

SPARK MS 9-Week Pacing Guide

Week	Unit	Lessons
Week 1	First 5 Lessons	Responsibility and Routines Respect and Roll-Taking Acceptance and Super Grouping Trust and Technology Appreciation and Assistance
Week 2	Cooperatives	Workout Partners Rock, Paper, Scissors Pattern Passing Turnstile Adventure Racing 101
Week 3	Dance	Square Moves Rev Up the Electric Slide Electric Slide (Cardio Kickboxing Style) Beat It! Poco Loco Jigsaw The Korobushka Jigsaw
Week 4	Flying Disc	Backhand Throw and Clap Catch Throw for Accuracy and Distance Disc Throwing Stations Disc Golf Durango Boot
Week 5	Handball	Introduction to the Overhand Stroke Introduction to the Underhand Stroke Extreme Rally Handball Adventure Race Singles/Doubles Game Play
Week 6	Jump Rope	Free Individual Jumping Individual Trick Circuit Partner Trick Circuit Long Rope Skills I Long Rope Skills I
Week 7	Racquets and Paddles	Paddle 2-Square Introduction to the Forehand Stroke Introduction to the Backhand Stroke Racquets and Paddles Adventure Race Team Paddleball
Week 8	Stunts and Tumbling	Stunts and Tumbling Conditioning Circuit Self-Guided Tour Creating Combinations Stunts and Tumbling Buffet Partner Stunts Circuit
Week 9	World Games	Sepak Takraw Individual Juggling Partner Juggling (Sepak Takraw) Sepak Takraw Kin-Ball 4-Square Kin-Ball Sport

SPARK MS 18-Week Pacing Guide

Week	Unit	Lessons
Week 1	First 5 Lessons	Responsibility and Routines Respect and Roll-Taking Acceptance and Super Grouping Trust and Technology Appreciation and Assistance
Week 2	Stunts and Tumbling	Stunts and Tumbling Conditioning Circuit Self-Guided Tour Creating Combinations Stunts and Tumbling Buffet Partner Stunts Circuit
Week 3	Cooperatives	Workout Partners Rock, Paper, Scissors Pattern Passing Moon Ball Adventure Racing 101
Week 4	Cooperatives	Turnstile Cross the Pond Poker Adventure Race Flag Grab Problem-Solver Adventure Race
Week 5	Dance	Square Moves Rev Up the Electric Slide Electric Slide (Cardio Kickboxing Style) Beat It! Poco Loco Jigsaw Create a 4-Wall Line Dance
Week 6	Dance	The Korobushka Jigsaw La Bomba Poco Loco Rev Up the La Bomba Poco Loco Hip Hop Basic Moves Jigsaw Create a Hip Hop Routine
Week 7	Flying Disc	Backhand Throw and Clap Catch Throw for Accuracy and Distance Disc Throwing Stations Disc Golf Flying Disc Adventure Race
Week 8	Flying Disc	Keep Away (3-on-1) 3-Catch Disc Ultimate Flying Disc Durango Boot Zone and Person-to-Person Defenses
Week 9	Handball	Partner Wall Ball Rapid Fire Challenges Introduction to the Overhand Stroke Introduction to the Underhand Stroke Target Ball

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Week	Unit	Lessons
Week 10	Handball	Extreme Rally Serve. Return. Catch Advanced Shots Circuit Handball Adventure Race Singles/Doubles Game Play
Week 11	Jump Rope	Free Individual Jumping Free Long Rope Jumping Tag Team Traveling Individual Trick Circuit Partner Trick Circuit
Week 12	Jump Rope	Long Rope Skills I Long Rope Skills II Double Dutch Turning Double Dutch Jumping Create a Routine
Week 13	Racquets and Paddles	Paddle 2-Square Paddle Wall Ball Introduction to the Forehand Stroke Introduction to the Backhand Stroke Extreme Rally
Week 14	Racquets and Paddles	Serve.Return.Catch Target Ball Racquets and Paddles Adventure Race Team Paddleball One Wall Paddleball
Week 15	Track and Field	Sprints and Sprint Starts Hurdle Long Jump Triple Jump Sprints and Jump Circuit
Week 16	Track and Field	Throws and Sprints Circuit 800-Meter Run 1600-Meter Run Baton Relay Track and Field Adventure Race
Week 17	World Games	Sepak Takraw Individual Juggling Partner Juggling (Sepak Takraw) Sepak Pass and Serve Sepak Takraw Kin-Ball Target Practice
Week 18	World Games	Kin-Ball 4-Square Kin-Ball Sport 2-on-1 Just for Fun (Team Handball) Defenders of the Cone (Team Handball) Modified Team Handball

SPARK MS 36-Week Pacing Guide

Week	Units	Lessons
Week 1	First 5 Lessons	Responsibility and Routines Respect and Roll-Taking Acceptance and Super Grouping Trust and Technology Appreciation and Assistance
Week 2	Stunts and Tumbling	Stunts and Tumbling Conditioning Circuit Self-Guided Tour Creating Combinations Stunts and Tumbling Buffet Partner Stunts Circuit
Week 3	Fitness	Heart Rate Highway Create an Aerobic Capacity Routine Basic Exercise Techniques Introduction to Yoga Introduction to Pilates
Week 4	Cooperatives	Workout Partners Rock, Paper, Scissors Pattern Passing Moon Ball Adventure Racing 101
Week 5	Cooperatives	Radio Control Turnstile Cross the Pond Logjam Poker Adventure Race
Week 6	Cooperatives	Flag Grab Centipede Pass Hoopla Adventure Race Problem-Solver Adventure Race Radioactive River
Week 7	Basketball	Dribbling to Open Space Partner Passing Passing Stations Moving to Open Space Give and Go
Week 8	Basketball	Give and Go with Post Players Basketball Adventure Race Defensive Challenge Zone and Player-to-Player Defenses Keep Away (3-on-2)
Week 9	Basketball	3-Catch with a Post Player Pass or Dribble? Introduction to Shooting 3-on-3 Basketball Create a Routine

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Week	Unit	Lessons
Week 10	Flying Disc	Partner Throw and Catch Backhand Throw and Clap Catch Forehand Throw and 2-Handed C Catch Hammer Throw and 1-Handed C Catch Throw for Accuracy and Distance
Week 11	Flying Disc	Disc Throwing Stations Disc Golf Corner-to-Corner Pass and Go Give and Go Flying Disc Adventure Race
Week 12	Flying Disc	Zone and Person-to-Person Defenses Keep Away (3-on-1) 3-Catch Disc Ultimate Flying Disc Durango Boot
Week 13	Soccer	Soccer Warm-Up Dribbling Drills Collect 'Em All Partner Passing Pass and Follow
Week 14	Soccer	Corner-to-Corner Pass and Go Bull's-Eye and Long Shot Soccer Adventure Race Tackling Zone and Player-to-Player Defenses
Week 15	Soccer	Dribble Keep Away Keep Away (3-on-1) Shooting and Goaltending Throw-ins and Punts Mini-Soccer
Week 16	Jump Rope	Free Individual Jumping Free Long Rope Jumping Tag Team Traveling Individual Trick Circuit Partner Trick Circuit
Week 17	Jump Rope	Long Rope Skills I Long Rope Skills II Double Dutch Turning Double Dutch Jumping Create a Routine
Week 18	Kin-Ball	Boulder Runner Kin-Ball Target Practice Kin-Ball Cooperative Golf Kin-Ball 4-Square Kin-Ball Sport

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Week	Unit	Lessons
Week 19	Dance	Square Moves Rev Up the Electric Slide Electric Slide (Cardio Kickboxing Style) Beat It! Poco Loco Jigsaw The Korobushka Jigsaw
Week 20	Dance	Create a 4-Wall Line Dance The Norwegian Polka Jigsaw Cardio Dance Day Create Your Own Poco Loco La Bomba Poco Loco
Week 21	Dance	Conga Lines Hip Hop Basic Moves Jigsaw Create a Hip-Hop Routine Pencil Full of Lead Poco Loco Jigsaw Corazon Espinado Poco Loco Jigsaw
Week 22	Handball	Partner Wall Ball Rapid Fire Challenges Introduction to the Overhand Stroke Introduction to the Sidearm Stroke Introduction to the Underhand Stroke
Week 23	Handball	Introduction to the Serve Target Ball Extreme Rally Serve. Return. Catch Advanced Shots Circuit
Week 24	Handball	Handball Adventure Race Singles/Doubles Game Play Royal Court Tournament 1-Wall USHA Rally Championships: Day 1 1-Wall USHA Rally Championships: Day 2
Week 25	Volleyball	Passing 21 Pepper Pass and Follow Serving Shower Forearm Pass
Week 26	Volleyball	Overhead Pass Underhand Serve Overhand Serve Serving Challenges Volleyball Skills Circuit
Week 27	Volleyball	Volley Tennis Mini-Volleyball Royal Court Volleyball Adventure Race Volleyball Xtreme

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Week	Unit	Lessons
Week 28	Racquets and Paddles	Paddle Call Ball Paddle 2-Square Paddle Wall Ball Introduction to the Forehand Stroke Introduction to the Backhand Stroke
Week 29	Racquets and Paddles	Introduction to the Lob Introduction to the Serve and Serve Reception Extreme Rally Serve.Return.Catch
Week 30	Racquets and Paddles	Target Ball Racquets and Paddles Adventure Race Team Paddleball One Wall Paddleball SPARK Event: Paddle Power Rally
Week 31	Track and Field	Running Warm-Up Throwing Warm-Up Sprints and Sprint Starts Hurdle Long Jump
Week 32	Track and Field	Triple Jump Sprints and Jump Circuit Shot Put Throws and Sprints Circuit 800-Meter Run
Week 33	Track and Field	1600-Meter Run Baton Relay Track and Field Adventure Race Let the Games Begin-Day 1 Let the Games Begin-Day 2
Week 34	World Games	Sepak Takraw Individual Juggling Partner Juggling (Sepak Takraw) Sepak Pass and Serve Sepak Takraw Kin-Ball 4-Square
Week 35	World Games	Cricket Pairs Bowling Back to the Hoop (Cricket) Tee. Jump. Field (Cricket) Modified Cricket World Games Adventure Race
Week 36	World Games	Team Handball Give and Go 2-on-1 Just for Fun (Team Handball) Defenders of the Cone (Team Handball) Modified Team Handball SPARK Event: Handball Championships