.6, 1.7, 1.8, 1.9, 1.15, 2.5, 2.8, 3.1, 3.3, 3.7, 5.5	Throwing Catching Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Partner Throw and Catch and Catch</li> <li>PACE Activity #2 and/or Assessment</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #2</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Softball	1.6, 1.7, 1.8, 1.9, 1.15, 2.5, 2.8, 3.1, 3.3, 3.7, 5.5	Combining Skills	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• 5-Player Throw/Hit and Run</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Number Run</li> </ul>
11	Softball	1.6, 1.7, 1.8, 1.9, 1.15, 2.5, 2.8, 3.1, 3.3, 3.7, 5.5	Combining Skills	<ul style="list-style-type: none"> <li>• Pitch and Catch</li> <li>• 5-Player Throw/Hit and Run</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
12	Softball	1.6, 1.7, 1.8, 1.9, 1.15, 2.5, 2.8, 3.1, 3.3, 3.7, 5.5	Assessment	<ul style="list-style-type: none"> <li>• Batting Practice</li> <li>• Assessment</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• Assessment</li> </ul>
<b>June</b>								
*Can substitute Racquets and Paddles (Instructional Media Disc)								
1	Football	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Passing and Receiving Drills</li> <li>• Introduction</li> <li>• Introduce Home Plays</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.8, 4.11, 4.14, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Introduction to Fitness Challenges</li> <li>• Solo Aerobic Fitness</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
2	Football	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Passing and Receiving Drills</li> <li>• Air It Out</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.8, 4.11, 4.14, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Partner Aerobic Fitness</li> </ul>
3	Football	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Pitching Drills</li> <li>• Air It Out</li> </ul>	Fitness Challenges		Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Partner Muscular Strength and Endurance</li> </ul>
4	Football	1.6, 1.7, 2.5, 5.5, 5.6	Punting Throwing Catching	<ul style="list-style-type: none"> <li>• Punting Drills</li> <li>• Air Assault</li> </ul>	Fitness Challenges	3.1, 3.6, 4.1, 4.7, 4.16, 5.1, 5.2	Flexibility	<ul style="list-style-type: none"> <li>• Fun and Flexibility with a Friend</li> </ul>
5	Football	1.6, 1.7, 2.5, 5.5, 5.6	Throwing Catching	<ul style="list-style-type: none"> <li>• Pitching Drills</li> <li>• Football Golf</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.4, 4.5, 4.6, 4.17, 5.1, 5.2	Body Composition	<ul style="list-style-type: none"> <li>• Body Composition BINGO</li> </ul>
6	Football	1.2, 1.3, 1.4, 2.2, 3.3, 3.7	Flag Pulling	<ul style="list-style-type: none"> <li>• Flag Pulling Drills</li> <li>• Center-pede</li> </ul>	Fitness Challenges	3.8, 3.9, 4.3, 5.1, 5.2	Fitness Concepts	<ul style="list-style-type: none"> <li>• Goal Setting Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
7	Football	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.3, 3.7, 5.5, 5.6	Flag Pulling Combining Skills	<ul style="list-style-type: none"> <li>Flag Pulling Drills</li> <li>2-Minute Drill</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 5.1, 5.2	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Partner Mixed Fitness</li> </ul>
8	Football	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.3, 3.7, 5.5, 5.6	Combining Skills Assessment	<ul style="list-style-type: none"> <li>Passing and Receiving Drills</li> <li>2-Minute Drill</li> <li>Assessment</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.2, 4.3, 4.7, 4.8, 4.9, 4.10, 4.1, 5.1, 5.21	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
9	Football	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.3, 3.7, 5.5, 5.6	Ball Carrying Aerobic Capacity	<ul style="list-style-type: none"> <li>Ball Carrying Drills</li> <li>Pedometer Activity</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 5.1, 5.2	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Survivor Challenge</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Football	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.3, 3.7, 5.5, 5.6	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> <li>• Assessment</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 5.1, 5.2	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>• Fitness Grab Bag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
11	Football	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.3, 3.7, 5.5, 5.6	Combining Skills Aerobic Capacity	• PACE Activity #1	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16, 4.17, 5.1, 5.2	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	• Fitness Grab Bag • or • Survivor Challenge
12	Football	1.2, 1.3, 1.4, 1.6, 1.7, 2.2, 2.5, 3.3, 3.7, 5.5, 5.6	Combining Skills Aerobic Capacity	• PACE Activity #2	Fitness Challenges	3.1, 3.3, 3.7, 4.4, 4.5, 4.6, 4.17, 5.1, 5.2	Body Composition	• Assessment

# GRADE 5

\*Begin each lesson with an ASAP activity of your choice

\*\*See end of month for suggested Recess Activities

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>August/September</b>								
1	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Cooperatives Introduction</li> <li>Workout Buddies</li> </ul>	Fitness Circuits	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Fitness Circuits</li> <li>Introduce Home Play</li> <li>Aerobic Capacity Circuit</li> </ul>
2	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Have You Ever?</li> <li>Workout Buddies (Review Lesson 1)</li> <li>Introduce Home Play</li> </ul>	Fitness Circuits	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Aerobic Capacity Circuit</li> </ul>
3	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Twist and Turn/Bend and Stretch</li> <li>Workout Buddies (Review Lessons 1 and 2)</li> <li>Designated Drivers</li> </ul>	Fitness Circuits	3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.7, 4.13, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Muscular Strength and Endurance Circuit</li> </ul>
4	Cooperatives	5.1, 5.2, 5.3, 5.4, 5.5, 5.6	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Dollars and Cents</li> </ul>	Fitness Circuits	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Flexibility	<ul style="list-style-type: none"> <li>Flexibility Circuit</li> </ul>
5	Cooperatives	5.5, 5.6, 5.7, 5.8	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 4)</li> <li>Group Juggling</li> <li>Houdini Hoops</li> </ul>	Fitness Circuits	3.2, 3.3, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.15, 4.16, 5.1, 5.2	Body Composition	<ul style="list-style-type: none"> <li>Body Composition Circuit</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Cooperatives	3.1, 3.3, 3.7, 5.5, 5.6	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 4 and 5)</li> <li>PACE Activity #1 and/or Assessment</li> </ul>	Fitness Circuits	3.3, 3.6, 3.7, 3.8, 3.9, 4.3, 4.4, 4.7, 4.8, 4.16, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 and/or Assessment</li> </ul>
7	Cooperatives	5.5, 5.6, 5.7, 5.8	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Stick With Me!</li> <li>Beat the Clock</li> </ul>	Fitness Circuits	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Mixed Fitness Circuit</li> </ul>
8	Cooperatives	5.5, 5.6, 5.7, 5.8	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 7)</li> <li>Stepping Stones</li> </ul>	Fitness Circuits	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Mixed Fitness Circuit</li> </ul>
9	Cooperatives	3.1, 3.3, 3.7, 5.5, 5.6	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 7 and 8)</li> <li>PACE Activity #2 and/or Assessment</li> </ul>	Fitness Circuits	3.3, 3.6, 3.7, 3.8, 3.9, 4.3, 4.4, 4.7, 4.8, 4.16, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 and/or Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Cooperatives	5.5, 5.6, 5.7, 5.8	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Log Jam</li> <li>Pass It Around</li> </ul>	Fitness Circuits	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grids</li> </ul>
11	Cooperatives	3.1, 3.3, 3.7, 5.5, 5.6	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 10)</li> <li>Pedometer Activity</li> </ul>	Fitness Circuits	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grids</li> </ul>
12	Cooperatives	3.1, 3.3, 3.7, 5.5, 5.6	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 10 and 11)</li> <li>PACE Activity #3 and/or Assessment</li> </ul>	Fitness Circuits	3.3, 3.6, 3.7, 3.8, 3.9, 4.3, 4.4, 4.7, 4.8, 4.16, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 and/or Assessment</li> </ul>
<b>October</b>								
1	Flying Disc	1.5, 1.6, 1.16, 2.3	Catching Throwing	<ul style="list-style-type: none"> <li>Backhand Throw and Catch</li> <li>Introduction</li> <li>Introduce Home Play</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Chasing and Fleeing</li> <li>Hospital Tag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
2	Flying Disc	1.5, 1.6, 1.16, 2.3	Throwing Catching	<ul style="list-style-type: none"> <li>• Backhand Give and Go</li> <li>• Target Throw</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Partner Tag</li> </ul>
3	Flying Disc	1.5, 1.6, 1.16, 2.3	Throwing Catching	<ul style="list-style-type: none"> <li>• Forehand Throw</li> <li>• Pass and Follow</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Toe Tag</li> </ul>
4	Flying Disc	1.5, 1.6, 1.16, 2.3	Throwing Catching	<ul style="list-style-type: none"> <li>• Backhand Give and Go</li> <li>• Corner to Corner Give and Go</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Rock-Paper-Scissors Tag</li> </ul>
5	Flying Disc	1.5, 1.6, 1.16, 2.3	Throwing Catching	<ul style="list-style-type: none"> <li>• Catching Drills</li> <li>• Hoop to Hoop</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Catch the Dragon's Tail</li> </ul>
6	Flying Disc	1.5, 1.6, 1.16, 2.3, 3.3, 3.6, 3.7, 3.8, 3.9, 4.3, 4.4, 4.7, 4.8, 4.16, 5.1, 5.2	Fitness Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #1 or Assessment</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Assessment	<ul style="list-style-type: none"> <li>• Assessment</li> </ul>
7	Flying Disc	1.5, 1.6, 1.16, 2.3, 3.3, 3.6, 3.7, 3.8, 3.9, 4.3, 4.4, 4.7, 4.8, 4.16, 5.1, 5.2	Combining Skills	<ul style="list-style-type: none"> <li>• Backhand Give and Go</li> <li>• 5-Player Flying Disc Throw and Run</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>• VIP Tag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Flying Disc	1.5, 1.6, 1.16, 2.3, 3.3, 3.6, 3.7, 3.8, 3.9, 4.3, 4.4, 4.7, 4.8, 4.16, 5.1, 5.2	Combining Skills	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Flying Disc Golf</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Clothespin Tag</li> </ul>
9	Flying Disc	1.5, 1.6, 1.16, 2.3, 3.3, 3.6, 3.7, 3.8, 3.9, 4.3, 4.4, 4.7, 4.8, 4.16, 5.1, 5.2	Combining Skills Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity (SPARK It Up!)</li> </ul>
10	Flying Disc	1.6, 1.14, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Keep Away (3 on 1)</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Clothespin Tag</li> </ul>
11	Flying Disc	1.6, 1.14, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Flying Disc 3-Catch Game</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Tag Team</li> </ul>
12	Flying Disc	1.5, 1.6, 1.16, 2.3, 3.3, 3.6, 3.7, 3.8, 3.9, 4.3, 4.4, 4.7, 4.8, 4.16, 5.1, 5.2	Combining Skills Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3 or Assessment</li> </ul>	Chasing and Fleeing	2.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Tag Team</li> </ul>

November



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
1	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Introduction to Dance</li> <li>Introduce Home Play</li> <li>Teach Louisiana Saturday Night</li> </ul>	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Jump Rope</li> </ul>
2	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Teach Mambo #5</li> </ul>	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Jump the Circuit (Individual Tricks)</li> </ul>
3	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Teach Rocky Top</li> </ul>	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Jump Wheel</li> </ul>
4	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Review Rocky Top</li> <li>SPARK It Up!</li> </ul>	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Mirror, Mirror</li> </ul>
5	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Teach Whomp It Up</li> </ul>	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Rhythm Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>Group Estimation</li> </ul>
6	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Review Whomp It Up</li> <li>SPARK It Up!</li> </ul>	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Aerobic Capacity Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
7	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Folk Dance	• Teach Pata	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Rhythm Aerobic Capacity Social Interaction	• Jump the Circuit (Partner Tricks)
8	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Square Dance Social Interaction	• Teach Virginia Reel	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Rhythm Aerobic Capacity Group Dynamics	• Jumping Color Tag
9	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Square Dance Social Interaction	• Review Virginia Reel • SPARK It Up!	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Aerobic Capacity Fitness Assessment	• PACE Activity #2 • Assessment
10	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Creating Sequences Assessment	• Create a Dance • Assessment	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Rhythm Aerobic Capacity Social Interaction	• Jump Rope Add-On
11	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Creating Sequences Assessment	• Create a Dance • Assessment	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Aerobic Capacity	• Pedometer Activity
12	Dance	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Creating Sequences Assessment	• Create a Dance • Assessment	Jump Rope	1.2, 1.3, 1.4, 2.2, 3.1, 3.3, 3.6, 3.7, 4.8, 4.9, 4.11, 5.4, 5.6, 5.8	Aerobic Capacity Fitness Assessment	• PACE Activity #3 • Assessment

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>December</b>								
1	Volleyball	1.17, 2.4, 3.1, 3.3, 3.6, 3.7	Striking	<ul style="list-style-type: none"> <li>Introduction to Forearm Pass (Bump)</li> <li>Volleyball Introduction</li> <li>Introduce Home Play</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Map Challenges</li> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
2	Volleyball	1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Striking Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Forearm 21</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
3	Volleyball	1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Striking Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Cooperative Countdown</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
4	Volleyball	1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Striking Social Interaction	<ul style="list-style-type: none"> <li>Introduction to Overhead Pass (Set)</li> <li>Crossover</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
5	Volleyball	1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Striking Social Interaction Aerobic Capacity	<ul style="list-style-type: none"> <li>Setting Pairs</li> <li>Pedometer Activity</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Volleyball	1.13, 1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7	Striking Serving	<ul style="list-style-type: none"> <li>Introduction to Underhand Serve</li> <li>Serving Challenges</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
7	Volleyball	1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Striking Assessment Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #1 or Assessment</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
8	Volleyball	1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Striking Serving Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Serving Shower</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
9	Volleyball	1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Striking Assessment Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
10	Volleyball	1.13, 1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Mini-Volleyball</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
11	Volleyball	1.13, 1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Setting Pairs</li> <li>4-Square Volleyball</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Volleyball	1.13, 1.17, 2.3, 2.4, 3.1, 3.3, 3.6, 3.7, 5.4, 5.6, 5.7	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Mini- or 4-Square Volleyball</li> </ul>	Map Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>

## January

1	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Introduce Daily Dozen</li> <li>Stunts and Tumbling Introduction</li> <li>Introduce Home Play</li> </ul>	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>
2	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Look, Learn, and Leave</li> </ul>	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>
3	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Look, Learn, and Leave</li> </ul>	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>
4	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Those Tricky Transitions</li> </ul>	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>
5	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Those Tricky Transitions</li> </ul>	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts Assessment	• PACE Activity #1 or Assessment	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	• Daily Dozen
7	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts	• Stunt Stories and Tumbling Tales	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	• Daily Dozen
8	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts	• Stunt Stories and Tumbling Tales	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	• Daily Dozen
9	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Aerobic Capacity Flexibility Strength Stunts	• Pedometer Activity	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	• Daily Dozen
10	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts Creating Sequences	• PACE Activity #2 or Create a Routine	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	• Daily Dozen
11	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts Creating Sequences	• PACE Activity #2 or Create a Routine	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	• Daily Dozen

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Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Stunts and Tumbling	1.1, 1.2, 1.3, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.3, 5.6	Flexibility Strength Stunts Creating Sequences	<ul style="list-style-type: none"> <li>Perform Routines</li> </ul>	Daily Dozen *Stunts and Tumbling	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>
<b>February</b>								
1	Basketball	1.14, 1.15, 3.3, 3.7	Hand Dribble	<ul style="list-style-type: none"> <li>Ball-Handling Drills</li> <li>Dribbling Drills</li> <li>Basketball Introduction</li> <li>Introduce Home Play</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Introduction to Movement Bands</li> </ul>
2	Basketball	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Grid Passing</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Movement Bands Circuit (Individual Tricks)</li> </ul>
3	Basketball	1.5, 1.6, 1.16, 2.3, 3.1	Pivoting Throwing Catching	<ul style="list-style-type: none"> <li>Pivoting Drills</li> <li>Pass and Follow</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Movement Bands Circuit (Individual Tricks)</li> </ul>
4	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.3, 3.1	Hand Dribbling Throwing Catching	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Corner to Corner Give and Go</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Add-On</li> </ul>
5	Basketball	1.6, 1.14, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Moving to Open Space Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Keep Away (2 on 1)</li> <li>3-Catch Basketball</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Lucky Guess (Individual Tricks)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Basketball	1.6, 1.14, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #1 or Assessment</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
7	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Shooting Combining Skills	<ul style="list-style-type: none"> <li>• Shooting Drills</li> <li>• S-P-A-R-K</li> <li>• Add 'Em Up</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Movement Band Circuit (Group Tricks)</li> </ul>
8	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>• Shooting Drills</li> <li>• Around the Court</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Movement Band Circuit (Group Tricks)</li> </ul>
9	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #2 or Assessment</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• Self-Check Assessment</li> </ul>
10	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Mini-Basketball</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• Lucky Guess (Group Tricks)</li> </ul>
11	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>• PACE Activity – Create a Routine</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #3 or Assessment</li> </ul>	Movement Bands	1.18, 1.19, 2.5, 3.1, 3.3, 3.6, 3.7, 5.4, 5.5, 5.6, 5.7, 5.8	Rhythm Aerobic Capacity Social Integration Assessment	<ul style="list-style-type: none"> <li>• PACE Activity – Create a Routine</li> <li>• Performance Rubric Assessment</li> </ul>
<b>March</b>								
<i>*Can substitute Racquets and Paddles (Instructional Media Disc)</i>								
1	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Stick Handling	<ul style="list-style-type: none"> <li>• Introduction to Stick Handling</li> <li>• Hockey Introduction</li> <li>• Introduce Home Play</li> </ul>	Group Fitness		Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Resistance Band Workout</li> </ul>
2	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Dribbling	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Hockey Hoopla</li> <li>• Round Up</li> </ul>	Group Fitness	3.1, 3.2, 3.3, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.15, 4.16, 5.1, 5.2, 5.6, 5.7	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>• Bench Step Basics</li> </ul>
3	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Dribbling Aerobic Capacity	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• PACE Activity #1 or Assessment</li> </ul>	Group Fitness	3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.7, 4.13, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Medicine Ball Madness</li> </ul>
4	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Passing	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Pass and Follow</li> </ul>	Group Fitness	3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.7, 4.13, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Stability Ball Fun</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
5	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Passing	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Corner to Corner Give and Go</li> </ul>	Group Fitness	3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.7, 4.13, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Resistance Band Workout</li> </ul>
6	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Passing Aerobic Capacity	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>PACE Activity #2 or Assessment</li> </ul>	Group Fitness	3.1, 3.2, 3.3, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.15, 4.16, 5.1, 5.2, 5.6, 5.7	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Bench Step Basics</li> </ul>
7	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Shooting Combining Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>5-Player Shoot and Dribble</li> </ul>	Group Fitness	3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.7, 4.13, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Medicine Ball Madness</li> </ul>
8	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Moving to Open Space Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>Defense</li> <li>Keep Away (3 on 1)</li> </ul>	Group Fitness	3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.7, 4.13, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Stability Ball Fun</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
9	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Face-off Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Face-off</li> <li>PACE Activity #3 or Assessment</li> </ul>	Group Fitness	3.1, 3.2, 3.3, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.15, 4.16, 5.1, 5.2, 5.6, 5.7	Sequencing Rhythm Aerobic Capacity Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Create a Routine</li> </ul>
10	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Face-off Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Face-off</li> <li>Pedometer Activity</li> </ul>	Group Fitness	3.1, 3.2, 3.3, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.15, 4.16, 5.1, 5.2, 5.6, 5.7	Sequencing Rhythm Aerobic Capacity Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Create a Routine</li> </ul>
11	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>Face-off</li> <li>3-Trap Hockey</li> </ul>	Group Fitness	3.1, 3.2, 3.3, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.15, 4.16, 5.1, 5.2, 5.6, 5.7	Sequencing Rhythm Aerobic Capacity Muscular Strength and Endurance Assessment	<ul style="list-style-type: none"> <li>Perform Routines</li> <li>Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Mini-Hockey</li> </ul>	Group Fitness	3.1, 3.2, 3.3, 3.6, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.15, 4.16, 5.1, 5.2, 5.6, 5.7	Sequencing Rhythm Aerobic Capacity Muscular Strength and Endurance Assessment	<ul style="list-style-type: none"> <li>• Perform Routines</li> <li>• Assessment</li> </ul>
<b>April</b>								
1	Soccer	1.14, 1.15, 2.1, 3.1, 3.3, 3.7	Foot Dribbling	<ul style="list-style-type: none"> <li>• Ball-Control Drills</li> <li>• Dribbling Drills</li> <li>• Soccer Introduction</li> <li>• Introduce Home Play</li> </ul>	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Aerobic Games Introduction</li> <li>• 3-Catch Game</li> </ul>
2	Soccer	1.14, 1.15, 2.1, 3.1, 3.3, 3.7	Foot Dribbling	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Soccer Hoopla</li> </ul>	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• 3-Catch Game</li> </ul>
3	Soccer	1.9, 1.14, 1.15, 2.1, 3.1, 3.3, 3.7	Foot Dribbling Passing	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Rainforest</li> <li>• Soccer Golf</li> </ul>	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Capture the Flag</li> </ul>
4	Soccer	1.9, 1.15, 2.1, 3.1, 3.3, 3.7, 5.6, 5.7	Passing Trapping Aerobic Capacity	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Pass, Trap, and Follow</li> <li>• Pedometer Activity</li> </ul>	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Capture the Flag</li> </ul>
5	Soccer	1.9, 1.15, 2.1, 3.1, 3.3, 3.7, 5.6, 5.7	Passing Trapping	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Corner to Corner Give and Go</li> </ul>	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics Assessment	<ul style="list-style-type: none"> <li>• Raiders of the Ark</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Soccer	1.8, 1.15, 2.1, 3.1, 3.3, 3.7	Punting Aerobic Capacity Assessment	• PACE Activity #1 or Assessment	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics	• Raiders of the Ark
7	Soccer	1.8, 1.15, 2.1, 3.1, 3.3, 3.7	Shooting Combining Skills	• Shooting Drills • 5-Player Kick and Dribble	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics Assessment	• Quidditch
8	Soccer	1.6, 1.14, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills Moving to Open Space	• Dribbling Drills • Dribbling Partner Tag • Keep Away (3 on 1)	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Moving to Open Space Social Interaction Group Dynamics	• Quidditch
9	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Punting Combining Skills Aerobic Capacity Assessment	• PACE Activity #2 or Assessment	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Moving to Open Space Social Interaction Group Dynamics	• Quidditch • Assessment
10	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills	• Dribbling Drills • Get Your Ball	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics	• Pedometer Activity
11	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills	• Shooting Drills • Mini-Soccer	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics	• Pedometer Activity

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Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Punting Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #3 or Assessment</li> </ul>	Aerobic Games	3.3, 3.6, 3.7, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
<b>May</b>								
1	Softball	1.5, 1.6, 1.16, 2.3	Throwing Catching	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Softball Introduction</li> <li>• Pickle</li> <li>• Introduce Home Play</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Introduction to Walk/Jog/Run</li> <li>• Cat and Mouse</li> </ul>
2	Softball	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Corner to Corner Give and Go</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Roll the Dice</li> </ul>
3	Softball	1.5, 1.6, 1.16, 2.3, 3.1	Fielding Throwing Catching	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• Beat the Ball</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Alphabet Run</li> </ul>
4	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• 5-Player Throw/Hit and Run</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Agility Run</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
5	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>Pitch and Catch</li> <li>Whack-O</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Cat and Mouse</li> </ul>
6	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Pitching Throwing Catching Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Pitch and Catch</li> <li>PACE Activity #1 and/or Assessment</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #1</li> </ul>
7	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>Partner Throw and Catch and Catch</li> <li>All-Run Softball</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Roll the Dice</li> </ul>
8	Softball	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Striking Combining Skills	<ul style="list-style-type: none"> <li>Batting Practice</li> <li>Open Base</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Alphabet Run</li> </ul>
9	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Throwing Catching Combining Skills	<ul style="list-style-type: none"> <li>Partner Throw and Catch and Catch</li> <li>Open Base</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #2</li> </ul>

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Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Fielding Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• Pedometer Activity</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Agility Run</li> </ul>
11	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Pitching Throwing Catching Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• Pitch and Catch</li> <li>• PACE Activity #1 and/or Assessment</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
12	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Striking Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• Batting Practice</li> <li>• PACE Activity #1 and/or Assessment</li> </ul>	Walk/Jog/Run	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• Assessment</li> </ul>
<b>June</b>								
*Can substitute Racquets and Paddles (Instructional Media Disc)								
1	Football	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>• Passing and Receiving Drills</li> <li>• Introduction</li> <li>• Introduce Home Plays</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Introduction to Fitness Challenges</li> <li>• Solo Aerobic Fitness</li> </ul>



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Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
2	Football	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>• Passing and Receiving Drills</li> <li>• Air Assault</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Partner Aerobic Fitness</li> </ul>
3	Football	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>• Pitching Drills</li> <li>• Football Golf</li> </ul>	Fitness Challenges	3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.7, 4.13, 5.1, 5.2	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Partner Muscular Strength and Endurance</li> </ul>
4	Football	1.5, 1.6, 1.16, 2.3, 3.1	Punting Throwing Catching	<ul style="list-style-type: none"> <li>• Punting Drills</li> <li>• 2-Minute Drills</li> </ul>	Fitness Challenges	3.7, 4.3, 4.4, 4.5, 4.7, 4.14, 5.1, 5.2	Flexibility	<ul style="list-style-type: none"> <li>• Fun and Flexibility with a Friend</li> </ul>
5	Football	1.5, 1.6, 1.16, 2.3, 3.1	Punting Throwing Catching	<ul style="list-style-type: none"> <li>• Punting Drills</li> <li>• Under Pressure</li> </ul>	Fitness Challenges	3.2, 3.3, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.15, 4.16, 5.1, 5.2	Body Composition	<ul style="list-style-type: none"> <li>• Body Composition BINGO</li> </ul>
6	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Flag Pulling Throwing Catching Assessment	<ul style="list-style-type: none"> <li>• Flag Pulling Drills</li> <li>• Under Pressure</li> <li>• Assessment</li> </ul>	Fitness Challenges	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Fitness Concepts	<ul style="list-style-type: none"> <li>• Goal Setting Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
7	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Flag Pulling Combining Skills Assessment	<ul style="list-style-type: none"> <li>Flag Pulling Drills</li> <li>4-Zone Football</li> <li>Assessment</li> </ul>	Fitness Challenges	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Partner Mixed Fitness</li> </ul>
8	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Combining Skills Assessment	<ul style="list-style-type: none"> <li>Passing and Receiving Drills</li> <li>4-Zone Football</li> </ul>	Fitness Challenges	3.1, 3.3, 3.7, 4.3, 4.4, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 5.1, 5.2	Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
9	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Ball Carrying Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Ball Carrying Drills</li> <li>Pedometer Activity</li> <li>Create a Game Assessment</li> </ul>	Fitness Challenges	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Survivor Challenge</li> </ul>

# GRADE 6

\*Begin each lesson with an ASAP activity of your choice

\*\*See end of month for suggested Recess Activities

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Flag Pulling Drills</li> <li>PACE Activity #1 or #2</li> </ul>	Fitness Challenges	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grab Bag</li> </ul>
11	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Pitching and Punting Drills</li> <li>Quick-Play Mini-Football</li> </ul>	Fitness Challenges	3.1, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 4.14, 4.15, 4.16	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grab Bag</li> <li>or</li> <li>Survivor Challenge</li> </ul>
12	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Ball Carrying Drills</li> <li>Quick-Play Mini-Football</li> </ul>	Fitness Challenges	3.2, 3.3, 3.7, 4.1, 4.2, 4.3, 4.4, 4.6, 4.7, 4.15, 4.16, 5.1, 5.2	Body Composition	<ul style="list-style-type: none"> <li>Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>August/September</b>								
1	Cooperatives	5.1, 5.2, 5.3	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Cooperatives Introduction</li> <li>Workout Buddies</li> </ul>	Fitness Circuits	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Fitness Circuits</li> <li>Introduce Home Play</li> <li>Aerobic Capacity Circuit</li> </ul>
2	Cooperatives	5.1, 5.2, 5.3	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Have You Ever?</li> <li>Workout Buddies (Review Lesson 1)</li> <li>Introduce Home Play</li> </ul>	Fitness Circuits	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Aerobic Capacity Circuit</li> </ul>
3	Cooperatives	5.1, 5.2, 5.3	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Twist and Turn/ Bend and Stretch</li> <li>Workout Buddies (Review Lessons 1 and 2)</li> <li>Designated Drivers</li> </ul>	Fitness Circuits	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Muscular Strength and Endurance Circuit</li> </ul>
4	Cooperatives	5.1, 5.2, 5.3	Self-Responsibility Social Interaction	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Dollars and Cents</li> </ul>	Fitness Circuits	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Flexibility	<ul style="list-style-type: none"> <li>Flexibility Circuit</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
5	Cooperatives	5.3, 5.4, 5.5	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 4)</li> <li>Group Juggling</li> <li>Houdini Hoops</li> </ul>	Fitness Circuits	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Body Composition	<ul style="list-style-type: none"> <li>Body Composition Circuit</li> </ul>
6	Cooperatives	3.2, 3.3, 3.4, 3.5, 3.6, 5.3	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 4 and 5)</li> <li>PACE Activity #1 and/or Assessment</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.2, 4.6	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 and/or Assessment</li> </ul>
7	Cooperatives	5.3, 5.4, 5.5	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Stick With Me!</li> <li>Beat the Clock</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Mixed Fitness Circuit</li> </ul>
8	Cooperatives	5.3, 5.4, 5.5	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 7)</li> <li>Stepping Stones</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Mixed Fitness Circuit</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
9	Cooperatives	3.2, 3.3, 3.4, 3.5, 3.6, 5.3	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 7 and 8)</li> <li>PACE Activity #2 and/or Assessment</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.2, 4.6	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 and/or Assessment</li> </ul>
10	Cooperatives	5.3, 5.4, 5.5	Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Workout Buddies (New Buddy and Task)</li> <li>Log Jam</li> <li>Pass It Around</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grids</li> </ul>
11	Cooperatives	3.2, 3.3, 3.4, 3.5, 3.6, 5.3	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lesson 10)</li> <li>Pedometer Activity</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grids</li> </ul>
12	Cooperatives	3.2, 3.3, 3.4, 3.5, 3.6, 5.3	Social Interaction Fitness	<ul style="list-style-type: none"> <li>Workout Buddies (Review Lessons 10 and 11)</li> <li>PACE Activity #3 and/or Assessment</li> </ul>	Fitness Circuits	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.2, 4.6	Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 and/or Assessment</li> </ul>

October

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
1	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Catching Throwing	<ul style="list-style-type: none"> <li>• Backhand Throw and Catch</li> <li>• Introduction</li> <li>• Introduce Home Play</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Introduction to Chasing and Fleeing</li> <li>• Hospital Tag</li> </ul>
2	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Throwing Catching	<ul style="list-style-type: none"> <li>• Backhand Give and Go</li> <li>• Target Throw</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Partner Tag</li> </ul>
3	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Throwing Catching	<ul style="list-style-type: none"> <li>• Forehand Throw</li> <li>• Pass and Follow</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Toe Tag</li> </ul>
4	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Throwing Catching	<ul style="list-style-type: none"> <li>• Backhand Give and Go</li> <li>• Corner to Corner Give and Go</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Rock-Paper-Scissors Tag</li> </ul>
5	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Throwing Catching	<ul style="list-style-type: none"> <li>• Catching Drills</li> <li>• Hoop to Hoop</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Catch the Dragon's Tail</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Combining Skills Fitness Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #1 or Assessment</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Assessment	<ul style="list-style-type: none"> <li>• Assessment</li> </ul>
7	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Combining Skills	<ul style="list-style-type: none"> <li>• Backhand Give and Go</li> <li>• 5-Player Flying Disc Throw and Run</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>• VIP Tag</li> </ul>
8	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Combining Skills	<ul style="list-style-type: none"> <li>• Catching Drills</li> <li>• Flying Disc Golf</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>• Clothespin Tag</li> </ul>
9	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Combining Skills Fitness Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #2 or Assessment</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>• Pedometer Activity (SPARK It Up!)</li> </ul>
10	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Offensive and Defensive Strategies Combining Skills	<ul style="list-style-type: none"> <li>• Catching Drills</li> <li>• Keep Away (3 on 1)</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity Social Interaction	<ul style="list-style-type: none"> <li>• Clothespin Tag</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
11	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Offensive and Defensive Strategies Combining Skills	<ul style="list-style-type: none"> <li>Catching Drills</li> <li>Flying Disc 3-Catch Game</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Tag Team</li> </ul>
12	Flying Disc	1.9, 1.10, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5	Combining Skills Fitness Assessment	<ul style="list-style-type: none"> <li>PACE Activity #3 or Assessment</li> </ul>	Chasing and Fleeing	1.5, 1.9, 2.9, 3.4, 5.1, 5.2	Moving to Open Space Dodging Aerobic Capacity	<ul style="list-style-type: none"> <li>Tag Team</li> </ul>
<b>November</b>								
1	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Introduction to Dance</li> <li>Introduce Home Play</li> <li>Teach Louisiana Saturday Night</li> </ul>	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Introduction to Jump Rope</li> </ul>
2	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Line Dance	<ul style="list-style-type: none"> <li>Teach Mambo #5</li> </ul>	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>Jump the Circuit (Individual Tricks)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
3	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Line Dance	• Teach Rocky Top	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Rhythm Aerobic Capac- ity	• Jump Wheel
4	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Line Dance	• Review Rocky Top • SPARK It Up!	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Rhythm Aerobic Capac- ity	• Mirror, Mirror
5	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Line Dance	• Teach Whomp It Up	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Rhythm Aerobic Capac- ity Social Interac- tion	• Group Estimation
6	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Line Dance	• Review Whomp It Up • SPARK It Up!	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Aerobic Capac- ity Fitness Assess- ment	• PACE Activity #1 Assessment

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
7	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Folk Dance	• Teach Pata	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Rhythm Aerobic Capacity Social Interaction	• Jump the Circuit (Partner Tricks)
8	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Square Dance Social Interaction	• Teach Virginia Reel	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Rhythm Aerobic Capacity Group Dynamics	• Jumping Color Tag
9	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Square Dance Social Interaction	• Review Virginia Reel • SPARK It Up!	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Aerobic Capacity Fitness Assessment	• PACE Activity #2 • Assessment
10	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Creating Sequences Assessment	• Create a Dance • Assessment	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Rhythm Aerobic Capacity Social Interaction	• Jump Rope Add-On

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
11	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Creating Se- quences Assessment	<ul style="list-style-type: none"> <li>• Create a Dance</li> <li>• Assessment</li> </ul>	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
12	Dance	1.7, 1.8, 1.9, 1.11, 2.3, 2.10, 2.11, 3.4, 3.6, 5.1, 5.2	Rhythm Creating Se- quences Assessment	<ul style="list-style-type: none"> <li>• Create a Dance</li> <li>• Assessment</li> </ul>	Jump Rope	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3 5.4	Aerobic Capac- ity Fitness Assess- ment	<ul style="list-style-type: none"> <li>• PACE Activity #3</li> <li>• Assessment</li> </ul>
<b>December</b>								
1	Volleyball	1.3, 2.1, 2.2, 2.6, 2.8	Striking	<ul style="list-style-type: none"> <li>• Introduction to Forearm Pass (Bump)</li> <li>• Volleyball Introduction</li> <li>• Introduce Home Play</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Introduction to Map Challenges</li> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>
2	Volleyball	1.1, 1.3, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 5.1, 5.2	Striking Social Interac- tion	<ul style="list-style-type: none"> <li>• Bumping Buddies</li> <li>• Forearm 21</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
3	Volleyball	1.1, 1.3, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 5.1, 5.2	Striking Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Cooperative Countdown</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
4	Volleyball	1.1, 1.3, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 5.1, 5.2	Striking Social Interaction	<ul style="list-style-type: none"> <li>Introduction to Overhead Pass (Set)</li> <li>Crossover</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>
5	Volleyball	1.1, 1.3, 1.9, 1.10, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 3.4, 3.6, 5.1, 5.2	Striking Social Interaction Aerobic Capacity	<ul style="list-style-type: none"> <li>Setting Pairs</li> <li>Pedometer Activity</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving Around the Track (Counting Minutes)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
6	Volleyball	1.1, 1.3, 1.9, 1.10, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 3.4, 3.6, 5.1, 5.2	Serving Combining Skills	<ul style="list-style-type: none"> <li>• Introduction to Underhand Serve</li> <li>• Serving Challenges</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving for Time (Counting Minutes)</li> </ul>
7	Volleyball	1.1, 1.3, 1.9, 1.10, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 3.4, 3.6, 5.1, 5.2	Striking Combining Skills Assessment Aerobic Capacity	<ul style="list-style-type: none"> <li>• PACE Activity #1 or Assessment</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>
8	Volleyball	1.1, 1.3, 1.9, 1.10, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 3.4, 3.6, 5.1, 5.2	Striking Serving Social Interaction	<ul style="list-style-type: none"> <li>• Bumping Buddies</li> <li>• Serving Shower</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
9	Volleyball	1.1, 1.3, 1.9, 1.10, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 3.4, 3.6, 5.1, 5.2	Striking Combining Skills Assessment Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• PACE Activity #2 or Assessment</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving for Time (Counting Minutes)</li> </ul>
10	Volleyball	1.1, 1.3, 1.9, 1.10, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 3.4, 3.6, 5.1, 5.2	Combining Skills Social Interac- tion	<ul style="list-style-type: none"> <li>• Bumping Buddies</li> <li>• Mini-Volleyball</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>
11	Volleyball	1.1, 1.3, 1.9, 1.10, 2.1, 2.2, 2.2, 2.3, 2.6, 2.8, 3.4, 3.6, 5.1, 5.2	Combining Skills Social Interac- tion	<ul style="list-style-type: none"> <li>• Setting Pairs</li> <li>• 4-Square Volleyball</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Moving Around the Track (Counting Laps)</li> <li>• Or</li> <li>• Moving Around the Track (Counting Minutes)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Volleyball	<ul style="list-style-type: none"> <li>1.1,</li> <li>1.3,</li> <li>1.9,</li> <li>1.10,</li> <li>2.1,</li> <li>2.2,</li> <li>2.2,</li> <li>2.3,</li> <li>2.6,</li> <li>2.8,</li> <li>3.4,</li> <li>3.6,</li> <li>5.1,</li> <li>5.2</li> </ul>	Combining Skills Social Interaction	<ul style="list-style-type: none"> <li>Bumping Buddies</li> <li>Mini- or 4-Square Volleyball</li> </ul>	Map Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Moving Around the Track (Counting Laps)</li> <li>Or</li> <li>Moving for Time (Counting Minutes)</li> </ul>
<b>January</b>								
1	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4 4.1	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Introduce Daily Dozen</li> <li>Stunts and Tumbling Introduction</li> <li>Introduce Home Play</li> </ul>	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>
2	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4 4.1	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Look, Learn, and Leave</li> </ul>	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>
3	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4 4.1	Flexibility Strength Stunts	<ul style="list-style-type: none"> <li>Look, Learn, and Leave</li> </ul>	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	<ul style="list-style-type: none"> <li>Daily Dozen</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Flexibility Strength Stunts	• Those Tricky Transitions	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen
5	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Flexibility Strength Stunts	• Those Tricky Transitions	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen
6	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Flexibility Strength Stunts Assessment	• PACE Activity #1 or Assessment	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen
7	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Flexibility Strength Stunts	• Stunt Stories and Tumbling Tales	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen
8	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Flexibility Strength Stunts	• Stunt Stories and Tumbling Tales	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
9	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Aerobic Capacity Flexibility Strength Stunts	• Pedometer Activity	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen
10	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Flexibility Strength Stunts Creating Sequences	• PACE Activity #2 or Create a Routine	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen
11	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Flexibility Strength Stunts Creating Sequences	• PACE Activity #2 or Create a Routine	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen
12	Stunts and Tumbling	1.8, 1.9, 1.11, 2.3, 2.4, 2.5, 2.11, 3.4, 4.1	Flexibility Strength Stunts Creating Sequences	• Perform Routines	Daily Dozen *Stunts and Tumbling	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Warm-Up	• Daily Dozen

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>February</b>								
1	Basketball	1.14, 1.15, 3.3, 3.7	Hand Dribble	<ul style="list-style-type: none"> <li>Ball-Handling Drills</li> <li>Dribbling Drills</li> <li>Basketball Introduction</li> <li>Introduce Home Play</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Introduction to Movement Bands</li> </ul>
2	Basketball	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Grid Passing</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Movement Bands Circuit (Individual Tricks)</li> </ul>
3	Basketball	1.5, 1.6, 1.16, 2.3, 3.1	Pivoting Throwing Catching	<ul style="list-style-type: none"> <li>Pivoting Drills</li> <li>Pass and Follow</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Movement Bands Circuit (Individual Tricks)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.3, 3.1, 3.3, 3.7	Hand Dribbling Throwing Catching	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Corner to Corner Give and Go</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Add-On</li> </ul>
5	Basketball	1.6, 1.14, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Moving to Open Space Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Keep Away (2 on 1)</li> <li>3-Catch Basketball</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Lucky Guess (Individual Tricks)</li> </ul>
6	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combing Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #1 or Assessment</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>
7	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Shooting Combing Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>S-P-A-R-K</li> <li>Add 'Em Up</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Movement Band Circuit (Group Tricks)</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combing Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>Around the Court</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Movement Band Circuit (Group Tricks)</li> </ul>
9	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combing Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>Self-Check Assessment</li> </ul>
10	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Mini-Basketball</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>Lucky Guess (Group Tricks)</li> </ul>
11	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combing Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Pedometer Activity</li> </ul>	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration	<ul style="list-style-type: none"> <li>PACE Activity – Create a Routine</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
12	Basketball	1.5, 1.6, 1.14, 1.15, 1.16, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combing Skills Aerobic Capacity Assessment	• PACE Activity #3 or Assessment	Movement Bands	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity Social Integration Assessment	• PACE Activity – Create a Routine • Performance Rubric Assessment
<b>March</b>								
<i>*Can substitute Racquets and Paddles (Instructional Media Disc)</i>								
1	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Stick Handling	• Introduction to Stick Handling • Hockey Introduction • Introduce Home Play	Group Fitness	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance Rhythm Aerobic Capacity	• Introduction • Resistance Band Workout • Bench Step Basics
2	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Dribbling	• Dribbling Drills • Hockey Hoopla • Round Up	Group Fitness	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance	• Medicine Ball Madness
3	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Dribbling Aerobic Capacity	• Dribbling Drills • PACE Activity #1 or Assessment	Group Fitness	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance	• Stability Ball Fun

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Passing	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Pass and Follow</li> </ul>	Group Fitness	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> </ul>
5	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Passing	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Corner to Corner Give and Go</li> </ul>	Group Fitness	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.4, 5.1, 5.2, 5.3, 5.4	Rhythm Aerobic Capacity	<ul style="list-style-type: none"> <li>• Bench Step Basics</li> </ul>
6	Hockey	1.10, 1.11, 1.12, 1.13, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Passing Aerobic Capacity	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• PACE Activity #2 or Assessment</li> </ul>	Group Fitness	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Medicine Ball Madness</li> </ul>
7	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Shooting Combining Skills	<ul style="list-style-type: none"> <li>• Shooting Drills</li> <li>• 5-Player Shoot and Dribble</li> </ul>	Group Fitness	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Stability Ball Fun</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Hockey	1.6, 1.14, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Moving to Open Space Offensive and Defensive Strategies	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>Defense</li> <li>Keep Away (3 on 1)</li> </ul>	Group Fitness	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.2, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3 5.4	Sequencing Rhythm Aerobic Capacity Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Create a Routine</li> </ul>
9	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Face-off Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Face-off</li> <li>PACE Activity #3 or Assessment</li> </ul>	Group Fitness	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.2, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3 5.4	Sequencing Rhythm Aerobic Capacity Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Create a Routine</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Face-off Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Face-off</li> <li>Pedometer Activity</li> </ul>	Group Fitness	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.2, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3 5.4	Sequencing Rhythm Aerobic Capacity Muscular Strength and Endurance Assessment	<ul style="list-style-type: none"> <li>Perform Routines</li> <li>Assessment</li> </ul>
11	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>Face-off</li> <li>3-Trap Hockey</li> </ul>	Group Fitness	1.9, 1.10, 1.11, 2.3, 2.4, 2.5, 2.12, 3.2, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3 5.4	Sequencing Rhythm Aerobic Capacity Muscular Strength and Endurance Assessment	<ul style="list-style-type: none"> <li>Perform Routines</li> <li>Assessment</li> </ul>
12	Hockey	1.6, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>Passing Drills</li> <li>Mini-Hockey</li> </ul>	Group Fitness	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>Introduction</li> <li>Resistance Band Workout</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>April</b>								
1	Soccer	1.14, 1.15, 2.1, 3.1, 3.3, 3.7	Foot Dribbling	<ul style="list-style-type: none"> <li>Ball-Control Drills</li> <li>Dribbling Drills</li> <li>Soccer Introduction</li> <li>Introduce Home Play</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Aerobic Games Introduction</li> <li>3-Catch Game</li> </ul>
2	Soccer	1.14, 1.15, 2.1, 3.1, 3.3, 3.7	Foot Dribbling	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Soccer Hoopla</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>3-Catch Game</li> </ul>
3	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Foot Dribbling Passing	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Rainforest</li> <li>Soccer Golf</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Capture the Flag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Soccer	1.9, 1.15, 2.1, 3.1, 3.3, 3.7, 5.6, 5.7	Passing Trapping Aerobic Capacity	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Pass, Trap, and Follow</li> <li>• Pedometer Activity</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Capture the Flag</li> </ul>
5	Soccer	1.9, 1.15, 2.1, 3.1, 3.3, 3.7, 5.6, 5.7	Passing Trapping	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Corner to Corner Give and Go</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics Assessment	<ul style="list-style-type: none"> <li>• Raiders of the Ark</li> </ul>
6	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Punting Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #1 or Assessment</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Raiders of the Ark</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
7	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Shooting Combining Skills	<ul style="list-style-type: none"> <li>Shooting Drills</li> <li>5-Player Kick and Dribble</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics Assessment	<ul style="list-style-type: none"> <li>Quidditch</li> </ul>
8	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills Moving to Open Space	<ul style="list-style-type: none"> <li>Dribbling Drills</li> <li>Dribbling Partner Tag</li> <li>Keep Away (3 on 1)</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Moving to Open Space Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Quidditch</li> </ul>
9	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Punting Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>PACE Activity #2 or Assessment</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Moving to Open Space Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>Quidditch</li> <li>Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Get Your Ball</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
11	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>• Shooting Drills</li> <li>• Mini-Soccer</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
12	Soccer	1.6, 1.8, 1.9, 1.14, 1.15, 2.1, 3.3, 3.7, 5.4, 5.6, 5.7	Punting Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• PACE Activity #3 or Assessment</li> </ul>	Aerobic Games	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.4, 5.5, 5.6	Aerobic Capacity Social Interaction Group Dynamics	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>May</b>								
1	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Throwing Catching	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Softball Introduction</li> <li>• Pickle</li> <li>• Introduce Home Play</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Introduction to Walk/Jog/Run</li> <li>• Cat and Mouse</li> </ul>
2	Softball	1.5, 1.6, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Throwing Catching	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Corner to Corner Give and Go</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Roll the Dice</li> </ul>
3	Softball	1.5, 1.6, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Fielding Throwing Catching	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• Beat the Ball</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Alphabet Run</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
4	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• 5-Player Throw/Hit and Run</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Agility Run</li> </ul>
5	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>• Pitch and Catch</li> <li>• Whack-O</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Cat and Mouse</li> </ul>
6	Softball	1.5, 1.6, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Pitching Throwing Catching Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• Pitch and Catch</li> <li>• PACE Activity #1 and/or Assessment</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• PACE Activity #1</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
7	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Combining Skills	<ul style="list-style-type: none"> <li>Partner Throw and Catch and Catch</li> <li>All-Run Softball</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Roll the Dice</li> </ul>
8	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Striking Combining Skills	<ul style="list-style-type: none"> <li>Batting Practice</li> <li>Open Base</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>Alphabet Run</li> </ul>
9	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Throwing Catching Combining Skills	<ul style="list-style-type: none"> <li>Partner Throw and Catch and Catch</li> <li>Open Base</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>PACE Activity #2</li> </ul>



# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
10	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Fielding Combining Skills Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Ground Ball Mania</li> <li>• Pedometer Activity</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Agility Run</li> </ul>
11	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Pitching Throwing Catching Combining Skills Aerobic Capac- ity Assessment	<ul style="list-style-type: none"> <li>• Pitch and Catch</li> <li>• PACE Activity #1 and/or Assessment</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capac- ity	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
12	Softball	1.5, 1.6, 1.10, 1.11, 1.12, 1.13, 1.16, 2.1, 2.3, 2.4, 3.1, 3.3, 3.7, 5.6, 5.7	Striking Combining Skills Aerobic Capac- ity Assessment	<ul style="list-style-type: none"> <li>• Batting Practice</li> <li>• PACE Activity #1 and/or Assessment</li> </ul>	Walk/Jog/Run	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capac- ity Assessment	<ul style="list-style-type: none"> <li>• Assessment</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
<b>June</b>								
*Can substitute Racquets and Paddles (Instructional Media Disc)								
1	Football	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>• Passing and Receiving Drills</li> <li>• Introduction</li> <li>• Introduce Home Plays</li> </ul>	Fitness Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Introduction to Fitness Challenges</li> <li>• Solo Aerobic Fitness</li> </ul>
2	Football	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>• Passing and Receiving Drills</li> <li>• Air Assault</li> </ul>	Fitness Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Partner Aerobic Fitness</li> </ul>
3	Football	1.5, 1.6, 1.16, 2.3, 3.1	Throwing Catching	<ul style="list-style-type: none"> <li>• Pitching Drills</li> <li>• Football Golf</li> </ul>	Fitness Challenges	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.6	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• Partner Muscular Strength and Endurance</li> </ul>
4	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Punting Throwing Catching	<ul style="list-style-type: none"> <li>• Punting Drills</li> <li>• 2-Minute Drills</li> </ul>	Fitness Challenges	3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.6	Flexibility	<ul style="list-style-type: none"> <li>• Fun and Flexibility with a Friend</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
5	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Punting Throwing Catching	<ul style="list-style-type: none"> <li>Punting Drills</li> <li>Under Pressure</li> </ul>	Fitness Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Body Composition	<ul style="list-style-type: none"> <li>Body Composition BINGO</li> </ul>
6	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Flag Pulling Throwing Catching Combining Skills Assessment	<ul style="list-style-type: none"> <li>Flag Pulling Drills</li> <li>Under Pressure</li> <li>Assessment</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Fitness Concepts	<ul style="list-style-type: none"> <li>Goal Setting Assessment</li> </ul>
7	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Flag Pulling Combining Skills Assessment	<ul style="list-style-type: none"> <li>Flag Pulling Drills</li> <li>4-Zone Football</li> <li>Assessment</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Partner Mixed Fitness</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
8	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Combining Skills Assessment	<ul style="list-style-type: none"> <li>• Passing and Receiving Drills</li> <li>• 4-Zone Football</li> </ul>	Fitness Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6	Aerobic Capacity	<ul style="list-style-type: none"> <li>• Pedometer Activity</li> </ul>
9	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Ball Carrying Combining Skills Aerobic Capacity Assessment	<ul style="list-style-type: none"> <li>• Ball Carrying Drills</li> <li>• Pedometer Activity</li> <li>• Create a Game Assessment</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>• Survivor Challenge</li> </ul>
10	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Aerobic Capacity Combining Skills Assessment	<ul style="list-style-type: none"> <li>• Flag Pulling Drills</li> <li>• PACE Activity #1 or #2</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>• Fitness Grab Bag</li> </ul>

# SPARK™ Pacing Guide

Day	Spotlight On Skills Unit	CA Standards	Skills/ Concepts	Suggested Activities	Focus on Fitness Unit	CA Standards	Skills/ Concepts	Suggested Activities
11	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Pitching and Punting Drills</li> <li>Quick-Play Mini-Football</li> </ul>	Fitness Challenges	3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Aerobic Capacity Muscular Strength and Endurance Flexibility Body Composition	<ul style="list-style-type: none"> <li>Fitness Grab Bag</li> <li>or</li> <li>Survivor Challenge</li> </ul>
12	Football	1.5, 1.6, 1.16, 2.3, 3.1, 3.2, 3.3, 3.6, 3.7, 5.2, 5.6, 5.7	Combining Skills Aerobic Capacity	<ul style="list-style-type: none"> <li>Ball Carrying Drills</li> <li>Quick-Play Mini-Football</li> </ul>	Fitness Challenges	3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7	Body Composition	<ul style="list-style-type: none"> <li>Assessment</li> </ul>