

## SPARK HS 9-Week Pacing Guide

Week	Units		Lessons
	Skill: M-W-F	Fitness T-Th	
Week 1	High School PE 101 Group Fitness		Personal Best 101 Yoga Basic Training Fun-Day Mentals Jigsaw 101 iYoga Adventure Race 101
Week 2	Badminton Group Fitness		Badminton Personal Best Freestyle Aerobics Basic Training Fun-day-mentals Jigsaw iFreestyle Aerobics Badminton Adventure Race
Week 3	Cooperatives: Orienteering Group Fitness		Orienteering Personal Best HIIT Basic Training Fun-day-mentals Jigsaw iHIIT Orienteering Adventure Race
Week 4	Basketball Strength Training		Basketball Personal Best Basic Training: FUNctional Fitness Jigsaw Fun-day-mentals Jigsaw Basic Training: Chest Basketball Adventure Race
Week 5	Flying Disc Strength Training		Ultimate Personal Best Basic Training: Back Fun-day-mentals Jigsaw Basic Training: Shoulders Ultimate Adventure Race
Week 6	Dance Strength Training		Dance Personal Best Basic Training: Arms Night Fever Hustle Basic Training: Legs Brain Boostin' Boogie
Week 7	Soccer Wellness Walking		Soccer Personal Best Out and Back Fun-day-mentals Jigsaw Wellness Walking Personal Best Soccer Adventure Race
Week 8	Volleyball Wellness Walking		Volleyball Personal Best Fun-day-mentals Jigsaw Fun-day-mentals Jigsaw Walking Circuits Volleyball Adventure Race
Week 9	World Games Wellness Walking		Cricket Personal Best Race Walking Fun-day-mentals Jigsaw Walk-Jog-Run Cricket Adventure Race

# SPARK HS 18-Week Pacing Guide

Week	Units		Lessons
	Skill: M-W-F	Fitness: T-Th	
Week 1	HS PE 101 Group Fitness		Kick-A-Round Yoga Basic Training Not So Routine! iYoga Personal Best 101
Week 2	HS PE 101 Group Fitness		Fun-Day Mentals Jigsaw 101 Freestyle Aerobics Basic Training Adventure Race 101 iFreestyle Aerobics Game Day 101
Week 3	Badminton Group Fitness		Badminton Personal Best Cardio Kickboxing Basic Training Fun-day-mentals Jigsaw iCardio Kickboxing Badminton Adventure Race
Week 4	Badminton Group Fitness		Drive HIIT Basic Training Rally and Recover iHIIT Win the Point
Week 5	Basketball Group Fitness		Basketball Personal Best Fitness Personal Best Fun-day-mentals Jigsaw SPARK Event: Studio Showdown Basketball Adventure Race
Week 6	Basketball Group Fitness		"Motion ""O""" Fitness Personal Best Basic Training: FUNctional Dish & Dash Fitness Jigsaw This is How We Roll
Week 7	Cooperatives: Orienteering Strength Training		Orienteering Personal Best Basic Training: Chest Fun-day-mentals Jigsaw Basic Training: Back Orienteering Adventure Race
Week 8	Cooperatives: Orienteering Strength Training		Star Quest Basic Training: Shoulders Tri-Ped Basic Training: Arms Score More!
Week 9	Flying Disc Strength Training		Ultimate Personal Best Basic Training: Legs Fun-day-mentals Jigsaw Create Your Own Strength Training Program Ultimate Adventure Race

# SPARK HS 18-Week Pacing Guide

Week	Units		Lessons
	Skill: M-W-F	Fitness T-Th	
Week 10	Flying Disc Strength Training		Battle Zone Strength Training Adventure Race Stack Out SPARK Event: Strength In Numbers Challenge Stack Up
Week 11	Dance Wellness Walking		Dance Personal Best Out and Back Hip Hop Jigsaw Wellness Walking Personal Best Night Fever Hustle
Week 12	Dance Wellness Walking		Brain Boostin' Boogie Fun-day-mentals Jigsaw Stutter Stomp Walking Circuits Cotton Eyed Joe Jigsaw
Week 13	Soccer Wellness Walking		Soccer Personal Best Race Walking Fun-day-mentals Jigsaw Walk-Jog-Run Soccer Adventure Race
Week 14	Soccer Wellness Walking		On-the-Move SPARK Event: Go the Distance Boot & Bolt Fitness Personal Best Beat the Beehive
Week 15	Volleyball SPARKfit (SPARKfamily.org)		Volleyball Personal Best SPARKfit Aerobic Games- Decoder Fun-day-mentals Jigsaw SPARKfit Circuits- Functional Fitness Volleyball Adventure Race
Week 16	Volleyball SPARKfit (SPARKfamily.org)		3rd Hit's A Charm SPARKfit Aerobic Games- Fat Transfer Serve, Then Defend SPARKfit Circuits- Aerobic Capacity Volley-Call I
Week 17	World Games SPARKfit (SPARKfamily.org)		Cricket Personal Best SPARKfit Aerobic Games- Poker Sprints Fun-day-mentals Jigsaw SPARKfit Circuits- Flexibility Cricket Adventure Race
Week 18	World Games SPARKfit (SPARKfamily.org)		Run the Wickets! SPARKfit Aerobic Games- Tag Team The Field Cricket SPARKfit Circuits- Muscular Strength/Endurance Wicket Busters

## SPARK HS 36-Week Pacing Guide

Week	Unitss		Lessons
	Skill: M-W-F	Fitness: T-Th	
Week 1	HS PE 101 Group Fitness		Kick-A-Round Yoga Basic Training Not So Routine! iYoga Personal Best 101
Week 2	HS PE 101 Group Fitness		Fun-Day Mentals Jigsaw 101 Freestyle Aerobics Basic Training Adventure Race 101 iFreestyle Aerobics Game Day 101
Week 3	Badminton Group Fitness		Badminton Personal Best Cardio Kickboxing Basic Training Fun-day-mentals Jigsaw iCardio Kickboxing Badminton Adventure Race
Week 4	Badminton Group Fitness		Serves & Clears HIIT Basic Training Drop & Smash iHIIT Drive
Week 5	Badminton Group Fitness		Win the Point Fitness Personal Best Picking Sides SPARK Event: Studio Showdown I Got Your Back
Week 6	Basketball Strength Training		Basketball Personal Best Fitness ASAP Fun-day-mentals Jigsaw Basic Training: FUNctional Fitness Jigsaw Basketball Adventure Race
Week 7	Basketball Strength Training		Give and Go Basic Training: Chest Defense Scores Basic Training: Back Motion "O"
Week 8	Basketball Strength Training		Dish & Dash Basic Training: Shoulders This is How We Roll Basic Training: Arms Big D
Week 9	Cooperatives: Orienteering Strength Training		Orienteering Personal Best Basic Training: Legs Fun-day-mentals Jigsaw Create Your Own Strength Training Program Orienteering Adventure Race

## SPARK HS 36-Week Pacing Guide

Week	Units		Lessons
	Skill: M-W-F	Fitness: T-Th	
Week 10	Cooperatives: Orienteering Strength Training		Com-Pace Reading Strength Training Adventure Race The Deuce SPARK Event: Strength In Numbers Challenge Star Quest
Week 11	Cooperatives: Orienteering Wellness Walking		Tri-Ped Out and Back ABC's Wellness Walking Personal Best 1-2-3's
Week 12	Dance Wellness Walking		Dance Personal Best Fun-day-mentals Jigsaw Hip Hop Jigsaw Walking Circuits Create a Hip Hop Routine
Week 13	Dance Wellness Walking		Night Fever Hustle Race Walking Brain Boostin' Boogie Walk-Jog-Run Stutter Stomp
Week 14	Dance Wellness Walking		Cha-Cha Challenge SPARK Event: Go the Distance Cotton Eyed Joe Jigsaw Fitness Personal Best Waltzing Royalty Jigsaw
Week 15	Flying Disc SPARKfit (SParkfamily.org)		Ultimate Personal Best SPARKfit Aerobic Games- Decoder Fun-day-mentals Jigsaw SPARKfit Circuits- Functional Fitness Ultimate Adventure Race
Week 16	Flying Disc SPARKfit (SParkfamily.org)		Throw & Catch SPARKfit Aerobic Games- Fat Transfer Throw for Accuracy SPARKfit Circuits- Aerobic Capacity Battle Zone
Week 17	Flying Disc SPARKfit (SParkfamily.org)		Stack Out SPARKfit Aerobic Games- Poker Sprints Stack Up SPARKfit Circuits- Flexibility Hold the Force
Week 18	Dance HS PE 101 SPARKfit (SParkfamily.org)		<u>Waltzing Royalty Jigsaw</u> SPARKfit Aerobic Games- Tag Team SPARK Event 101 SPARKfit Circuits- Muscular Strength/Endurance SPARK Event: Ultimate Masters

## SPARK HS 36-Week Pacing Guide

Week	Units		Lessons
	Skill: M-W-F	Fitness: T-Th	
Week 19	Football Group Fitness		Football Personal Best Yoga Basic Training Fun-day-mentals Jigsaw iYoga Football Adventure Race
Week 20	Football Group Fitness		Snap, Pass & Receive Freestyle Aerobics Basic Training Route Running iFreestyle Aerobics Punt
Week 21	Football Group Fitness		National Arbor Day Cardio Kickboxing Basic Training Huddle House iCardio Kickboxing D-Fence
Week 22	Hockey Group Fitness		Hockey Personal Best HIIT Basic Training Fun-day-mentals Jigsaw iHIIT Hockey Adventure Race
Week 23	Hockey Group Fitness		Dribble & Tackle Fitness Personal Best Pass & Field SPARK Event: Studio Showdown Stick & Move
Week 24	Hockey Group Fitness		The Pass & Go Show Fitness ASAP S-P-A-C-E Out! Basic Training: FUNctional Fitness Jigsaw High-Def
Week 25	Soccer Strength Training		Soccer Personal Best Basic Training: Chest Fun-day-mentals Jigsaw Basic Training: Back Soccer Adventure Race
Week 26	Soccer Strength Training		Dribble Basic Training: Shoulders Pass & Trap Basic Training: Arms Shoot
Week 27	Soccer Strength Training		On-the-Move Basic Training: Legs Boot & Bolt Create Your Own Strength Training Program Def-Con 3

## SPARK HS 36-Week Pacing Guide

Week	Units		Lessons
	Skill: M-W-F	Fitness: T-Th	
Week 28	Softball Strength Training		Softball Personal Best Strength Training Adventure Race Fun-day-mentals Jigsaw SPARK Event: Strength In Numbers Challenge Softball Adventure Race
Week 29	Softball Wellness Walking		Throw & Field Flys Out and Back Pitch & Field Grounders Wellness Walking Personal Best Batting
Week 30	Softball Wellness Walking		Pump up the BASE Fun-day-mentals Jigsaw Fielder's Choice Walking Circuits Throw the Game
Week 31	Volleyball Wellness Walking		Volleyball Personal Best Race Walking Fun-day-mentals Jigsaw Walk-Jog-Run Volleyball Adventure Race
Week 32	Volleyball Wellness Walking		Serves SPARK Event: Go the Distance Pass & Set Fitness Personal Best Spike
Week 33	Volleyball SPARKfit (SParkfamily.org)		3rd Hit's A Charm SPARKfit Aerobic Games- Decoder Serve, Then Defend SPARKfit Circuits- Functional Fitness Volley-Call I
Week 34	World Games SPARKfit (SParkfamily.org)		Cricket Personal Best SPARKfit Aerobic Games- Fat Transfer Fun-day-mentals Jigsaw SPARKfit- Circuits- Aerobic Capacity Cricket Adventure Race
Week 35	World Games SPARKfit (SParkfamily.org)		Throw & Catch SPARKfit Aerobic Games- Poker Sprints Bowl & Catch SPARKfit Circuits- Flexibility Batting
Week 36	World Games SPARKfit (SParkfamily.org)		Run the Wickets! SPARKfit Aerobic Games- Tag Team The Field Cricket SPARKfit Circuits- Muscular Strength/Endurance Wicket Busters