

## Yearly Plans (cont'd.)

**Unit-Based Yearly Plans** (*SPARKfamily.org*) are more traditional-style Yearly Plans with specific units being taught for 3 continuous weeks. This simplifies planning when multiple classes are being taught at the same time. Variables such as seasonal activities, and facility and equipment usage were taken into account. For example, while 6<sup>th</sup> graders use the volleyball courts during a 3-week *Volleyball Unit*, 7<sup>th</sup> graders are utilizing a field for a *Football Unit*, and 8<sup>th</sup> graders are active at the racquetball courts in a *Racquets and Paddles Unit*.

### Sample of Unit-Based Yearly Plan

<b>3 Week Units</b>	<b>6<sup>th</sup> Grade Mix Fitness 1X/week</b>	<b>7<sup>th</sup> Grade Team Fitness 2X/week</b>	<b>8<sup>th</sup> Grade Individual and Dual Fitness 2X/week</b>
1	Procedures Cooperatives and Fitness	Procedures Cooperatives and Fitness	Procedures Cooperatives and Fitness
2	Cooperatives and Fitness	Cooperatives and Fitness	Cooperatives and Fitness
3	Volleyball	Football	Handball/ Racquets and Paddles
4	Handball/Racquets and Paddles	Flying Disc (Team activities)	Volleyball
5	Football	Basketball	Dance (Social)
6	Dance (Folk and Line)	Hockey	Jump Rope
7	Basketball	Dance (Multicultural)	Flying Disc (Ind/Dual activities)
8	Jump Rope	Volleyball	Basketball
9	Soccer	World Games (Team Handball/Cricket)	Stunts and Tumbling
10	Stunts and Tumbling	Softball	Track and Field
11	Softball	Soccer	Golf
12	World Games (KinBall/Sepak Takraw)	MS Culminating Event (Tournaments, Create a Game/Routines, Shows, etc.)	MS Culminating Event (Tournaments, Create a Game/Routines, Shows, etc.)

Use either type as they are written, or as a guide to craft a yearly plan aligned to your local standards or program goals.