

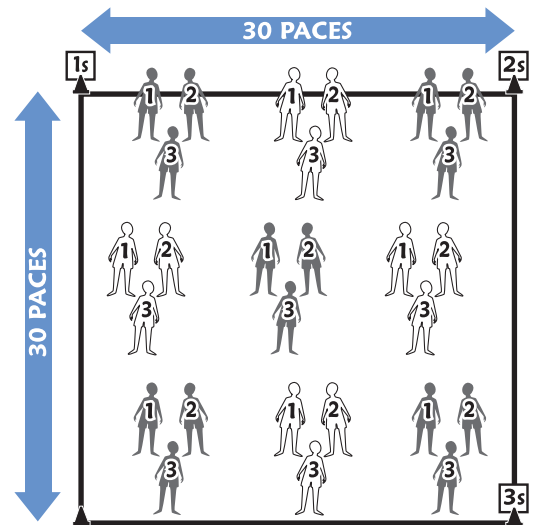


Ready...

- Music: “African Jigsaw” (SPARK 3-6 Music CD or *SPARKfamily.org*)
- Music player
- *Pata Pata Jigsaw Cards* (*SPARKfamily.org*)
- 4 cones for boundaries

Set...

- Create a large activity area (30X30 paces).
- Form groups of 3; scattered in area.
- Print and cut *Pata Pata Jigsaw Cards*. Place 1 at each of 3 corners of area.



GO!

1. The object is to learn and teach a folk dance from Africa, using a technique called a jigsaw.
2. Number yourselves 1, 2 and 3. All 1s move to this corner (*point to corner with first part of dance*), 2s to this corner (*point to corner with second part of dance*), and 3s here (*point to corner with third part of dance*).
3. On signal, you will learn 1 of 3 parts of the *Pata Pata*. Practice it until the signal.
4. On signal, return to your group of 3. #1s teach your group the first part of the *Pata Pata*, then #2s add your part; and finally, #3s, add yours.
5. **Pata Pata**
 - **Part 1**
 - Toe-tap R to side, and “home,” 2X (4 counts).
 - Toe-tap L to side, and “home,” 2X (4 counts).
 - **Part 2**
 - Slide feet: toes out, heels out, heels in, toes in (4 counts).
 - **Part 3**
 - Knee lift R 2X (2 counts).
 - Kick forward L 2X (2 counts).
 - Jump 1/4 turn to R, pause and clap (4 counts).
 - Repeat all turning 1/4 turn to the R each round.
6. Let’s all do the Pata Pata together once without the music.
7. Time to try it with the music!

PATA PATA (AFRICA)

*SPARK™ IT UP!

★ Pedometer

(Need 1 pedometer per group of 4.) How many times do you need to do this dance to get 200 steps?

★ Square Dance Formation

(Students in pairs, in square-dance formation.)

★ Mirror, Mirror

Face a partner, and mirror their movements.



WELLNESS

The health benefits of dancing are well documented. Maybe that is why you see so many people young and old dancing. It's a lifetime activity, which helps reduce stress, increase energy, and improves strength, muscle tone and coordination. Square dancers have been known to cover 5 miles in 1 evening of promenades and do sa dos. Besides lowering your risk of heart disease, dancing is fun!



STANDARDS ADDRESSED

National Dance Standards

#1, 2, 5, 7 Perform folk dance

#6 Cardiovascular endurance

#7 Cooperation, respect for others

#3, 4, 6 Participates, appreciates, enjoys rhythmic movement

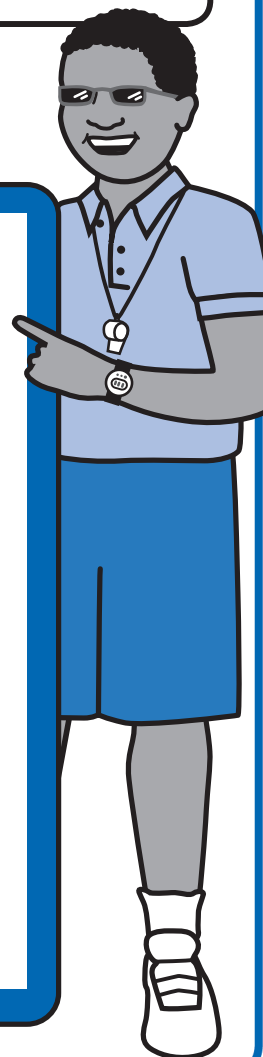
Your State (Write in here)



TONY'S TIPS

- After students learn the steps while scattered, try grouping them in lines of 4-5 facing forward.

NOTES



PATA PATA

Music CD: "Pata, Pata"
Music Web: "African Jigsaw"

(16 count intro)

Toe tap R to side and "home" 2X
(4 counts)

Toe tap L to side and "home" 2X
(4 counts)

Toes out, heels out, heels in, toes in
(4 counts)

Lift R knee 2X (2 counts)

Kick L leg 2X (2 counts)

Jump $\frac{1}{4}$ turn R, pause, then clap
(4 counts)

Repeat from start to end of song



Prep

- Music (use a fun, upbeat song) and player

Set

- Use the same activity area as for the rest of the lesson.
- Play music.

Teach

1. To tap into our creativity we will warm up with *Circle Moves*.
2. As you arrive, form a circle. Enlarge it as more students come.
3. One at a time you will lead the circle with a move of your choice. Everyone in the circle will follow/copy your move.
4. After 20 seconds or so, tag your neighbor to the R to be the new Leader.
5. You may play it as safe or get as creative as you want. Anything from jumping jacks, or jogging in place, to easy hip-hop moves will work.
6. New Leaders should begin to move within 2 seconds of being “tagged.”
7. Everyone needs to keep moving whether you can do the move or not.
8. Continue around the circle until the music stops.



ASAP EXTENSIONS

- ★ **1 – Add 1 for fun**
Now, add a small piece of equipment to use in creative moves (e.g., basketballs or juggling scarves).
- ★ **2 - Rotate to the rhythm**
To add a challenge the circle will rotate clockwise using side steps. Change direction after 30 seconds.

STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Rhythm and dance skills

Fitness:

Aerobic capacity

Personal/Social:

Cooperation, accepting challenges

Your State (Write in here)



Ready...

- Music: “The History of America” (SPARK 3-6 Music CD or SPARKfamily.org)
- Music player
- *Scatter Square Dance Prompt Page* (SPARKfamily.org)

Set...

- Use a smooth, clean surface, so students can do steps that require getting on their backs.
- Scatter students in activity area.



GO!

1. The object is to perform basic square dance steps in a scattered formation.
2. *(Teach dance steps below. Teach 3 or so at a time, and build their repertoire until they know all of the steps.)*
3. Use the calls in any order, but call, “Hit the lonesome trail” often to mix it up, and get everyone moving around.

4. Individual Moves

- **Hit the lonesome trail:** Walk/strut around the dance area.
- **Keep time to the music:** Clap, snap, slap or move any part of your body to the beat of the music while standing in place.
- **Turn 1 alone:** Turn around in place.
- **Corral:** Stop in place, stomp 1 foot, clap hands.
- **Lasso:** Stop in place - stomp foot, circle 1 hand overhead.
- **Tumbleweed:** Lie down, tuck knees to chest, and spin on the floor.
- **Snake behind “_____”:** I call the name of one person. Everyone lines up behind them with your hands on the shoulders of whoever is in front of you. Everyone is in 1 long line, like a big snake.
- **Pony express:** Do the step in “double-time” (twice as fast).
- **Cyclone:** While walking, turn around 2X, and continue walking.
- **Circle-up all:** Everyone form a circle, join hands, and walk in the circle to R.

CUES

- ★ Keep listening for next call.
- ★ Find new partners each time.
- ★ Add a third to your pair if someone is alone.

SCATTER SQUARE DANCE

GO! (continued)

5. Partner Moves

- When any of these are called, quickly find a partner; anyone!
- **Honor your partner:** Face each other, and bow.
- **Circle-up 2:** Join hands, and skip in a circle.
- **Promenade:** Join both hands (“skating grip”), and walk around area.
- **Do sa do:** With arms across your chest, face partner, walk forward passing R shoulders. When back to back, take 1 step to R and walk backwards passing L shoulders.
- **See-saw:** Reverse of Do Sa Do. You will pass L shoulders on the way forward, and R shoulders on the way backward.
- **Elbow turn:** Hook R elbows; turn in place. Switch, and hook L elbows.
- **Horse and jockey:** One in front, 1 in back. Back partner’s hands on front’s shoulders. Gallop together around area.
- **Change jockeys:** Switch front and back.
- **London bridge** “_____” (call 2 names): Named pair forms an arch holding hands high in the air. All the other pairs go under the arch.
- **Allemande left:** With L hand, grab their L forearm, and turn a circle in place.

6. *(It becomes a PACE activity when you hand over the Prompt Page to a student to call the steps. Switch Callers on signal, or after a designated number of calls.)*

SCATTER SQUARE DANCE

*SPARK™ IT UP!

★ Add Your Own

(Create some new moves for students to perform.
Add some from other square dances students have
learned.)

★ Kid Creations

Create your own new moves for individuals,
partners, and groups.



HOME

Make up a Scatter Home Dancing variation. Grab some friends, make up some funny calls, write them down and take turns being the caller. Try do sa do in and out of a door, circle-up 2 with the couch, elbow turn with a broom, see-saw a chair, and promenade with the dog. Who can come up with the silliest call? Remember, keep it safe. An allemande-left with the ceiling fan is NOT a good idea.



STANDARDS ADDRESSED

National Dance Standards

#1, 2, 5, 7 Perform square dance

#6 Cardiovascular endurance

#7 Cooperation, respect for others

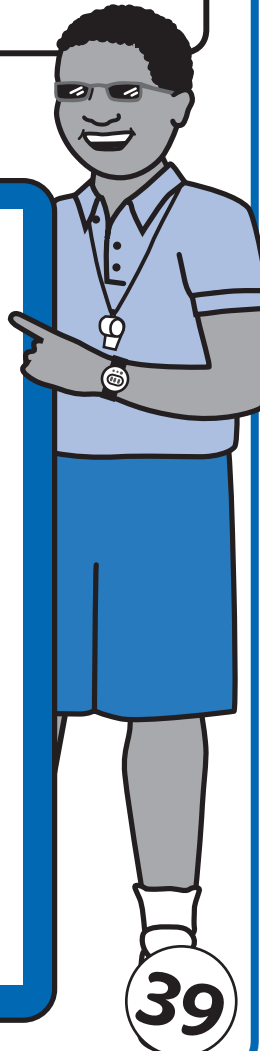
#3, 4, 6 Participates, appreciates, enjoys rhythmic movement

Your State (Write in here)

TONY'S TIPS

- Teach Hit-the-Lonesome-Trail first, and then instruct 2-3 calls at a time without music.
- Start the music, and call a segment. Wait for students to respond correctly before calling, "Hit the Lonesome Trail."
- After several segments are learned, give calls at random, mixing and matching as you wish.

NOTES



SCATTER SQUARE DANCE

Music CD: "American Folk Dance Medley"

Music Web: "History of America"

(4 count Intro)

INDIVIDUAL MOVES

- Hit the lonesome trail
- Keep time to the music
- Turn 1 alone
- Corral
- Lasso
- Tumbleweed
- Snake behind "(name a student)"
- Pony express
- Cyclone
- Circle-up all

PARTNER MOVES

- Honor your partner
- Circle-up 2
- Promenade
- Do-sa-do
- See-saw
- Elbow turn
- Horse and jockey
- Change jockeys
- London bridge "(name 2 students)"
- Allemande-L
- Allemande-R



Ready...

- Music: “Think 80’s” (SPARK 3-6 Music CD or SPARKfamily.org)
- Music player
- *Whomp It Up Prompt Page* (SPARKfamily.org)

Set...

- Create a large activity area.
- Students in large circle facing in.



GO!

1. The object is to perform the line dance, *Whomp It Up*.
In line dances you all face the same direction and do the same steps together. In this dance, we’ll do it in a circle formation.
2. We’ll learn and practice 1 step at a time without the music first. Then we’ll put it all together with the music. (*First, teach each step or sequence, then cue students to get ready to practice together by saying, “5, 6, 7, 8.”*)
3. **Whomp It Up**
 - Begin at “home” with feet together.
 - Hustle R: step R, together, R, touch L (4 counts).
 - Hustle L: step L, together, L, touch R (4 counts).
 - Step forward R, and pump (as if you are pushing a tire pump) (2 counts).
 - Step forward L, and pump (2 counts).
 - Step backward R, and pump (2 counts).
 - Step backward L, and pump (2 counts).
 - Jump and turn 1/4 turn to R, and knee bounce (2 counts).
 - Jump and turn 1/2 turn to L, and knee bounce (2 counts).
 - Jump and turn 1/4 turn to R 3X to face opposite direction, and clap (4 counts).
 - Repeat from 1st step, facing opposite direction.

WHOMP IT UP

*SPARK™ IT UP!

★ Easy Whomp

Use claps instead of jumps for first-timers.



HOME

Look around your garage and grab anything that makes noise - buckets, pots, pans, trash can lids, empty water bottles filled with pebbles – anything. Invite some friends, and use the objects to make up your own garage band. Stomp, clatter, clank, bang, pound, beat, drum – do anything to create sounds. Sell tickets to your neighbors. Threaten not to stop playing until they buy tickets!



STANDARDS ADDRESSED

National Dance Standards

#1, 2 Perform line dance

#6 Cardiovascular fitness

#3, 4, 6 Participates, appreciates, enjoys rhythmic movements

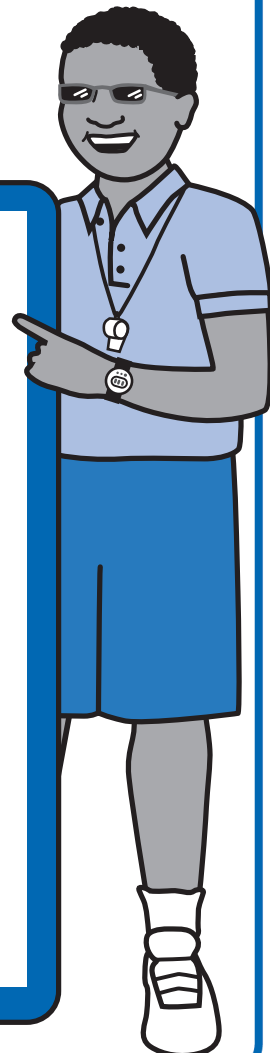
Your State (Write in here)



TONY'S TIPS

- Encourage students to incorporate creative movements as they become proficient.

NOTES



WHOMP IT UP

Music CD: "80's Dance Medley"

Music Web: "Think 80's"

(8 count intro)

Hustle R (4 counts)

Hustle L (4 counts)

Step forward R and pump arms

Step forward L and pump arms (4 counts)

Step backward R and pump arms

Step backward L and pump arms (4 counts)

Jump $\frac{1}{4}$ turn R and clap
(2 counts)

Jump $\frac{1}{2}$ turn L and clap
(2 counts)

Jump $\frac{1}{4}$ turn R 3X and clap on 4th count
(4 counts)

Repeat from start to end of song



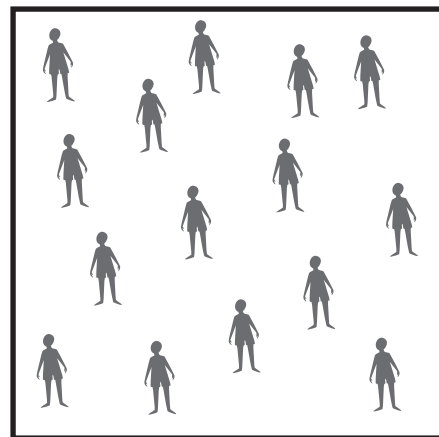
Ready...

- Music: "Irish Farms" (SPARK 3-6 Music CD or SPARKfamily.org)
- Music player
- *Irish Jig Prompt Page* (SPARKfamily.org)

Set...

- Scatter students in large area.

GO!



1. The object is to perform a folk dance from Ireland, called *The Irish Jig*.
2. We'll learn and practice 1 step at a time without the music first. Then we'll put it all together with the music. (*First, teach each step or sequence, and then cue students to get ready to practice together by saying, "5, 6, 7, 8."*)

3. Irish Jig

- **12 heels (12 counts)**
 - R heel-tap, hop-change, L heel-tap. Do 6X (12 counts).
- **Chorus step (4 counts)**
 - Jump to straddle, jump to criss-cross, jump to straddle, jump together (4 counts).
- **Heel-toe-heel (12 counts)**
 - Hop on L while R does heel-tap front, toe-tap at "home," heel-tap front. Then transfer all weight onto R foot (4 counts).
 - Repeat with L foot (4 counts).
 - Repeat with R foot once more (4 counts).
- **Chorus step (4 counts)**
 - Jump to straddle, jump to criss-cross, jump to straddle, jump together (4 counts).
- **Kick the can (12 counts)**
 - Hop on L, while R does kick to front, kick to side, then pumps down 2X- front, side, down, down (4 counts).
 - Repeat with L foot (4 counts).
 - Repeat on R side once more (4 counts).
- **Chorus step (4 counts)**
 - Jump to straddle, jump to criss-cross, jump to straddle, jump together- out, cross, out, together (4 counts).
- Repeat until end of song.

IRISH JIG (IRELAND)

*SPARK™ IT UP!

★ Mix It Up

Choose your own sequence of steps. Choose the ones you like best, or practice those you need the most work on.



FUN FACT

Ireland is famous for its dance history. Basically, there are 4 types of Irish dance: reels, hornpipes, jigs and set dances. Dancers dance solo or in sets. The largest Irish dance involved 7,664 participants at an event in the Irish City of Cork on September 10, 2005.



STANDARDS ADDRESSED

National Dance Standards

#1, 2, 5, 7 Perform folk dance

#6 Cardiovascular endurance

#3, 4, 6 Participates, appreciates, enjoys rhythmic movement

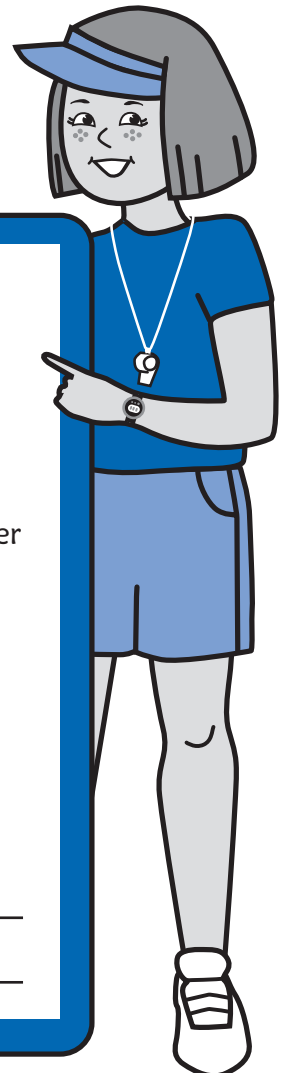
Your State (Write in here)



PAULA'S POINTERS

- Teach and practice the chorus before the other steps.
- Teach other steps with weight-bearing leg stationary.
- Omit kick-the-can step for younger classes.
- Due to the extreme length of this song, provide 12 counts of rest after completing all steps, if needed.

NOTES



IRISH JIG

Music CD: "Irish Jig Medley"

Music Web: "Irish Farms"

(16 count Intro)

Heel Taps

Heel taps alternating R and L (12 counts)

Chorus Step

Straddle, cross, straddle, together (4 counts)

Heel Toe

Heel-toe-heel-"home": R, L, R

Heel-toe-heel-"home": L, R, L

Heel-toe-heel-"home": R, L, R

(12 counts)

Chorus Step

(4 counts)

Kick the Can

Kick forward with R, kick sideways with R, stomp R 2X

Kick forward with L, kick sideways with L, stomp L 2X

Kick forward with R, kick sideways with R, stomp R 2X

(12 counts)

Chorus Step (4 counts)

Kick the Can (12 counts)

Chorus Step (4 counts)

Repeat from start until end of song

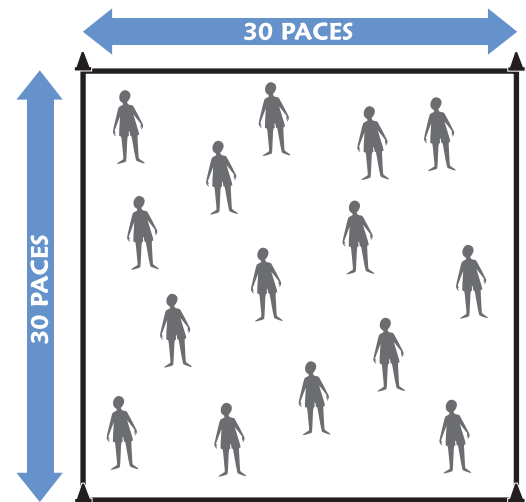


Ready...

- Music: “4,3,2,1” (SPARK 3-6 Music CD or SPARKfamily.org)
- Music player
- 5-6-7-8 Prompt Page (SPARKfamily.org).
- 4 cones (for boundaries)

Set...

- Create large (30X30 paces) activity area.
- Scatter students in area.



GO!

1. The object is to perform a line dance using an “add-on” format.
2. On music, move throughout our area. When the music stops, find a partner.
3. This is your “Jumping” partner. Together, jump 4X and say “5,6,7,8” (4 counts).
4. On music, leave your partner, and move again. When music stops, find a new partner.
5. This is your “Grapevine” partner. Grapevine step R (step R, L behind, R, touch L) then Grapevine step L (step L, R behind, L, touch R) (8 counts).
6. Move on the music. When it stops, find a 3rd partner.
7. This is your “Skating” partner. Together, skate slowly by sliding R foot forward, then L foot forward, R foot forward, L foot forward (8 counts).
8. Move on the music. When it stops, find a 4th partner.
9. This is your “Hip” partner. Touch your R hip with R hand, L hip with L hand, R glute, L glute, clap 2X, “Raise the Roof” (*push hands from shoulders to sky*) 2X (8 counts).
10. Move on the music. When it stops, find a 5th partner.
11. This is your “Back-walking” partner. Together, backward-walk 4 steps, counting “1,2,3,4” (4 counts).
12. Now, we’ll play the music, and combine all the steps. The music has a prelude, then on cue, “5,6,7,8,” begin jumping.

CUES

- ★ Find partners quickly.
- ★ Move to the beat.

*SPARK™ IT UP!

* Jumping Jacks

Substitute 2 jumping jacks for 4 jumps.

* Super Fitness

Change steps to the following: 2 jumping jacks; 2, 3-step turns; 2 burpees; 8 skier jumps; and 2 reverse lunges.

* Your Twist

To any of the above variations, add your own twist to the dance on direction changes.



HOME

Teach this activity to someone at home (your sister, brother, mom, dad, aunt, uncle). Choose your favorite music. One of you stops the music when it's time to work with your partner. You won't have a new partner each time, but take turns inventing a new step. Each time you meet, repeat the steps you have done before adding another.



STANDARDS ADDRESSED

National Dance Standards

#1, 2 Perform line dance

#6 Cardiovascular fitness

#3, 4, 6 Participates, appreciates, enjoys rhythmic movements

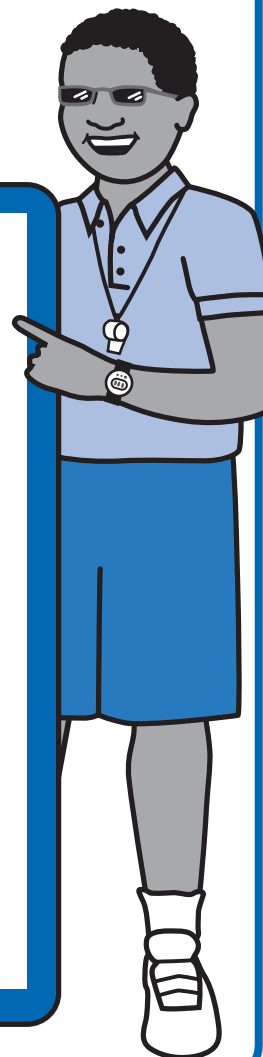
Your State (Write in here)



TONY'S TIPS

- When all students do the dance together, provide cues 1-2 beats before each move.
- Make copies of the 5-6-7-8 Prompt Page, and allow students to work independently with the directions in hand.

NOTES



5 - 6 - 7 - 8

Music CD: "5, 6, 7, 8"

Music Web: "4-3-2-1"

(16 count intro)

Jump

Jump 4X and say "5-6-7-8" (4 counts)

Grapevine

Grapevine R then L (8 counts)

Skate

Step together with R foot, then L foot.

Repeat (8 counts)

Hip

Touch R hip, L hip, R glute, L glute, clap 2X,

"Raise the Roof" 2X (8 counts)

Backward Walk

Walk backward 4 steps, counting "1-2-3-4"

(4 counts)

Repeat from start until end of song



Ready...

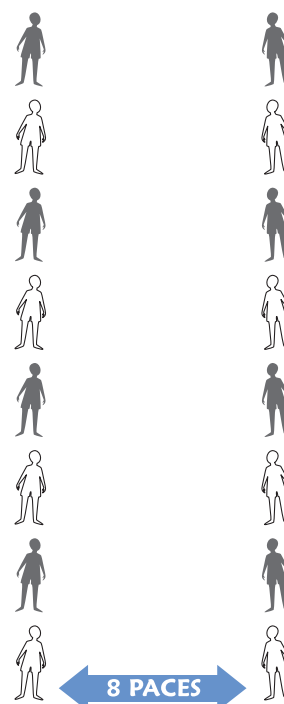
- Music: "The History of America" (SPARK 3-6 Music CD or SPARKfamily.org)
- Music player
- *Virginia Reel Prompt Page* (SPARKfamily.org)

Set...

- Create a large activity area.
- Students in partner face-off formation; 8 paces apart in 2 parallel lines.

GO!

1. The object is to learn and practice a square dance. A square dance is a partner dance where a person calls all the moves.
2. *(Describe and demonstrate each of the following steps.
After each step has been taught, students try on signal.)*
3. *(If using co-ed partners, boys are in 1 line; girls are in the other.)*



4. Virginia Reel

- **Honor your partner:** Face your partner, and bow/curtsey (4 counts).
- **Forward and back:** Walk forward 4 steps, and backward 4 steps 2X (16 counts).
- **Allemande R:** Walk forward, meet partner. With R hand, grab their R forearm, and turn 1 full circle; walk backward to home (8 counts).
- **Allemande L:** Walk forward, meet partner. With L hand, grab their L forearm, and turn 1 full circle; walk backward to home (8 counts).
- **Both hands:** Walk forward, meet partner, grab both forearms, and turn 1 full circle, walk backward to home (8 counts).
- **Do-sa-do:** With arms across your chest, walk forward, passing partner R, sides facing. When back to back, take 1 step to R, and walk backwards, passing L shoulders, and back to home.
- **Head couple:** First pair at the top of the line join hands, and side-slide down middle (8 counts); then back to the head of the line (8 counts).
- **Ready, cast off:** Each head person turns to outside of line and leads their line around to the foot of the lines, like Follow the Leader (16 counts).
- **Head pair form arch:** Head pair joins hands over head to form an arch. The rest of the pairs join hands, and go under the arch (16 counts).
- Repeat from start with new "head couple."

VIRGINIA REEL

*SPARK™ IT UP!

★ Pedometer

(Need 1 pedometer per pair.) Perform the dance once through, and note the number of steps on pedometer. Next time, work with your partner to add your own twist to the dance to get more steps. (E.g., Increase space between partners, change standing segments to walking in place.) We'll do it again, and see if your twist added more steps.



WELLNESS

Now that you have done the Virginia Reel, it is time to practice the “Virginia Peel.” When villages gathered for barn dances, dancers would take a break to eat a piece of fruit that had to be peeled. They became known as Peel and Reels. (Just kidding!) The point is to eat a variety of fruits. How many fruits can you name that require peeling before you eat them? Better yet, don't just name them, eat them!



STANDARDS ADDRESSED

National Dance Standards

#1, 2, 5, 7 Perform square dance

#6 Cardiovascular endurance

#7 Cooperation, respect for others

#3, 4, 6 Participates, appreciates, enjoys rhythmic movement

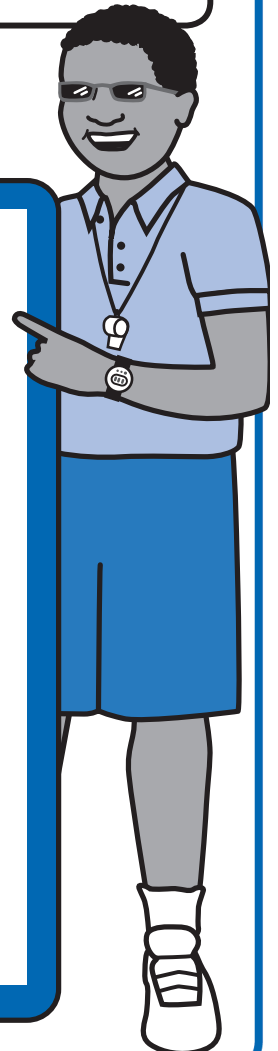
Your State (Write in here)



TONY'S TIPS

- Allow students to pick a partner they are comfortable with.

NOTES



VIRGINIA REEL

Music CD: "American Folk Dance Medley"
Music Web: "American Folk Dance Medley"

(4 count intro)

Honor Your Partner

Face your partner and bow/curtsey
(4 counts)

Forward and back

Walk forward 4 steps and clap hands with
partner, then backward 4 steps 2X
(16 counts)

Allemande R

Join R hand with your partner's R hand and
circle around each other and back to "home"
(8 counts)

Allemande L

Join L hand with your partner's L hand and circle
around each other and back to "home"
(8 counts)

Both Hands

Join hands with your partner and circle around
each other and back to "home"
(8 counts)

VIRGINIA REEL

(Continued...)

Do-sa-do

Both partners circle around each other passing right shoulders, then back to “home”
(8 counts)

Head Couple

First pair at the top of the line join hands and side-slide down middle,
then back to the head of the line
(16 counts)

Ready, Cast Off!

Each head person turns to outside of line and leads their line around to the foot of the lines,
like Follow the Leader
(16 counts)

Head Pair Form Arch

Head pair joins hands over head to form an arch.
The rest of the pairs join hands,
then go under the arch
(16 counts)

Repeat from start with new head couple

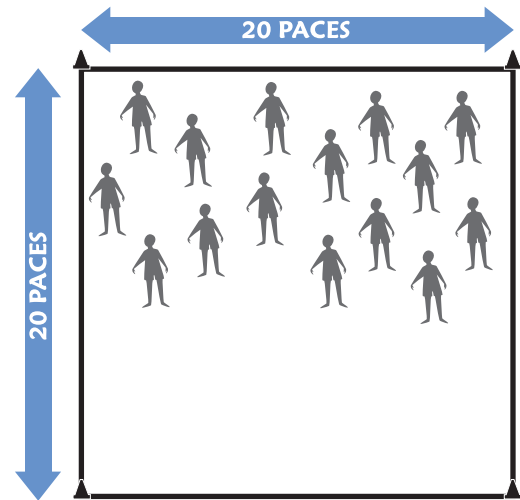


Ready

- 4 cones (for boundaries)
- Music CD: “The Bunny Hop”
SPARKfamily.org: “Lounging Around”
- Music player

Set

- Create medium (20X20 paces) activity area.
- Scatter individuals within area toward the back (due to jumping forward).



GO!

1. Introduction

- *The Bunny Hop* is a line dance.
- We’ll learn and practice 1 step at a time without the music first. Then, we’ll put it all together with the music.
- (First, teach each step or sequence; then cue students to practice together by saying: “5, 6, 7, 8.”)

2. Dance Routine

- 8 count Intro
- Toe tap R to side and “Home” 2X (4 counts)
- Toe tap L to side and “Home” 2X (4 counts)
- Jump forward (2 counts)
- Jump backward (2 counts)
- Jump forward 3X – pause (4 counts)
- Repeat from start to end of song

3. Let’s try it with the music. Remember to start with your R foot.

4. Wrap It Up

- What type of dance is *The Bunny Hop*? (A line dance.) Other dances are done in circles and are called “circle dances.”
- Has anyone taken a dance class before? What kind?

THE BUNNY HOP

IT UP!

Partners

We'll dance with a partner this time. Stand facing your partner's back. Place your hands on your partner's shoulders. Jump forward and backward carefully. Don't jump on each other's feet!

Whole Class

Let's make one long line like a snake. Hold onto the shoulders of the person in front of you. Try not to break the snake!



ACADEMIC

Art

(Have students make "bunny ears" from construction paper and cotton balls, and wear them while performing the dance.)



STANDARDS ADDRESSED

DANCE

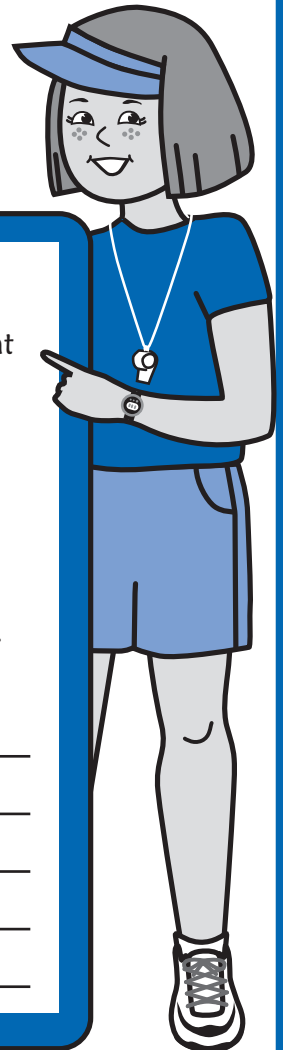
#1 Identify and demonstrate movement elements and skills in performing dance

Your State (Write in here)

PAULA'S POINTERS

- The dance begins after an 8-count introduction.
- After students have mastered the basic steps, move them into partners.
- Continue to "grow" group sizes until students are ready to move together in 1 long, single-file line.

NOTES





The Bunny Hop

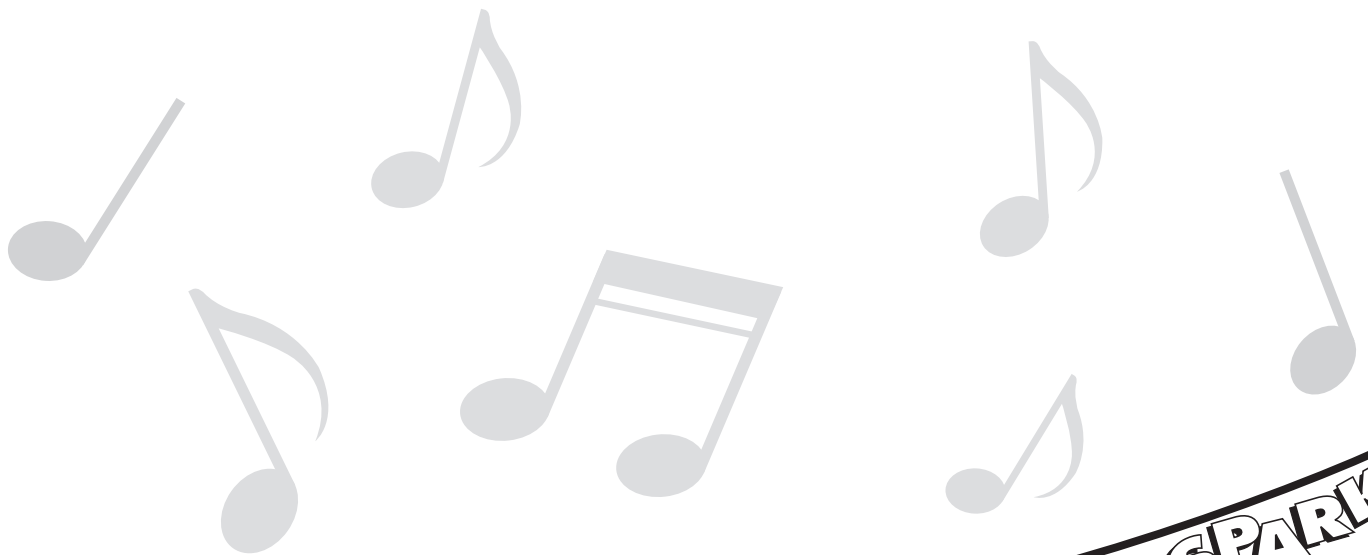
Music CD: "The Bunny Hop"

SPARKfamily.org: "Lounging Around"

(8 count intro)

- ★ Toe tap R to side and "Home" 2X (4 counts)
- ★ Toe tap L to side and "Home" 2X (4 counts)
- ★ Jump forward (2 counts)
- ★ Jump backward (2 counts)
- ★ Jump forward 3X – pause (4 counts)

Repeat from start to end of song





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