

SPARK K-2 9-Week Pacing Guide

Week	Unit	Lessons
Week 1	Building a Foundation	Orientation and Personal Space General Space and Creative Moves Locomotor Skills, Levels, and Directions
Week 2	Manipulatives	Scarf Juggling Lead-up Beanbag Exploration Twist/Turn /Bend/Stretch
Week 3	Balance Stunts and Tumbling	Stunts Introduction Basic Body Positions Static Balances
Week 4	Catching and Throwing	Rolling and Catching with a Partner Self-Toss and Catch Bowlers Rollers
Week 5	Jumping	Jumping and Landing Patterns Stationary Rope Jumping Jumping Rhythmically
Week 6	Kicking and Trapping	Dribbling "Soccer Style" Partner Roll, Pass and Trap Tunnel Dribble
Week 7	Dance	The Bunny Hop The Conga Seven Jumps
Week 8	Dribbling, Volleying Striking	Dribbling Introduction Squirrels and Acorns Volleying and Striking Introduction
Week 9	Games	Cookie Monster Tag Crazy Cones Squirrels in the Trees

SPARK K-2 18-Week Pacing Guide

Week	Unit	Lessons
Week 1	Building a Foundation	Orientation and Personal Space General Space and Creative Moves Locomotor Skills, Levels, and Directions
Week 2	Building a Foundation	Pathways and Creative Moves Pairing and Moving Together Grouping and Making Bridges
Week 3	Manipulatives	Scarf Exploration Scarf Juggling Lead-up Beanbag Exploration
Week 4	Manipulatives	Twist/Turn /Bend/Stretch Hoop Exploration Hoop Rolling
Week 5	Balance Stunts and Tumbling	Stunts Introduction Basic Body Positions Static Balances
Week 6	Balance Stunts and Tumbling	Dynamic Balances Jumping and Landing Partner Stunts
Week 7	Catching and Throwing	Rolling and Catching with a Partner Self-Toss and Catch Bowlers Rollers
Week 8	Catching and Throwing	Partner Throw & Catch Challenges Overhand Throw for Distance Clean Your Room
Week 9	Jumping	Jumping and Landing Patterns Stationary Rope Jumping Jumping Rhythmically

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Week	Unit	Lessons
Week 10	Jumping	Long Rope Turning in Pairs Long Rope Jumping I Individual Rope Jumping I
Week 11	Kicking and Trapping	Dribbling "Soccer Style" Partner Roll, Pass and Trap Tunnel Dribble
Week 12	Kicking and Trapping	Kicking for Accuracy Passing in Pairs Triangle Passing and 3-Player Kick & Score
Week 13	Dance	The Bunny Hop The Conga Seven Jumps
Week 14	Dance	The Muffin Man The Shoemaker's Dance Hawaiian Roller Coaster Ride
Week 15	Dribbling, Volleying Striking	Dribbling Introduction Squirrels and Acorns Volleying and Striking Introduction
Week 16	Dribbling, Volleying Striking	Keep It Up Straddleball Striking with Paddles
Week 17	Games	Cookie Monster Tag Crazy Cones Squirrels in the Trees
Week 18	Games	Catch and Chase Houdini Hoops Catch a Tail

SPARK K-2 36-Week Pacing Guide

Week	Units	Lessons
Week 1	Building a Foundation	Orientation and Personal Space General Space and Creative Moves Locomotor Skills, Levels, and Directions
Week 2	Building a Foundation	Pathways and Creative Moves Tempos and Creative Moves Movement Concepts Using Hoops
Week 3	Building a Foundation	Body Management and Balance Pairing and Moving Together Pairs Combining Movement Concepts
Week 4	Building a Foundation	Grouping and Making Bridges Grouping and Moving Together Chasing and Fleeing
Week 5	Manipulatives	Scarf Exploration Scarf Juggling Lead-up Beanbag Exploration
Week 6	Manipulatives	Twist and Turn/Bend and Stretch Line Boogie Ribbon Wand Exploration
Week 7	Manipulatives	Chinese Ribbon Dance Hoop Exploration Hoop Spinning
Week 8	Manipulatives	Hoop Rolling Partner Hoop Rolling Manipulatives Circuit
Week 9	Balancing Stunts and Tumbling	Stunts Introduction Animal Balancing Act Basic Body Positions

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Week	Unit	Lessons
Week 10	Balancing Stunts and Tumbling	Static Balances Dynamic Balances Jumping and Landing
Week 11	Balancing Stunts and Tumbling	Partner Stunts Weight Transfer and Rolls Stunts Add-On
Week 12	Balancing Stunts and Tumbling	Stunts Circuit Beanbag Balances Showtime
Week 13	Catching and Throwing	Rolling and Catching with a Partner Throwing Underhand to Targets Self-Toss and Catch
Week 14	Catching and Throwing	Bowlers Rollers Partner Throw and Catch Partner Throw and Catch Challenges
Week 15	Catching and Throwing	Overhand Throw for Distance Clean Your Room Switcheroo
Week 16	Catching and Throwing	Scoops and Balls Introduction Scoops and Balls in Pairs Scoops and Balls in Groups
Week 17	Jumping	Jumping and Landing Patterns Jumping for Distance Hurdling Practice
Week 18	Jumping	Stationary Rope Jumping Jumping Rhythmically Long Rope Turning in Pairs

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Week	Unit	Lessons
Week 19	Jumping	Long Rope Jumping I Long Rope Jumping II Individual Rope Jumping I
Week 20	Jumping	Individual Rope Jumping II Jumping and Landing Circuit Showtime
Week 21	Kicking and Trapping	Dribbling “Soccer-Style” Control Dribble Around Obstacles Partner Roll, Pass, and Trap
Week 22	Kicking and Trapping	Shadow Dribble Tunnel Dribble Kicking for Distance
Week 23	Kicking and Trapping	Kicking for Accuracy Soccer Golf Passing in Pairs
Week 24	Kicking and Trapping	Triangle Passing and 3-Player Kick and Score Kicking and Trapping Circuit Showtime
Week 25	Dance	The Bunny Hop The Mexican Hat Dance The Hokey Pokey
Week 26	Dance	The Conga Seven Jumps The Muffin Man
Week 27	Dance	The Shoemaker’s Dance Hawaiian Roller Coaster Ride Tarantella

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Week	Unit	Lessons
Week 28	Dance	Mayonesa Create a Dance Showtime
Week 29	Dribbling, Volleying, Striking	Bounce and Catch Introduction Dribbling Introduction Squirrels and Acorns
Week 30	Dribbling, Volleying, Striking	Volleying and Striking Introduction Keep It Up Sheep Dogs
Week 31	Dribbling, Volleying, Striking	Straddleball Striking with Paddles Paddle Circuit
Week 32	Dribbling, Volleying, Striking	Batter Up! Dribbling, Volleying, and Striking Circuit Showtime
Week 33	Games	Cookie Monster Tag Crazy Cones Color Tag
Week 34	Games	Squirrels in the Trees Stuck-in-the-Mud Catch and Chase
Week 35	Games	Sugar and Fat Tag Houdini Hoops Catch a Tail
Week 36	Games	Frog Crossing The Dog Catcher The Good Ship SPARK