Units of Instruction

The SPARK curriculum offers students opportunities to learn, practice and master a wide range of diverse skills and activities appropriate for upper-elementary school children. SPARK’s field-tested units can be implemented realistically in a variety of school settings, including those with limited space, equipment and supplies. Only activities that produce substantial opportunities for students to actively engage in moving and learning sport, dance and fitness skills are included. Inactive games and drills, as well as activities requiring specialized equipment (e.g., formal gymnastics, aquatics, etc.) have been omitted.

SPARK Focus on Fitness and Spotlight on Skills units are paired and presented in suggested yearly plans, and modified for several teaching scenarios (see ). Follow SPARK’s Sample Yearly Plan in the Teaching SPARK PE section, pages 12 and 13 (or create your own). Choose units from the Focus on Fitness and Spotlight on Skills sections and place them behind the Teaching Now tab.

Activities within each unit are designed to be approximately 10-15 minutes in length. Therefore, a complete SPARK class – with brief warm-up and cool-down segments – is approximately 30-40 minutes. If you have more time for PE, adapt by adding activities to either or both components. If less time, choose 1 component from each lesson, and rotate from Fitness to Skills every other lesson.

The following pages provide visuals of content included in each of the units.
Table of Contents
The first page of each unit contains an informative table of contents.

The 1st column provides a brief description of each activity.

The 2nd column helps you find it by giving either a page number or noting it can be found on the 📝.

The 3rd column tells how students are grouped. If equipment is involved, it helps you gauge how much is needed.

The 4th column notes the type of Integration the activities have. There are four types of integrations on the backside of most activities. They are fun to read to the students during warm-up or cool-down.

**SPARK It Up! Pedometer Variation**
(See 📝 for more information on how to use pedometers.)

---

**Introductory Pages**
- Introduction: 1
- What You Have: 1
- How To Use It: 2
- What You Need: 3
- Sample Unit Plan: 4

**Get To Know You Activities**
- Workout Buddies: Students find a different partner for specific activities. They remain buddies for the unit, month or year. 5
- Have You Ever?: Students in circle, 1 in the center. Students move across circle when an activity that they have done is named. 9

**Partner Fun and Trust Activities**
- Twist and Turn/Bend and Stretch: Pairs stand back to back passing ball around their waists and overhead/between their legs. 11
- Hog Call: Pairs with eyes closed try to meet each other using a special partner call. 13
- Designated Driver: One partner is a designated driver and “drives” their partner (passenger), with eyes closed, through road hazards. 15
- Dollars and Cents: Partners travel to Money Island to collect money to buy health and wellness equipment. 17

**Small Group Activities**
- Group Juggling: Groups of 5-7 toss ball(s) around circle in a pattern. 19
- Houdini Hoops: Groups of 5-7 pass hoop(s) around circle without letting go of joined hands. 21
**Introductory Pages**

**Introduction**
A brief introduction of the unit and the objectives addressed.

**What You Have**
Describes the activities provided in the book and the materials found on the SPARK website.

**What You Need**
This is a list of equipment, materials, and instructional media needed to teach the unit. Print a copy as an inventory sheet to use before and after teaching the unit to keep tabs on the equipment.

**How to Use It**
This is a “must read” prior to teaching any unit. It provides helpful teaching strategies and guidelines to increase safety.

**Sample Unit Plans**
Unit plans can be used as-is or modified to suit your needs, depending upon many variables at your site. Samples follow a 3 PE classes-per-week model for 4 weeks (12 lessons total). Depending on the unit, there are 1, 2, or 3 sample unit plans provided (to cover different grade levels).
4 Types of Activities to Teach

**Skill Builders**
Short in duration (3-5 minutes) and focused on 1 specific skill, Skill Builders are best used when introducing and practicing basic skills used in the specific Spotlight on Skills unit. Use daily and reinforce that practice is the path to individual improvement.

**Activities**
These are the “heart” of SPARK lessons. Activities within a unit follow a skill progression from simple to more complex. All include SPARK It Up! variations (on the back side of each activity page) to allow you to modify and challenge according to the developmental and/or grade level of your students.

**PACE Activities (Physically Active Choices to Enjoy)**
PACE Activities are student-centered and allow students to work individually, in pairs, or with a small group at their own pace. PACE Activities involve the use of Task Cards, which provide students with instructions on the activity.

**Pedometer Activities**
Activities specifically designed to incorporate the use of pedometers. These are optional and can be adapted to suit your situation and the number of pedometers available for use in your program.
Activity Pages
Each SPARK Activity includes the following:

- Shows if it is a Skill Builder, Activity, PACE, or Pedometer.
- Shows the name of the activity. These will be referred to in the Sample Unit Plans and elsewhere.
- Shows the type of integration.
- Shows the type of grouping.
- A diagram of the set-up. Where students and equipment should be.
- Shows what unit this activity came from.
- After students have had some time to practice a skill, use Challenges to increase interest.
- Provides teaching cues for the critical elements of the skills practiced.
- Shows the page number within the unit. They begin again with each unit.

**SPARK ACTIVITY**

**TWIST AND TURN/BEND AND STRETCH**

**Ready...**
- 4 cones (for boundaries)
- 1 ball or other small manipulative per pair

**Set...**
- Create medium (20x20 paces) activity area.
- Students in pairs, standing back to back scattered in area.
- One manipulative per pair.

**GO!**
1. The object is to cooperate with your partner and pass the ball back and forth by twisting, turning, bending and stretching.
2. Twist and Turn
   - Feet stationary. Turn to one side, hand the ball (using both hands) to your partner. The partner receives ball, turns in opposite direction and hands it back to you on the other side. The ball should “orbit” your waists.
3. Bend and Stretch
   - Both take 1 small step apart. The partner with ball bends down and passes the ball between their legs. The other partner bends down to receive it, and then stretches overhead to pass it back to partner. Continue until a signal is given.
4. If you drop the ball, you and your partner do 5 jumping jacks, push-ups or sit-ups before playing.
5. When you hear “Switcheroo!” change your passing direction. (Give signal randomly every 3-8 seconds.)

**CHALLENGES**
- In 30 seconds, how many times can the ball come back to the partner holding it?
- Reverse direction. Can you beat your old record?
- Get a new object. Can you beat your old record?

**CUES**
- Remember to keep your feet anchored in 1 spot marker.
- Twist at your waist.
- Use both hands for giving and receiving.

Lists the equipment/materials needed.
Describes set-up prior to beginning instruction.
A ready-to-read activity description stating objectives, instructions and directions.
Designates the SPARK Program.
Activity Pages

Read these to students during warm-up, transitions, or cool-down to integrate other topics into PE. The 4 types of Integrations are:

- **Academic Integrations** link the classroom and physical education.
- **Wellness Integrations** include tips on nutrition, safety, etc.
- **Home Integrations** promote physical activity at home and with family members.
- **Fun Facts** are interesting short stories and tall tales that students will enjoy and share with others.

**Task Change**
On signal, change your passing motion, Switch from Twist And Turn to Bend And Stretch, and vice versa. (Give signal randomly every 3-8 seconds.)

**Team Twist**
2 pairs join. Do Twist And Turn standing with backs facing. Do Bend And Stretch in a file line. Last person runs the ball up to the front and repeats.

**Sequence**
Work with your partner to establish a 4-step sequence using the moves you’ve learned (e.g., bend, twist, stretch, turn) and be ready to perform that sequence in 30 seconds.

**Add 1-4-Fun!**
Work with your partner to create a 5th move to add to your sequence. Be ready to perform your new, 5-step sequence in 1 minute.

**SPARK IT UP!**

**ACADEMIC**

- **Science** - The Earth’s orbital path around the sun is called an elliptical orbit, and takes 1 year to complete. Pluto, presently the most distant planet in our solar system, takes 248 Earth years to complete 1 orbit around the sun! Now that’s a long time to wait for a birthday!

**Tony’s Tips and Paula’s Pointers**

- **Tony’s Tips**
- **Paula’s Pointers** – Instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the “inside scoop.”

**Indicates which NASPE (National Association for Sports and Physical Education) Standards this activity addresses. Room to write your own state standards addressed.**

**12**

**STANDARDS ADDRESSED**

**NASPE**

- #4 Fitness
- #5 & 6 Cooperation/Communication

**Your State** (Write in here)

**Paula’s Pointers**

- Switch partners often or mix it up.
- Remind students to stand up, not throw it.

**NOTES**

---

**A progression of extensions which vary the activity and provide different challenges.**
Skill Cards

Skill Cards are used to create stations, as visuals for students and teachers, or to assist with creating routines. Created in an 8 1/2" X 11" format with 2 skills per page, print from the , copy them on card stock, and laminate for durability.

Skill Cards are offered in both English and Spanish versions. SPARK recommends printing them back to back with English on one side and Spanish on the other.

Include instructions for PACE Activities. Print from the , copy on card stock, and laminate for durability.
Performance Rubric Assessment

Performance Rubrics are used by teachers to document and guide learning, and to determine progress toward program goals. Print from the , fill in student names and use to assess progress of students’ skill levels.

Score students based on the number of skill cues they are able to demonstrate.

Student Self-Check Assessment

Student Self-Checks are used by students to document and guide their own learning, and to determine progress toward mastering specific skills. Print from the , make one per student, and teach students to use.

Students practice specific skills and score themselves on the number of times they are able to complete the skills using proper techniques.
Home Play Activities

Home Play Activities, help to promote physical activity outside of PE class. They are 2-sided and provided in English and Spanish. All Spotlight on Skills units as well as the Fitness Circuits unit include a Home Play Activity. Print 1 for each student and distribute on the first day of a new unit. You decide how to hold students accountable for these activities.

Home Play Activities include fun challenges on the front that reinforce skills in the specific unit.

The back of each Home Play Activities includes “Some things you really must know” such as fun facts and a little history about the activity. On the lighter side, there are a few riddles for students to enjoy. Finally, SPARK provides a few resources where students can learn more about the activity.