

Senior Pacing Guide

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Intro to CPR and First Aid	Adult CPR	Child CPR	Infant CPR	Adult and Child OAM	Infant OAM	Practical Exams	First Aid Bleeding /Wounds	First Aid Shock/Stroke
Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
First Aid Fractures /Head and Spinal Injuries	First Aid Hot/Cold Injuries	Final	Intro to Fitness -benefits -proper form/technique on all exercises	Fitness -Full Body Circuit Training	Fitness -Strength Training -Weight Room	Intro to Volleyball -Rules -Regulations -Safety	Volleyball Skills -Setting -Digging -Spike -Spike -Serve	Volleyball Strategies -Offensive -Defensive -Games
Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	Week 27
Fitness -Full Body Circuit Training	Fitness -Strength Training -Weight Room	Fitness -Full Body Circuit Training	Intro to Badminton -Rules -Safety	Badminton Skills -Stance -Serve -Shots -Smashing	Badminton Strategies -Offensive -Defensive -Games	Intro to Hockey -Rules -Safety	Hockey Skills -Stance -Passing -Shooting	Hockey Strategies -Offensive -Defensive -Games
Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36
Intro to Paddleball -Rules -Safety	Paddleball Skills -Stance -Serve -Shots -Smashing	Paddleball Strategies -Offensive -Defensive -Games	Intro to Basketball -Rules -Safety	Basketball Skills -Dribbling -Passing -Shooting	Basketball Strategies -Offensive -Defensive -Games	Intro to Softball -Rules -Safety	Softball Skills -Catching -Throwing -Hitting -Baserunning	Softball Strategies -Offensive -Defensive -Games