

CIS PE Pacing Guide

<u>WK#</u>	<u>Focus on Fitness</u>	<u>Standards</u>	<u>Spotlight on Skills</u>	<u>Standards</u>
1	Introduction to Spark	4,5,6.MS.1, 4,5,6.MC.2, 4,5,6.PR.4	-----	-----
2	Fitnessgram	4,5,6.HF.3	-----	-----
3	Fitnessgram	4,5,6.HF.3	-----	-----
4	Fitnessgram	4,5,6.HF.3	-----	-----
5	Fitness Curcuits	4,5,6.MS.1, 4,5,6.HF.3	Cooperatives	4,5,6.PR.4
6	Fitness Curcuits	4,5,6.MS.1, 4,5,6.HF.3	Cooperatives	4,5,6.PR.4
7	Fitness Curcuits	4,5,6.MS.1, 4,5,6.HF.3	Cooperatives	4,5,6.PR.4
8	Chasing and Fleeing	4,5,6.MS.1, 4,5,6.MC.2	Flying Disc	4,5,6.MS.1, 4,5,6.MC.2
9	Chasing and Fleeing	4,5,6.MS.1, 4,5,6.MC.2	Flying Disc	4,5,6.MS.1, 4,5,6.MC.2
10	Chasing and Fleeing	4,5,6.MS.1, 4,5,6.MC.2	Flying Disc	4,5,6.MS.1, 4,5,6.MC.2
11	Jump Rope	4,5,6.MS.1	Dance	4,5,6.MS.1, 4,5,6.MC.2
12	Jump Rope	4,5,6.MS.1	Dance	4,5,6.MS.1, 4,5,6.MC.2
13	Jump Rope	4,5,6.MS.1	Dance	4,5,6.MS.1, 4,5,6.MC.2
14	Map Challenges	4,5,6.MS.1, 4,5,6.PR.4	Volleyball	4,5,6.MS.1, 4,5,6.MC.2
15	Map Challenges	4,5,6.MS.1, 4,5,6.PR.4	Volleyball	4,5,6.MS.1, 4,5,6.MC.2
16	Map Challenges	4,5,6.MS.1, 4,5,6.PR.4	Volleyball	4,5,6.MS.1, 4,5,6.MC.2
17	Locomotor Skills	4,5,6.MS.1	Stunts and Tumbling	4,5,6.MS.1, 4,5,6.MC.2
18	Locomotor Skills	4,5,6.MS.1	Stunts and Tumbling	4,5,6.MS.1, 4,5,6.MC.2
19	Movement Bands	4,5,6.MS.1, 4,5,6.MC.2	Basketball	4,5,6.MS.1, 4,5,6.MC.2
20	Movement Bands	4,5,6.MS.1, 4,5,6.MC.2	Basketball	4,5,6.MS.1, 4,5,6.MC.2
21	Movement Bands	4,5,6.MS.1, 4,5,6.MC.2	Basketball	4,5,6.MS.1, 4,5,6.MC.2
22	Group Fitness	4,5,6.HF.3	Hockey	4,5,6.MS.1, 4,5,6.MC.2
23	Group Fitness	4,5,6.HF.3	Hockey	4,5,6.MS.1, 4,5,6.MC.2
24	Group Fitness	4,5,6.HF.3	Hockey	4,5,6.MS.1, 4,5,6.MC.2
25	Aerobic Games	4,5,6.MS.1, 4,5,6.MC.2	Soccer	4,5,6.MS.1, 4,5,6.MC.2
26	Aerobic Games	4,5,6.MS.1, 4,5,6.MC.2	Soccer	4,5,6.MS.1, 4,5,6.MC.2
27	Aerobic Games	4,5,6.MS.1, 4,5,6.MC.2	Soccer	4,5,6.MS.1, 4,5,6.MC.2
28	Walk/Jog/Run	4,5,6.MS.1	Softball	4,5,6.MS.1, 4,5,6.MC.2
29	Fitnessgram	4,5,6.MS.1, 4,5,6.HF.3	-----	-----
30	Fitnessgram	4,5,6.MS.1, 4,5,6.HF.3	-----	-----
31	Fitnessgram	4,5,6.MS.1, 4,5,6.HF.3	-----	-----
32	Walk/Jog/Run	4,5,6.MS.1	Softball	4,5,6.MS.1, 4,5,6.MC.2
33	Fitness Challenges	4,5,6.HF.3	Football	4,5,6.MS.1, 4,5,6.MC.2
34	Fitness Challenges	4,5,6.HF.3	Football	4,5,6.MS.1, 4,5,6.MC.2
35	Fitness Challenges	4,5,6.HF.3	Football	4,5,6.MS.1, 4,5,6.MC.2
36	Field Day	4,5,6.HF.3	-----	-----