

SPARK Sample Yearly Plan

4-Week Period/ Month	Focus on Fitness	Spotlight on Skills	Personal Best Day
1 September	<i>Fitness Circuits</i>	<i>Cooperatives</i>	
2 October	<i>Chasing and Fleeing</i>	<i>Flying Disc</i>	X
3 November	<i>Jump Rope</i>	<i>Dance</i>	
4 December	<i>Map Challenges</i>	<i>Volleyball</i>	X
5 January	<i>Daily Dozen (Stunts Unit)</i>	<i>Stunts and Tumbling</i>	
6 February	<i>Movement Bands</i>	<i>Basketball</i>	X
7 March	<i>Group Fitness</i>	<i>Hockey or Racquets and Paddles</i> 	
8 April	<i>Aerobic Games</i>	<i>Soccer</i>	X
9 May	<i>Walk/Jog/Run</i>	<i>Softball</i>	
10 June	<i>Fitness Challenges</i>	<i>Football or Racquets and Paddles</i> 	X