

Physical Education

SPARK™, the most research-based and field-tested PE program in the world, has provided activities to link *Balance My Day™* curriculum with physical education.

The original SPARK™ study was funded in 1989 by the Heart, Lung, and Blood Institute of the National Institutes of Health, to help reduce cardiovascular disease risk factors (e.g., obesity, high blood pressure, sedentary lifestyle) that often begin in childhood. Project SPARK™, the successful research trial, evolved into SPARK™ Programs, an organization dedicated to improving the quantity and quality of physical education for teachers and children everywhere.

SPARK™ is the Healthy Kids Challenge® physical education partner. The SPARK™ core messages support and enhance *Balance My Day™* curriculum. The following table shows the alignment.

SPARK™ and <i>Balance My Day™</i> Curriculum Alignment			
SPARK™ Messages	<i>Breakfast GO Power</i>	<i>Meal Appeal</i>	<i>Snack Attack</i>
Select fruits and vegetables	Lesson 5 <i>Fruits and Veggies Every Day the Tasty Way</i>	Lesson 5 <i>Fruits and Veggies Every Day the Tasty Way</i>	Lesson 5 <i>Fruits and Veggies Every Day the Tasty Way</i>
Play Actively	Lesson 8 <i>Active Play, Balance My Day™</i>	Lesson 8 <i>Active Play, Balance My Day™</i>	Lesson 8 <i>Active Play, Balance My Day™</i>
Avoid excess sugar and fat	Lesson 6 <i>Smart Servings</i>	Lesson 7 <i>Smart Servings</i>	Lesson 7 <i>Smart Servings</i>
Reduce TV/media time	Lesson 7 <i>Smart Servings</i> Lesson 8 <i>Active Play, Balance My Day™</i> Lesson 9 Help to Meet My Breakfast Challenge	Lesson 7 <i>Smart Servings</i> Lesson 8 <i>Active Play, Balance My Day™</i>	Lesson 2 Media Lesson 8 <i>Active Play, Balance My Day™</i>
Keep H₂O the way to go	Lesson 7 <i>Drink Think</i>	Lesson 6 <i>Drink Think</i> Lesson 8 <i>Active Play, Balance My Day™</i>	Lesson 6 <i>Drink Think</i> Lesson 8 <i>Active Play, Balance My Day™</i>