

## SPARK 3-6 9-Week Pacing Guide

<b>Week</b>	<b>Units</b>	<b>Focus on Fitness Lessons</b>	<b>Spotlight on Skills Lessons</b>
Week 1	Aerobic Games Basketball	Builders and Bulldozers Aerobic Bowling Aerobic Golf	Grid Passing Pass and Follow Corner to Corner Give and Go
Week 2	Chasing and Fleeing Cooperatives	Basic Tag Elbow Tag Tunnel Tag	Workout Buddies Have You Ever? Twist and Turn/Bend and Stretch
Week 3	Fitness Challenges Flying Disc	Solo Aerobic Fitness Partner Aerobic Fitness Partner Muscular Strength and Endurance	Target Throw Pass and Follow Corner to Corner Give and Go
Week 4	Fitness Circuits Football	Aerobic Capacity Circuit Muscular Strength and Endurance Circuit Flexibility Circuit	Air it Out Air Assault Football Golf
Week 5	Group Fitness Hockey	Fitness in the Middle Paper Plate Aerobics Aerobic Dance	Face-Off Shooting Drills Hockey Hoopla
Week 6	Jump Rope Soccer	Introduction to Jump Rope Jump the Circuit (Individual Tricks) Jump Wheel	Throw-ins and Punts Soccer Hoopla Rainforest
Week 7	Movement Bands Stunts and Tumbling	Introduction to Movement Bands Movement Band Circuit (Individual Tricks) Add-On	Daily Dozen Look, Learn and Leave Those Tricky Transitions
Week 8	Walk/Jog/Run Softball	Tag Team Traveling Challenge Walk/Jog/Run Grab Bag Outdoor Scavenger Hunt	Pitch and Catch Batting Practice Out at Home! Triangle Fielding
Week 9	Dance Volleyball	California Strut Achy Breaky Heart 5-6-7-8	Introduction to Forearm Pass Bumping Buddies Introduction to Overhead Pass

## SPARK K-2 18-Week Pacing Guide

<b>Week</b>	<b>Units</b>	<b>Focus on Fitness Lessons</b>	<b>Spotlight on Skills Lessons</b>
Week 1	Aerobic Games Basketball	Builders and Bulldozers Aerobic Bowling Aerobic Golf	Grid Passing Pass and Follow Keep Away (2 on 1)
Week 2	Aerobic Games Basketball	Hearty Hoopla Centipede Bucket Brigade 5-Player Kickball	3-Catch Basketball S-P-A-R-K Add 'Em Up
Week 3	Chasing and Fleeing Cooperatives	Side-by-Side Tag Hospital Tag Partner Tag	Workout Buddies Have You Ever? Twist and Turn/Bend and Stretch
Week 4	Chasing and Fleeing Cooperatives	Rock-Paper-Scissors Tag Catch the Dragon's Tail VIP Tag	Designated Driver Group Juggling Houdini Hoops
Week 5	Fitness Challenges Flying Disc	Solo Aerobic Fitness Partner Aerobic Fitness Partner Muscular Strength/Endurance	Target Throw Pass and Follow Hoop to Hoop
Week 6	Fitness Challenges Flying Disc	Fun and Flexibility with a Friend Body Composition BINGO Partner Mixed Fitness	5-Player Flying Disc Throw and Run Flying Disc Golf Flying Disc 3-Catch Game
Week 7	Fitness Circuits Football	Aerobic Capacity Circuit Muscular Strength and Endurance Circuit Flexibility Circuit	Air it Out Air Assault Football Golf
Week 8	Fitness Circuits Football	Body Composition Circuit Mixed Fitness Circuit Fitness Grids	Center-pede 2-Minute Drill Under Pressure
Week 9	Group Fitness Hockey	Fitness in the Middle Paper Plate Aerobics Aerobic Dance	Face-Off Shooting Drills Hockey Hoopla

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<b>Week</b>	<b>Units</b>	<b>Focus on Fitness Lessons</b>	<b>Spotlight on Skills Lessons</b>
Week 10	Group Fitness Hockey	Sport Moves Aerobics Bench Step Basics Resistance Band Workout	Round Up Pass and Follow 5-Player Shoot and Dribble
Week 11	Jump Rope Soccer	Introduction to Jump Rope Jump the Circuit (Individual Tricks) Jump Wheel	Soccer Hoopla Rainforest Soccer Golf
Week 12	Jump Rope Soccer	Jump the Circuit (Partner Tricks) Jump Rope Add-On Jump Rope Tag Team Traveling Challenge	5-Player Kick and Dribble Get Your Ball Mini-Soccer
Week 13	Movement Bands Softball	Introduction to Movement Bands Movement Band Circuit (Ind Tricks) Add-On	Out at Home! Triangle Fielding Pickle
Week 14	Movement Bands Softball	Lucky Guess (Ind Tricks) Movement Band Circuit (Group Tricks) Lucky Guess (Group Tricks)	Beat the Ball 5-Player Throw/Hit and Run Whack-O
Week 15	Walk/Jog/Run Stunts and Tumbling	Tag Team Traveling Challenge Walk/Jog/Run Grab Bag Outdoor Scavenger Hunt	Daily Dozen Look, Learn and Leave Those Tricky Transitions
Week 16	Walk/Jog/Run Stunts and Tumbling	The Snake Pass the Hat Figure-8 Walk/Jog	Stunt Stories and Tumbling Tales Partner Switcheroo Stunt Hunt Create a Routine
Week 17	Dance Volleyball	California Strut Achy Breaky Heart 5-6-7-8	Forearm 21 Cooperative Countdown Crossover
Week 18	Dance Volleyball	Louisiana Saturday Night Jekyll Island Stomp Mambo #5	Serving Challenges Mini-Volleyball 4-Square Volleyball

## SPARK 3-6 36-Week Pacing Guide

<b>Week</b>	<b>Units</b>	<b>Focus on Fitness Lessons</b>	<b>Spotlight on Skills Lessons</b>
Week 1	First 3 Lessons Basketball	Orientation to SPARK PE Establishing Basics Cooperation and Trust	Grid Passing Pass and Follow Corner to Corner Give and Go
Week 2	Aerobic Games Basketball	Builders and Bulldozers Aerobic Bowling Aerobic Golf	Keep Away (2 on 1) 3-Catch Basketball S-P-A-R-K
Week 3	Aerobic Games Basketball	Hearty Hoopla Centipede Bucket Brigade Track and Field	Add 'Em Up Around the Court Mini-Basketball
Week 4	Aerobic Games Basketball	5-Player Kickball Keep Away (2-on-1) 3-Catch Game	Partner Basketball Activity Challenge Basketball Skills Stations Group Basketball Hunt
Week 5	Aerobic Games Cooperatives	Capture the Flag Raiders of the Ark Quidditch	Workout Buddies Have You Ever? Twist and Turn/Bend and Stretch
Week 6	Chasing and Fleeing Cooperatives	Basic Tag Elbow Tag Tunnel Tag	Hog Call Designated Driver Dollars and Cents
Week 7	Chasing and Fleeing Cooperatives	Side-by-Side Tag Addition Tag Hospital Tag	Group Juggling Houdini Hoops Stick with Me
Week 8	Chasing and Fleeing Cooperatives	Partner Tag Toe Tag Rock-Paper-Scissors Tag	Stepping Stones Log Jam Beat the Clock
Week 9	Chasing and Fleeing Cooperatives	Catch the Dragon's Tail VIP Tag Tag Team	Pass it Around Human BINGO Partner Ball Challenges

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<b>Week</b>	<b>Units</b>	<b>Focus on Fitness Lessons</b>	<b>Spotlight on Skills Lessons</b>
Week 10	Fitness Challenges Flying Disc	Solo Aerobic Fitness Partner Aerobic Fitness Partner Muscular Strength/Endurance	Backhand Throw and Catch Target Throw Pass and Follow
Week 11	Fitness Challenges Flying Disc	Fun and Flexibility with a Friend Body Composition BINGO Partner Mixed Fitness	Corner to Corner Give and Go Hoop to Hoop 5-Player Flying Disc Throw and Run
Week 12	Fitness Challenges Flying Disc	Fitness ASAPs Survivor Challenge Fitness Grab Bag	Flying Disc Golf Keep Away (3-on-1) Flying Disc 3-Catch Game
Week 13	Fitness Circuits Flying Disc	Aerobic Capacity Circuit Muscular Strength and Endurance Circuit Flexibility Circuit	Flying Disc Stations Flying Disc Grab Bag Flying Disc Group Challenge
Week 14	Fitness Circuits Football	Body Composition Circuit Mixed Fitness Circuit Fitness Grids	Passing and Receiving Drills Flag Pulling Drills Air it Out
Week 15	Fitness Circuits Football	Pick a Card Circuit Fitness Tag Team Traveling Challenges Roll the Dice	Air Assault Football Golf Center-pede
Week 16	Group Fitness Football	Fitness in the Middle Paper Plate Aerobics Aerobic Dance	2-Minute Drill Under Pressure 4-Zone Football
Week 17	Group Fitness Football	Sport Moves Aerobics Bench Step Basics Resistance Band Workout	Quick Play Mini-Football Football Grab Bag Football Group Challenge
Week 18	Group Fitness Hockey	Medicine Ball Madness Stability Ball Fun Create a Routine	Hockey Hoopla Round Up Pass and Follow

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<b>Week</b>	<b>Units</b>	<b>Focus on Fitness Lessons</b>	<b>Spotlight on Skills Lessons</b>
Week 19	Jump Rope Hockey	Introduction to Jump Rope Jump the Circuit (Individual Tricks) Jump Wheel	Corner to Corner Pass and Go 5-Player Shoot and Dribble Defense!
Week 20	Jump Rope Hockey	Jump the Circuit (Partner Tricks) Jump Rope Add-On Jump Rope Tag Team Traveling Challenge	Keep Away (3-on-1) 3-Trap Hockey Mini-Hockey
Week 21	Jump Rope Hockey	Group Jump Rope Challenge Create a Routine Mirror, Mirror	Hockey Tag Team Traveling Challenge Hockey Grab Bag Hockey Group Challenge
Week 22	Map Challenges Soccer	Moving Around the Track (Count Laps) Moving Around the Track (Count Minutes) Moving for Time	Soccer Hoopla Rainforest Soccer Golf
Week 23	Movement Bands Soccer	Introduction to Movement Bands Movement Band Circuit (Ind Tricks) Add-On	Trap, Pass and Follow 5-Player Kick and Dribble Dribbling Partner Tag
Week 24	Movement Bands Soccer	Lucky Guess (Individual Tricks) Movement Band Circuit (Group Tricks) Create a Routine	Keep Away (3-on-1) Get Your Ball Mini-Soccer
Week 25	Walk/Jog/Run Soccer	Tag Team Traveling Challenge Walk/Jog/Run Grab Bag Outdoor Scavenger Hunt	Soccer Grab Bag Soccer Group Challenge Soccer Tag Team Traveling Challenge
Week 26	Walk/Jog/Run Softball	The Snake Pass the Hat Figure-8 Walk/Jog	Out at Home! Corner to Corner Give and Go Triangle Fielding
Week 27	Walk/Jog/Run Softball	Inside-Outside Walk/Jog Partner Walk/Jog and Talk Walk/Run Switcheroo	Pickle Beat the Ball 5-Player Throw/Hit and Run

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<b>Week</b>	<b>Units</b>	<b>Focus on Fitness Lessons</b>	<b>Spotlight on Skills Lessons</b>
Week 28	Walk/Jog/Run Softball	Number Run Cat and Mouse Roll the Dice	Whack-O All-Run Softball Open Base
Week 29	Walk/Jog/Run Softball	Alphabet Run Agility Run Pass the Hat	Softball Grab Bag SPARK Softball Create a Game
Week 30	Dance Stunts and Tumbling	California Strut Achy Breaky Heart 5-6-7-8	Daily Dozen Look, Learn and Leave Those Tricky Transitions
Week 31	Dance Stunts and Tumbling	Louisiana Saturday Night Jekyll Island Stomp Mambo #5	Stunt Stories and Tumbling Tales Partner Switcheroo Stunt Hunt Create a Routine
Week 32	Dance Volleyball	Rocky Top Whomp It Up Cotton-Eyed Joe	Introduction to Forearm Pass Bumping Buddies Introduction to Overhead Pass
Week 33	Dance Volleyball	Irish Jig Scatter Square Dance Pata Pata	Forearm 21 Cooperative Countdown Crossover
Week 34	SPARKfit Aerobic Games (SPARKfamily.org) Volleyball	Decoder Fat Transfer Poker Sprints	Serving Challenges Serving Shower Mini-Volleyball
Week 35	SPARKfit Circuits (SPARKfamily.org) Volleyball	Aerobic Capacity Flexibility Muscular Strength and Endurance	4-Square Volleyball Volleyball Tag Team Traveling Challenge Volleyball Stations
Week 36	Recess Activities	Double Tag Flag Tag Triangle Tag	4- Corner Scramble Straddleball 2-Square