

<b>First Edition</b>	<b>Dance</b>	<b>Types of Gymnastics</b>	<b>Individual Activities</b>	<b>Games</b>	<b>Alternative Environments</b>	<b>Daily Physical Activity</b>
Div 1 (K-3) 6 Units of 6 lessons	Hip Hop	Fundamental Movement Patterns	Run, Jump, Throw	Scooter Activities	Outdoors in All Seasons	Small Spaces
Div 2 (4-6) 6 Units of 6 lessons	Hip Hop	Fundamentals	Fitness	Invasion Games	Orienteering and Letterboxing	Small Spaces
Div 3 (7-9) 5 units of 6 lessons	Novelty	Movement Patterns	Fitness	Net / Wall Games	Outdoor Survival Skills	
<b>Second Edition</b>	<b>Dance</b>	<b>Types of Gymnastics</b>	<b>Individual Activities</b>	<b>Games</b>	<b>Alternative Environments</b>	
Div 1 (K-3) 5 units of 6 lessons	Disco / Stomp	Gymnic Balls	Yoga	Paddle Games	Walking	
Div 2 (4-6) 5 units of 6 lessons	Rhythmic / Folk	Rhythmic Gymnastics	Juggling	Target Games	Skating	