

SAMPLE YEARLY PLAN

Month	Games-Based Units	Fitness-Based Units
September	HS PE 101	WELLNESS WALKING
October	SOFTBALL (Aligns w/ MLB Season Playoffs)	STRENGTH TRAINING
November	FOOTBALL (Aligns w/ NFL Season)	GROUP FITNESS: YOGA
December	BADMINTON	GROUP FITNESS: H.I.I.T.
January	HOCKEY	GROUP FITNESS: FREESTYLE AEROBICS
February	VOLLEYBALL	GROUP FITNESS: CARDIO KICKBOXING
March	BASKETBALL (Aligns w/ NCAA March Madness)	DANCE
April	FLYING DISC: ULTIMATE	GROUP FITNESS: FUNCTIONAL FITNESS (<i>SPARKfamily.org</i> Unit)
May	WORLD GAMES: CRICKET	FITNESS CLUBS (Staffed by SFI Certified Students)
June	COOPERATIVES: ORIENTEERING	FITNESS CLUBS (Staffed by SFI Certified Students)

Option 1: Alternate Games-Based and iFit days (ex. Day 1 - Basketball; Day 2 - Dance)

Option 2: Combine Games-Based and iFit content into a single lesson each day