

Physical Education

Pacing Guide

Grade 3



2004
REVISED 2012

**Long Beach Unified School District
Christopher Steinhauser, Superintendent**

**PHYSICAL EDUCATION PACING GUIDE
GRADE 3**

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Elementary Physical Education Pacing Chart Grades 1-5

Pacing charts are used to help teachers pace their instruction so they can make sure they teach all of the essential information in a given course of study. Pacing Charts serve to give a sense of how long to spend on a given series of lessons or units. California Education Code Section 51210 mandates a minimum of 200 minutes of Physical Education instruction every ten days for grades 1-6. The attached Pacing Chart is a guide for 36 weeks of Physical Education instruction.

The information in the top row of the following table explains the content of each column of the pacing chart.

The week number during the school year and the unit in the Lesson Plans	The LBUSD grade level Physical Education Content Standards addressed	The general type of skills or concepts addressed	The specific skills and concepts addressed	The name of activities in which the standards and skills are introduced, practiced, and reviewed	The resource and page on which the lesson's skill or concept is described and/or the directions for the activity are listed LP = Lesson Plans* SFA = Sport for All Cards**
Week	Focus Standard And Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity

*Example: "LP: Lesson 7, P. 52" = Lesson 7 on page 52 of the grade level **Physical Education Lesson Plans**. All teachers should have the appropriate grade level **Physical Education Lesson Plans**.

Example: "SFA Green 5" = Green (Sport Play) **Sport For All card #5.

Each school has at least one set of both green (Sport Play) and blue (Sport Skill Basic) **Sport For All** cards

Physical Education Lesson Plans:

Each lesson of the **Lesson Plans** indicates: **Equipment** needed (A comprehensive recommended **Equipment** list is on Page 1 of the Lesson Plans. Most items are in the District Stock Catalog.) **Warm-ups** - Exercises for warm-ups are listed on page xii-xiv of Lesson Plans. **Concepts** - The **Concept** is provided to the students either at the start of the lesson or at various points throughout the lesson. Do not confuse the **Concept** with the **Student Activities**. **Student Activities** - Students engage in activities to learn and reinforce concepts and skills. **Closure** – Review questions.

See "page "i" of **Lesson Plans** for further explanation. The numbers in parentheses () in the **Lesson Plans** indicate the Region 9 Standard addressed. Correlation of Region 9 Standards to LBUSD Standards is on the very first page of the **Lesson Plans**.

Fitness concepts and activities, as well as social skills' concepts and activities, should be addressed, reviewed, and practiced in physical education lessons throughout the year.

Physical Education Pacing Guide Overview Grade 3

Week	Unit Focus	Standards
1	Introduction Rules, Procedures, Routines	1, 3, 5
2	Social Skills Encouragement Cooperative Activities	1, 3, 5
3	Social Skills Partner Activities	1, 3, 5
4	Social Skills Partner Activities	1, 3, 5
5	Social Skills Partner Activities	1, 3, 5
6	Health Related Fitness Components of Fitness Fitness Activities	1, 3, 4
7	Health Related Fitness Components of Fitness Fitness Activities	1, 3, 4
8	Health Related Fitness Pre-Test	3, 4
9	Health Related Fitness Pre-Test	3, 4
10	Movement Education Qualities of Movement	2
11	Movement Education Jump Rope Activities	1
12	Manipulatives Kicking and Trapping	1

Week	Unit Focus	Standards
13	Manipulatives Kicking, Passing, Trapping	1
14	Manipulatives Foot Dribbling, Drop Kick	1
15	Manipulatives Rolling and Throwing	1, 2
16	Manipulatives Striking with Hands	1
17	Social Skills and Fitness Cooperative Games and Fitness Activities	2, 3, 5
18	Social Skills and Fitness Cooperatives Games and Fitness Activities	2, 3, 5
19	Social Skills and Fitness Cooperative Games and Fitness Activities	2, 3, 5
20	Social Skills and Fitness Cooperative Games and Fitness Activities	2, 3, 5
21	Health Related Fitness Assessment	3, 4
22	Health Related Fitness Assessment	3, 4
23	Health Related Fitness Assessment	3, 4
24	Rhythms and Dance Hokey Pokey Patty Cake Polka	1, 2, 3, 5

Week	Unit Focus	Standards
25	Rhythms and Dance Mexican Hat Dance Alley Cat	1, 2, 3, 5
26	Rhythms and Dance Shindig in the Barn	1, 2, 3, 5
27	Rhythms and Dance Shindig in the Barn Grapevine Step	1, 2, 3, 5
28	Long Rope Jumping	1, 3, 5
29	Tumbling and Balance Rolling: Forward, Backward, and Shoulder	1
30	Manipulatives Scarf Juggling	1
31	Manipulatives Basketball Skills Dribbling and Passing	1, 2
32	Manipulatives Kicking Review	1, 2
33	Manipulatives Striking (Batting) and Catching	1, 2
34	Manipulatives Striking (Batting) and Catching	1, 2
35	Manipulatives Paddle/Racquet Skills	1, 2
36	Manipulatives Paddle/Racquet Skills	1, 2

Physical Education Pacing Guide
Grade 3

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
0		Teacher Preparation	Background information and review for teacher	Read orientation to Physical Education Lessons Standards	LP: p. i, v-vii, xii-xiv LBUSD 3rd Grade Standards
1 Unit 1, Lessons 1-5	1, 3, 5	Introduction Rules Procedures Routines	Safety (Including Attire) Equipment Signals Formations Boundaries Warm-up Stretching Techniques	Safety lesson PE and Playground Equipment Start/stop Class Management Playing areas General Specific	LP: p. v; Lesson 2, p.7 LBUSD playground safety video available thru OMS LP: Lessons 1-5, p. 6-10 LP: p. v LP: p. vi-vii LP: LP: p. xii LP: p. xii-xiv

**Physical Education Pacing Guide
Grade 3**

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<p>6-7</p> <p>Unit 2, Lessons 15-20 Pages 23-27</p>	<p>1, 2, 3, 4, 5</p>	<p>Health Related Fitness</p> <div data-bbox="441 454 745 852" style="border: 1px solid black; padding: 5px;"> <p>See the Fitnessgram Manual for Directions:</p> <p>Pacer Test Mile Run Curl-Up Trunk Lift Push-Up Sit and Reach Shoulder Stretch</p> </div>	<p>Fitness Test Preparation</p> <p>Flexibility</p> <p>Abdominal Muscular Strength</p> <p>Upper Body Muscular Strength</p> <p>Cardiorespiratory</p> <div data-bbox="798 779 1165 1047" style="border: 1px solid black; padding: 5px;"> <p>Review Tag Safety Rules: Brisk walk; “Soft touch” or “Two finger peace” tag or students use fleeceball in hand to tag; “LOOK in the direction you are running.”</p> </div>	<p>Stretching</p> <p>Curl-ups (sit-up) and Crunches</p> <p>Push-ups and Variations</p> <p>Back to Back Blob Tag Partner Tail Tag</p>	<p>LP: All Fitness Tests are described on p. viii-ix)</p> <p>LP: Lesson 16, p. 23</p> <p>LP: Lesson 27, p. 24</p> <p>LP: Lesson 18, p. 25</p> <p>LP: Lesson 19, p. 26</p> <p>LP: Lesson 19, p. 26</p> <p>LP: Lesson 20, p. 27</p>

**Physical Education Pacing Guide
Grade 3**

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p align="center">8-9</p> <p align="center">Unit 3 Lesson 1-19 Pages 29-40</p>	<p>1, 2, 3, 4, 5</p>	<p>Health Related Fitness</p> <p>Fitness Pre-Tests</p> <p>Fitness Cognitive Concepts</p>	<p>Flexibility Measurements</p> <p>Upper Body Strength Measurement</p> <p>Abdominal Strength Measurement</p> <p>Cardiorespiratory Measurement</p> <p>Fitness Cognitive Concepts</p> <p>Fitness Activities</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p align="center">See Tag Safety Rules Above</p> </div>	<p>Back Saver Sit-and-Reach Pre-Test</p> <p>Shoulder Stretch Pre-Test</p> <p>Push-up Pre-Test</p> <p>Curl-up Pre-Test</p> <p>Pacer Test</p> <p>Introduce the following fitness cognitive concepts: Frequency, Intensity, Time Overload Progression Specificity Regularity Individual Differences</p> <p>Parchute Activities</p> <p>Fitness Activities/Circuits</p> <p>Work Out Tag</p> <p>Crab Walk Tag</p> <p>North Wind/South Wind Tag</p>	<p>LP: Lesson 1, p. 29</p> <p>LP: Lesson 1, p. 29</p> <p>LP: Lesson 2, p. 29</p> <p>LP: Lesson 3, p. 30</p> <p>LP: Lesson 4, p. 30</p> <p>LP: Lesson 6, p. 32</p> <p>LP: Lesson 7, p. 33</p> <p>LP: Lesson 7, p. 33</p> <p>LP: Lesson 8, p. 33</p> <p>LP: Lesson 9, p. 34</p> <p>LP: Lesson 9, p. 34</p> <p>LP: Lesson 12, p. 36</p> <p>LP: Lesson 11, p. 35</p> <p>LP: Lesson 13, p. 37</p> <p>LP: Lesson 15, p. 38</p> <p>LP: Lesson 9, p. 34</p> <p>LP: Lesson 10, p. 34</p>

**Physical Education Pacing Guide
Grade 3**

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p>10-11</p> <p>Unit 4 Lessons 1-19 Pages 42-55</p> <p>(Music, Jump Ropes)</p>	<p>1, 2, 3, 4,, 5</p>	<p>Movement Education</p> <p>Qualities of Movement Space Flow Time</p> <p>Application of Movement Qualities in Jump Rope Activities</p>	<p>Levels and Directions Smooth and Jerky Slow, Medium, Fast, Rhythm</p> <p>Jump Rope Skills using Qualities of Movement</p>	<p>Teacher-directed movements applying qualities of movement Adverbs (Game) Develop a line dance/electric slide</p> <p>Toe Trap, Basic Jump, Skier, Bell Straddle, Hop, Single, Double, and Backwards Jumps Cross arms, Straddle cross; Can Can; La Raspa Red Light; Green Light w/rope Jump Rope Routine Jump Rope Two Square Fitness—Skip To Health</p>	<p>LP: Lesson 1, p. 42 LP: Lesson 2, p. 43 LP: Lesson 4, p. 44 LP: Lesson 5, P. 44</p> <p>LP: Lesson 7, p. 46 LP: Lesson 8, p. 47</p> <p>LP: Lesson 9, p. 48</p> <p>LP: Lesson 10, p. 49 LP: Lesson 12, p. 51 LP: Lesson 12, p. 50 SFA Blue: 37</p>
<p>12-16</p> <p>Unit 5 Lessons 1-20 Pages 56-70</p> <p>(Soccer balls, playground balls, cones)</p>	<p>1, 2, 3, 4, 5</p>	<p>Manipulatives Place Kicking Trapping with Foot</p>	<p>Place kicking and trapping ball with partner</p>	<p>Teaching Cues for Place Kick and Trap Practice Kicking and Trapping with Partner Kick and Control Soccer Relays Kick, Pass, and Score Kicking on Your Own Kicking—With a Partner Kicking Targets Kick Ball (In partners) ABC Kick</p>	<p>LP: Lesson 1, p. 57</p> <p>LP: Lesson 1, p. 57</p> <p>SFA Green: 13 SFA Green: 14 SFA Green: 15 SFA Green: 32 SFA Green: 33 SFA Green 34 SFA Green 35 SFA Green 36</p>

LP = 3rd Grade Standards Based Lesson Plans
SFA Green = Green Sport for All Cards, ages 5-7
16
SFA Blue = Blue Sport for All Cards, ages 8-10
FM = Fitnessgram Test Administration Manual

Physical Education Pacing Guide
Grade 3

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p>12-16 (Continued) Unit 5 Lessons 1-20 Pages 56-70</p>		Foot Dribbling	Dribbling Ball with Foot	World Cup Goalkeeper Runaround Teaching Cues for Foot Dribbling Pass, Kick, Trap, and Dribble Activity	SFA Green 37 SFA Green 38 LP: Lesson 2, p. 57 LP: Lesson 2, p. 57
		Drop Kick	Drop Kicking Ball	Rogueball Teaching Cues for Drop Kick Drop Kick Practice with Partner Race and Dribble Game Soccer Kickball Game	SFA Green: 40 LP: Lesson 3, p. 58 LP: Lesson 3, p. 58 LP: Lesson 4, p. 58 LP: Lesson 5, p. 59
		Underhand Roll	Underhand Rolling Ball	Teaching Cues for Underhand Roll/Throw Partner Roll Target Roller Roll a Goal Rolling Interceptor Moving and Receiving Practice Rolling with Accuracy Roll Over the Line 4-Player Game Roll Around 4-Player Activity Juice Can Bowling (could use other similar targets) Pin from Guatemala Game Bleach Bottle Bowling	LP: Lesson 6, p. 59 SFA Green: 2 SFA Green: 3 SFA Green: 4 SFA Green: 5 SFA Green: 8 LP: Lesson 6, p. 59 LP: Lesson 7, p. 60 LP: Lesson 8, p. 61 LP: Lesson 8, p. 61 LP: Lesson 9, p. 62 LP: Lesson 10, p.62
		Underhand Throw	Underhand Throw	Throw and Catch Practice Throw and Catch Challenge Golf (with throwing, not a club)	SFA Green: 17 SFA Green: 18 SFA Green: 19

Physical Education Pacing Guide
Grade 3

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p style="text-align: center; font-size: 24pt;">12-16</p> <p style="text-align: center;">(Continued) Unit 5</p>		<p style="text-align: center;">Striking Ball with Hands</p> <p style="text-align: center;">Abilities Awareness</p>	<p style="text-align: center;">Striking Ball with Hands</p> <p style="text-align: center;">Awareness of different abilities</p>	<p style="text-align: center;">Hot Potato</p> <p>Beat the Class Handball (need a wall at which to hit ball)</p> <p>Hit Back Game</p> <p>Four Square Game</p> <p>Partner Volley Tennis Game</p> <p>Striking—Handball with Bounce</p> <p>Striking--Handball</p> <p style="text-align: center;">Abilities Awareness Discussion and Activities</p>	<p>SFA Green: 20</p> <p>LP: Lesson 12, p. 64</p> <p>LP: Lesson 13, p. 65</p> <p>LP: Lesson 14, p. 66</p> <p>LP: Lesson 15, p. 67</p> <p>SFA Blue: 24</p> <p>SFA Blue: 25</p> <p>LP: Lessons 16-20, p. 68-70</p>
<p style="text-align: center; font-size: 24pt;">17-20</p> <p style="text-align: center;">Unit 6 Lessons 1-19 Pages 71-89 And Unit 7 Lessons 1-16 Pages 90-100</p> <p>(Fleece, Beach, and Superskin Balls, Hoops, Towels)</p>	<p style="text-align: center;">1, 2, 3, 4, 5</p>	<p style="text-align: center;">Social Skills and Fitness</p>	<p style="text-align: center;">Encourage Each Other in Cooperative Games</p> <p style="text-align: center;">Fitness Development</p>	<p>Perform fitness activities for strength, endurance, and flexibility before and/or after each of the social skills activities in Unit 6. Fitness activities to include:</p> <p>Regular practice of Pacer Test (allow students to continue, even after two times of not staying with cadence)</p> <p>Push-ups and Variations (e.g., partner push-ups; bench push-ups; knee push-ups)</p> <p>Curl-ups (sit-ups) and Variations (e.g., partner curl-ups; partner ball pass curl-ups)</p> <p>Roll of the Dice and variation for strength</p>	<p>See previous resources for fitness activities, including Lesson Plans and Fitnessgram Manual.</p> <p>FM: Pacer Test, p. 11-14</p> <p>LP: Unit 7, Lesson 2, p. 92</p> <p>LP: Unit 7, Lesson 7, p. 95</p>

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Physical Education Pacing Guide
Grade 3

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p>17-20 (Continued) Unit 6 Lessons 1-19 Pages 71-89</p>				<p>You're It Run for Fun</p> <p>Boop (with and without hands joined)</p> <p>Guardian of the Treasure</p> <p>Don't Spill a Drop</p> <p>Keep It In the Family</p> <p>Pass and Go</p> <p>Dragon's Tail and Variation</p> <p>Ball Sandwich</p> <p>Trucks and Trailers</p> <p>Knots</p> <p>Group Juggling</p> <p>Towel Ball, Towel Exchange, and Towel Ball Volleyball</p> <p>Towel Ball Volleyball Over and Out</p> <p>Get Me Out of the Dungeon</p> <p>End Ball (Diagram on p. 83)</p> <p>Captain Basketball</p> <p>Short and Long Aerobic Passing Practice</p>	<p>LP: Unit 7, Lesson 8, p. 96 LP: Unit 7, Lesson 11, p. 97</p> <p>LP: Lesson 1, p. 72</p> <p>LP: Lesson 2, p. 72 LP: Lesson 3, p. 73 LP: Lesson 4, p. 74 LP: Lesson 4, p. 74 LP: Lesson 5, p. 75 LP: Lesson 6, p. 76 LP: Lesson 9, p. 79 LP: Lesson 9, p. 79 LP: Lesson 10, p. 80 LP: Lesson 11, p. 81</p> <p>LP: Lesson 12, p. 82</p> <p>LP: Lesson 13, p. 83 LP: Lesson 14, p. 84 LP: Lesson 15, p. 85 LP: Lesson 16, p. 86</p>

**Physical Education Pacing Guide
Grade 3**

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
				Push-up Test Curl-up Test Trunk Lift Test	FM: p. 25-26 FM: p. 21-23 FM: p. 23-24
24-27 Unit 8 Lessons 4-12 Pages 105-111	1, 2, 3, 4, 5	Rhythms and Dance	Simple Dance Skills	Hokey Pokey Patty Cake Polka Mexican Hat Dance Alley Cat Shindig In the Barn Grapevine Step Continuous Grapevine and Grapevine Combinations	Music CD's: AT = All Time Favorite Dances FD = Fun Dances for Everyone AT FD AT AT FD Lesson 6, p. 107 Lesson 9, p. 110
28 Unit 8 Lessons 13-19 Jump Ropes and Hoops	1, 3, 4, 5	Jump Rope Skills	Long Rope Jumping	Cues for Long Rope Jumping Jump Long Rope in Groups of 4 Go To School (Jump rope game) Fitness—Long Jump Ropes	LP: Lessons 11-14, p. 112-115 LP: Lesson 15, p. 116 SFA Blue: 38

Physical Education Pacing Guide
Grade 3

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p style="text-align: center;">29 Unit 8 Lessons 16-20</p>	<p>1, 3, 4, 5</p>	<p>Tumbling and Balance</p>	<p>Tumbling and Balance Activities</p> <div style="border: 1px solid black; padding: 5px;"> <p>Tumbling and balance activities should be on mats, carpet, or clean, dry grass. Gymnastic forward and backward rolls are performed optionally. Injury may result if children are forced to do rolls for which they lack necessary strength, flexibility or</p> </div>	<p>Explore Rolling, Forward, Backward, and Shoulder Rolls Crow Balance Tripod Balance Create a Gymnastic Sequence Combining Balance, Rolls, Weight transfers, Locomotor and Non- Locomotor Movements</p>	<p>LP: Lesson 16, p. 117 LP: Lesson 18, p. 119 LP: Lesson 18, p. 119 LP: Lessons 16, 17, 19, p. 117-120</p>
<p style="text-align: center;">30 Unit 9 Lessons 1-5 Pages 121-126</p>	<p>1, 5</p>	<p>Manipulative Skills</p>	<p>Scarf Juggling</p> <p>Instructional Video from OMS: <i>Juggling Step By Step</i></p>	<p>Learn and Practice Beginning Scarf Juggling Skills One scarf Two scarves Circle Scarf Juggling</p>	<p>LP: Lessons 1-3, p. 122 Video from OMS: <i>Juggling Step By Step</i> LP: Lesson 4, p. 125</p>

**Physical Education Pacing Guide
Grade 3**

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<p align="center">31 Unit 9, Lessons 6-13 Pages 127-132</p>	<p>1, 2, 3, 4, 5</p>	<p>Manipulative Skills</p>	<p>Basketball Skills</p> <p>Dribbling with Hands</p> <p>Passing with Hands</p>	<p>Teaching Cues for Dribbling Bounce, Throw, and Catch I Can, Can You?’ Globetrotters Moving and Receiving Twopass Hot Potato Duck and Throw Throwing Tennis Pass 1-2-3-4 Catch and Receive Ball Handling—Penny Push Pass and Catch Around Hoop Captain Basketball with Bounces</p>	<p>LP: Lesson 6, p. 127 SFA Green: 16 LP: Lesson 9, p. 130 LP: Lesson 10, p. 130 SFA Green: 8 SFA Green: 9 SFA Green: 20 SFA Green: 21 SFA Green: 22 SFA Green: 23 SFA Blue: 20 SFA Blue: 22 LP: Lesson 11, p. 131 LP: Lesson 12, p. 132</p>
<p align="center">32 Unit 9 Lesson 14 Page 134</p>	<p>1, 2, 3, 4, 5</p>	<p>Manipulative Skills</p>	<p>Kicking Review</p> <p>See kicking activities in SFA Green 13-15 and 33-38, under weeks 12-13 of this chart</p>	<p>Soccer Kickball</p> <p>Kick and Control; Soccer Relays; Kick, Pass, and Score; Kicking With a Partner; Kicking Targets; Kickball; A-B-C Kick; World Cup Goalkeeper; Runaround</p>	<p>LP: Lesson 9, p. 146</p> <p>SFA Green 13-15 and 33-38</p>

Physical Education Pacing Guide
Grade 3

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
33-34 Unit 9 Lessons 15, 18 Pages 135, 138	1, 3, 4, 5	Manipulative Skills	Striking (Batting), Catching	Teaching cues for Striking Practice Strike Ball off Cone or T Striking Stations Hit, Run, Catch, and Leap Go For the Goal Strike and Catch Hit and Run Batting Game Striking—Bat	LP: Lesson 15, p. 135 LP: Lesson 15, p. 135 LP: Lesson 15, p. 135 LP: Lesson 18, p. 138 SFA Green: 27 SFA Green: 28 SFA Green: 30 SFA Blue: 28
35-36 Unit 9 Lessons 16-19 Pages 136-139	1, 2, 3, 4, 5	Manipulative Skills 1.12 2.2 3.1 3.3 3.6 4.11 4.15 5.1-5.6	Paddle/Racquet Skills	Striking Stations Create a Striking Game Striking With a Paddle or Racket Striking With a Partner 1 Striking With a Partner 2 Go For the Goal Strike and Catch Outback Quash Striking-Bat Striking—Paddle/Racket w/Others	LP: Lessons 16 and 17, p. 136-137 LP: Lesson 19, p. 139 SFA Green: 24 SFA Green: 25 SFA Green: 26 SFA Green: 27 SFA Green: 28 SFA Green: 29 SFA Green: 31 SFA Blue: 28 SFA Blue: 29