

		MS			
		#1 of 4	#2 of 4	#3 of 4	#4 of 4
Classroom Part 1	10 mins	Welcome/Intro Slides	Welcome Back/Review-Check-In	Welcome Back/Review-Check-In	Welcome Back/Review-Check-In
Activity Part 1	65 mins	First 5 Lessons	Icebreakers - Choose 2 out of these 3	Icebreakers - Choose 2 out of these 3	Icebreakers
		Responsibility and Routines	Workout Partners (Cooperatives)	RPS Fan Club (Icebreakers)	3-2-1 (Icebreakers)
		Respect and Roll Taking	Decoder (SPARKfit)	All-Run Kickball (SPARKfit)	Cooperative Journey (SEL)
		Acceptance and Super Grouping	Rock Paper Scissors Olympics (SEL)	Bumper Tag (PLE)	Fat Transfer (SPARKfit)
		ASAP	Handball - or Omnikin (Institute)	Soccer	Basketball
		5 Spot Warm-Up	Partner Wall Ball	Dribble Skills	Ball-Handling Warm-up
			Intro to Overhand Stroke	Collect 'em All	Partner Passing
		Fitness	Extreme Rally	Mini Soccer	3 Catch Game with a Post Player
		Daytona 2000	Singles/Doubles Game Play		3-on-3 Basketball
		Partner Walk/Jog and Talk		Jump Rope	
		Fitness in the Middle		Individual Trick Circuit	Limited Space
		Introduction to Yoga	Dance	Create a Routine	Aerobic Bowling
		Body Composition Circuit	Electric Slide (Cardio Kickboxing Style)		Partner Tag
	Another MS dance TBD				
Classroom Part 2	15 mins	General program & lesson overview - what you have & how to use it	SPARK App – detailed app slides	SPARK App: Group creator/student selector details	SPARK App: Assessment details
BREAK	10 mins	BREAK	BREAK	BREAK	BREAK
Activity Part 3	50 mins Note: For #1 of 4 - only 45 mins here as 5 mins added to Classroom Part 3 below.	Cooperatives	World Games	Volleyball	Peer Teaching
		Pattern Passing	Individual Juggling	Passing 21	2-on-1 Just for Fun (World Games)
		Turnstile	Partner Juggling	Pepper	Centipede Bucket Brigade (Limited Space)
		Problem Solver Adventure Race	Sepak Pass and Serve	Mini-Volleyball	As I Say (PLE)
			Sepak Takraw		Titanic (PLE)
		Flying Disc		Racquets and Paddles	Build Them Up (SEL)
		Partner Throw and Catch	Football	Introduction to Forehand Stroke	
		3-Catch Disc	Passing and Receiving	Introduction Serve and Serve Reception	
		Durango Boot	Football Adventure Race	SPARK Event Paddle Power Rally	
			Quick Play Mini Football		
Classroom Part 3	30 mins Note: For Part 1 - 35 mins here.	SPARK App Feature Slide SPARKfamily & Debrief Activity (Scavenger Hunt - in WORKSHOP BOX) Overall wrap-up, Evals & Raffle, Certificate Code	Debrief Activity (Gallery Walk - in WORKSHOP BOX) Overall wrap-up, Evals & Raffle, Certificate Code	Debrief Activity (Scenario-Situation - in WORKSHOP BOX) Overall wrap-up, Evals & Raffle, Certificate Code	Show Lesson Quality Checklists on slide Debrief Activity (BINGO - in WORKSHOP BOX) Overall wrap-up, Evals & Raffle, Certificate Code

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

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