



COORDINATED SCHOOL HEALTH INITIATIVE

Scope & Sequence

Lesson Timeline: Sept – Jan

	September S elect Fruits & Vegetables	October P lay Actively	November A void Excess Sugar & Fat	December R educe TV & Media Time	January K eep H ₂ O the Way to Go
Healthy Lifestyle Choices	Kinder - Nutrition Lesson 1	Kinder - Fitness Lesson 2	Kinder - Nutrition Lesson 2	Kinder - Fitness Lesson 1	Kinder - None
	Gr. 1 - Nutrition Lesson 1	Gr. 1 - Fitness Lesson 1	Gr. 1 - Nutrition Lesson 2	Gr. 1 - Fitness Lesson 2	Gr. 1 - None
	Gr. 2 - Nutrition Lesson 1	Gr. 2 - Fitness Lesson 2	Gr. 2 - Nutrition Lesson 3	Gr. 2 - Fitness Lesson 4	Gr. 2 - Nutrition Lesson 4
	Gr. 3 - Nutrition Lesson 2	Gr. 3 - Fitness Lesson 1	Gr. 3 - Nutrition Lesson 1	Gr. 3 - Fitness Lesson 2	Gr. 3 - None
	Gr. 4 - Nutrition Lesson 2	Gr. 4 - Fitness Lesson 1	Gr. 4 - Nutrition Lesson 1	Gr. 4 - Fitness Lesson 3	Gr. 4 - None
	Gr. 5 - Nutrition Lesson 2	Gr. 5 - Fitness Lesson 2	Gr. 5 - Nutrition Lesson 3	Gr. 5 - Fitness Lesson 1	Gr. 5 - Nutrition Lesson 1
	Gr. 6 - Nutrition Lesson 1	Gr. 6 - Fitness Lesson 2	Gr. 6 - Nutrition Lesson 2	Gr. 6 - Fitness Lesson 3	Gr. 6 - Nutrition Lesson 4
OrganWise Guys	Kinder - Fiber-ific Fashion	Kinder - Counting on You	Kinder - It's a Teething Party	Kinder - Healthy Choices	Kinder - The Buddy Song
	Gr. 1 - Five a Day Reporter	Gr. 1 - An Active Bone Life	Gr. 1 - A Teeth Experience	Gr. 1 - Take a Health Break	Gr. 1 - OrganWise-ology
	Gr. 2 - Concentrate on F&V	Gr. 2 - Active Role Model	Gr. 2 - OrganWise Choices	Gr. 2 - Poetry in Motion	Gr. 2 - Water Lessons
	Gr. 3 - Smart From the Inside	Gr. 3 - Calci's Big Race	Gr. 3 - Creative Story Telling	Gr. 3 - Heart Challenge	Gr. 3 - H ₂ Ohhhh!
	Gr. 4 - Basic Training	Gr. 4 - Exercise Song	Gr. 4 - Pepto's Place	Gr. 4 - MUSCLE Song	Gr. 4 - H ₂ Ohhhh! Song
	Gr. 5 - Farmer's Market	Gr. 5 - Train Your Brain	Gr. 5 - Undercover Agents	Gr. 5 - Couch Potato	Gr. 5 - Low Down Kidney
SPARK	K-2 Building a Foundation	K-2 Parachute	K-2 Manipulatives	K-2 Balance, Stunts & Tumbling	K-2 Catching & Throwing
	General Space	Parachute Fitness	Hoop Rolling	Basic Body Positions	Scoops & Balls Intro
	Movement Concepts	The Great Race	Partner Hoop Rolling	Animal Balancing Act	SelfToss & Catch
	Grouping & Making Bridges	Popcorn	Ribbon Wand Exploration	Static Balances	Partner Throw & Catch Challenge
	Chasing & Fleeing	Space Mountain			Scoops & Balls in Pairs
	3-6 Focus on Fitness Fitness Circuits	3-6 Focus on Fitness Chasing & Fleeing	3-6 Focus on Fitness Jump Rope	3-6 Focus on Fitness Map Challenges	3-6 Focus on Fitness ASAP
	Composition Circuits	Basic Tag	None	Moving For a Time	None
	Mixed Fitness Circuits	Side by Side Tag			
	Fitness Grids	Hospital Tag			
	3-6 Spotlight on Skills Cooperatives	3-6 Spotlight on Skills Flying Disc	3-6 Spotlight on Skills Dance	3-6 Spotlight on Skills Volleyball	3-6 Spotlight on Skills Stunts & Tumbling
	Hog Call	Backhand Give & Go	Alunelul	Bumping Buddies	Dirty Dozen
	Dollars & Cents	5-Player Throw & Run	Virginia Reel	Serving Challenges	
	Human Bingo	Flying Disc Grab Bag			
Designated Driver					

Contact SPARK to learn how to SPARK-Up your Coordinated School Health program!

800 SPARK PE • e-mail: spark@sparkpe.org • www.sparkpe.org



COORDINATED SCHOOL HEALTH INITIATIVE

Scope & Sequence

Lesson Timeline: Feb – June

	February	March	April	May	June
	S elect Fruits & Vegetables	P lay Actively	A void Excess Sugar & Fat	R educe TV & Media Time	K eep H ₂ O the Way to Go
Healthy Lifestyle Choices	Kinder - Nutrition Lesson 3	Kinder - Fitness Lesson 3	Kinder - Nutrition Lesson 4	Kinder - None	Kinder - None
	Gr. 1 - Nutrition Lesson 3	Gr. 1 - Fitness Lesson 3	Gr. 1 - Nutrition Lesson 4	Gr. 1 - Fitness Lesson 4	Gr. 1 - None
	Gr. 2 - Nutrition Lesson 2	Gr. 2 - Fitness Lesson 3	Gr. 2 - None	Gr. 2 - None	Gr. 2 - None
	Gr. 3 - Nutrition Lesson 3	Gr. 3 - Fitness Lesson 3	Gr. 3 - Nutrition Lesson 4	Gr. 3 - Fitness Lesson 4	Gr. 3 - None
	Gr. 4 - Nutrition Lesson 4	Gr. 4 - Fitness Lesson 2	Gr. 4 - Nutrition Lesson 3	Gr. 4 - None	Gr. 4 - None
	Gr. 5 - Nutrition Lesson 3	Gr. 5 - Fitness Lesson 4	Gr. 5 - Nutrition Lesson 4	Gr. 5 - None	Gr. 5 - None
	Gr. 6 - Nutrition Lesson 3	Gr. 6 - Fitness Lesson 1	Gr. 6 - None	Gr. 6 - None	Gr. 6 - None
OrganWise Guys	Kinder - What's on Your Plate	Kinder - Keep Pets Healthy	Kinder - OrganWise Trip	Kinder - Click Sir Rebrum	Kinder - OrganWise-ology
	Gr. 1 - Gimme 5	Gr. 1 - Hearts Need Love	Gr. 1 - I Forgot Something	Gr. 1 - Bone Bank Savings	Gr. 1 - Low Down Kidney
	Gr. 2 - High-Fiber Movement	Gr. 2 - Dance to Music CD	Gr. 2 - Family Meal Plan	Gr. 2 - My Pyramid Activity	Gr. 2 - Healthier World
	Gr. 3 - Farmer Market Fresh	Gr. 3 - MUSCLE Song	Gr. 3 - OrganWise-ology	Gr. 3 - Couch Potato	Gr. 3 - The Buddy Song
	Gr. 4 - Creative Story Telling	Gr. 4 - Calci's Big Race	Gr. 4 - Breakfast Skippin	Gr. 4 - Exercise Song	Gr. 4 - Wash Your Hands
	Gr. 5 - Fiber Fandango	Gr. 5 - Creative Story Telling	Gr. 5 - Pepto's Party	Gr. 5 - BBB Breakfast	Gr. 5 - H ₂ Ohhhh!
SPARK	K-2 Jumping	K-2 Kicking & Trapping	K-2 Dance	K-2 Dribbling, Volleying & Striking	K-2 Games
	Jumping / Landing Patterns	Soccer Golf	The Conga	Squirrels & Acorns	Houdini Hoops
	Long Rope Jumping	Shadow Dribble	Mayonesa	Keep it Up	Cookie Monster Tag
	Individual Rope Jumping	Kicking & Trapping Circuit		Sheep Dogs	Color Tag
					Catch & Chase
	3-6 Focus on Fitness Movement Bands	3-6 Focus on Fitness Group Fitness	3-6 Focus on Fitness Aerobic Games	3-6 Focus on Fitness Walk/Jog/ Run	3-6 Focus on Fitness Fitness Challenges
	Add-On	Fitness in the Middle	Hearty Hoopla	Inside/Outside Walk-Jog	Body Composition Bingo
		Aerobic Dance	Track & Field	Partner Walk/Jog & Talk	Partner Mixed Fitness
		Paper Plate Aerobics	Quidditch	Walk/Run Switcheroo	
	3-6 Spotlight on Skills Basketball	3-6 Spotlight on Skills Hockey	3-6 Spotlight on Skills Soccer	3-6 Spotlight on Skills Softball	3-6 Spotlight on Skills Racquet Sports/ Football
	Shooting Drills	Dribbling Drills	Shooting Drills	Out at Home!	Stroke Shadow (Racquet)
	Corner to Corner Give & Go	Hockey Hoopla	Trap, Pass, & Follow	Pickle	Batter Splatter (Racquet)
	S-P-A-R-K	5-Player Shoot/Dribble	5-Player Kick & Dribble	5-Player Throw/Hit & Run	Racquet Hoopla (Racquet)
Mini-Basketball	Keep Away (3 on 1)	Soccer Grab Bag	Softball Grab Bag	Air Assault (Football)	

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