



SPARK™

**PHYSICAL
EDUCATION**

**GRADES
3-6**

NAME of CUSTOMER

Part 1 (of 4)

Presented by: ENTER YOUR NAME, SPARK Trainer

GOPHER

Proud to be the exclusive home
for SPARK products and services!

HOUSEKEEPING

- Restrooms
- Break & End Time
- Cell phones
- Handout packet
- Raffle
- Play to your limit!
- #SPARKtraining



WORKSHOP OBJECTIVES

- Participate in SPARK PE activities
- Learn instructional and management strategies to increase MVPA
- Explore ways to differentiate instruction in PE
- Experience SPARK curricular materials
- Be able to use tomorrow what you learn today

QUALIFIER

1. YOU are the expert!

2. YOU know your kids and facilities

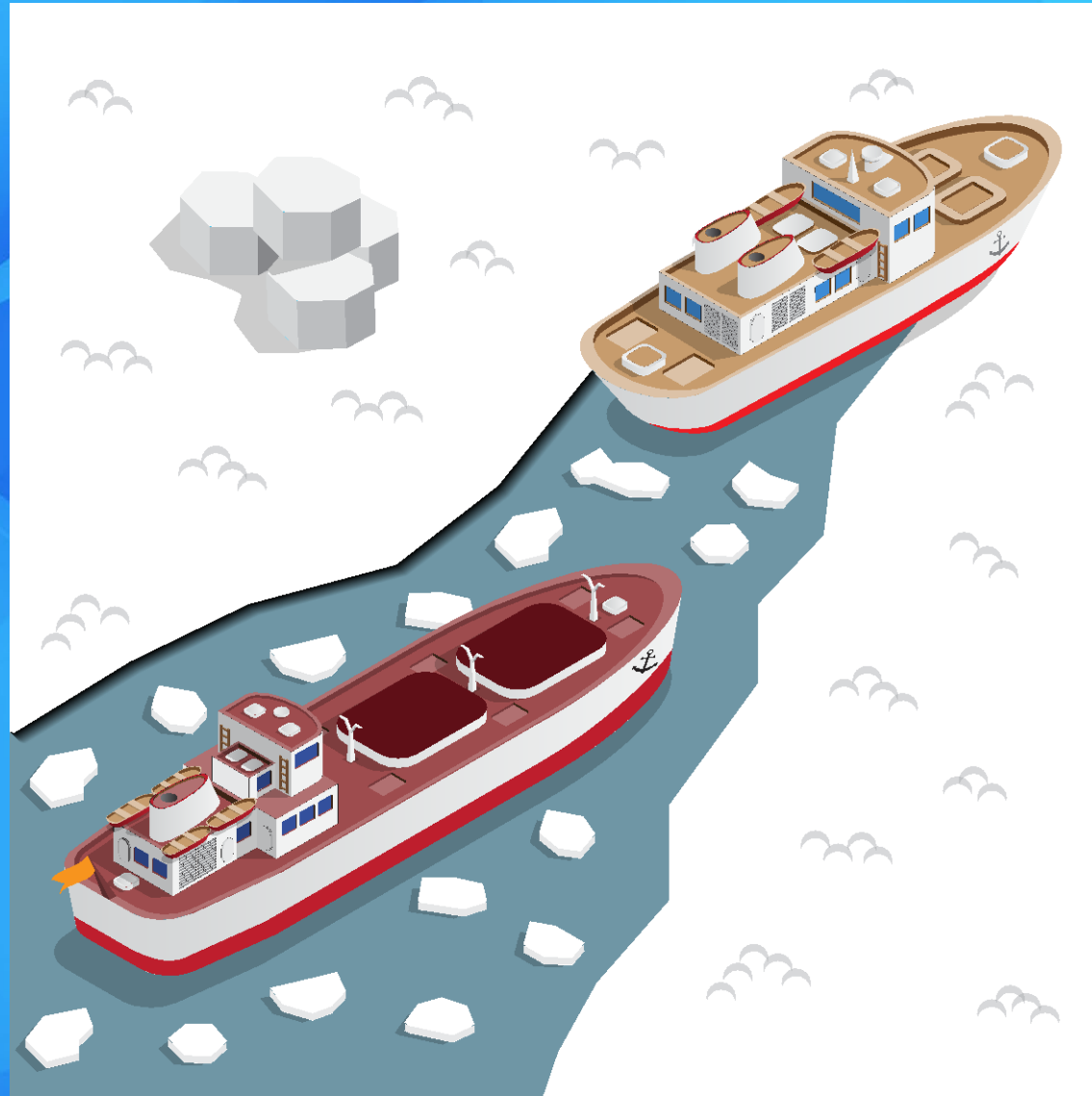
3. So, use YOUR filter to analyze an activity. Is it...

- good to go?
- in need modification?
- not going to work for me?

SPARK PE GOALS

- Students are involved in MVPA at least 50% of class time
- All students are provided with many opportunities to participate and practice skills
- Students enjoy physical activity
- Students are encouraged to participate in physical activity outside of PE

Let's Get Active – The First 3 Lessons



ACTIVITY – Part 1

ASAP's

- Perimeter Move
- 4 Corners
- Meet Me in the Middle

AEROBIC GAMES

- Aerobic Bowling
- Builders & Bulldozers
- Hearty Hoopla
- Centipede Bucket Brigade

SPARK RESULTS

Students receiving SPARK improved

- MVPA to over 50% of class time
- Physical fitness scores
- **Sport skills (throw, catch, kick)**
- **Scores on academic tests**
- Enjoyment of Physical Education (PE)
- Activity levels away from school
- Quantity and quality of instruction
- **The effects were lasting!**



Blue outcomes = unique to SPARK

MANUAL / MUSIC / FOLIO

- What You Have
- How to Use It
- Teaching SPARK PE
- The First 3 Lessons
- Focus on Fitness
- Spotlight on Skills
- Recess Activities
- Personal Best Days
- Limited Space



SPARKfamily.org

FOCUS ON FITNESS

- **ASAP**
- **Aerobic Games**
- **Chasing & Fleeing**
- **Fitness Challenges**
- **Fitness Circuits**
- **Group Fitness**
- **Jump Rope**
- **Map Challenges**
- **Movement Bands**
- **Walk/Jog/Run**
- **Personal Best Day**

SPOTLIGHT ON SKILLS

- Basketball
- Cooperatives
- Dance
- Flying Disc
- Football
- Hockey













- Racquets/Paddles
- Recess Activities
- Soccer
- Softball
- Stunts and Tumbling
- Volleyball



Plus, more digital only units on [SPARKfamily.org](https://www.SPARKfamily.org)!

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Activities	Page #	Grouping & Integration
Builders and Bulldozers Bulldozers knock down as many cones as possible and builders set them back up.	1	
Aerobic Bowling Groups score by bowling and knocking down pins. Players rotate positions after each roll.	3	
Aerobic Golf Groups of 3-4 try to reach each "hole" with as few throws as possible.	5	
Hearty Hoopla Students move toward other groups' hoops to collect beanbags to bring back to their home.	7	
Centipede Bucket Brigade Groups move beanbags from 1 hoop to another while moving their line "centipede" style.	9	
Track and Field 1 partner moves around the track while the other practices field skills inside the track.	11	
5-Player Kickball Groups of 5. Kicker kicks and runs while fielders quickly pass to all and return to Pitcher.	13	
Keep Away (2 on 1) 2 Offense, 1 Defense. Offense attempts to complete passes, while defense tries to stop them.	15	
3-Catch Game Groups of 3. Offense attempts to complete 3 passes in a row while defense tries to stop them.	17	
Capture the Flag Groups of 7-10 try to capture each other's flag and bring it back to their own territory.	19	
Raiders of the Ark Raiders try to steal treasures by running and throwing. Crypt keepers defend by pulling flags.	21	
Quidditch Chasers (offense) run & throw trying to score goals, while beaters (defense) try to stop them.	23	



SPARK LESSON PLANS

- Teacher Friendly
- Minimum Prep
- Standards-Based
- Field-Tested



LESSON PLAN FRONT

Learning Objectives

- Students will roll a ball with accuracy.
- Students will participate in moderate to vigorous activity (MVPA) for sustained periods of time.
- Students will work cooperatively within a group.

Learning Targets

- I can roll a ball at a target with reasonable accuracy.
- I can actively participate in activities that keep my heart rate up.
- I can demonstrate respect for myself and others by working hard and encouraging others.

Teaching Cues

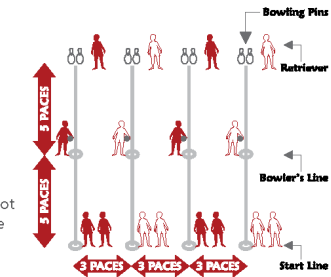
- Bowlers, step forward with opposition and release the ball when pointing at the target.
- Ball Retrievers, move quickly to bring the ball to the next bowler.
- New Bowlers, move to the bowling line quickly.

PREP

- 2 [spot markers](#) per group of 4 students
- 2 [bowling pins](#) (or substitute 2 lightweight cones) per group of 4 students
- 1 [utility ball](#) per group of 4 students

SET

- Create 2 parallel lines of spot markers and a third line of bowling pins.
- Lines are 5 paces apart, and spot markers in each line 3 paces apart.
- The first line of spot markers is the start. Two students start here. The second line of spot markers is the bowlers' line. The third line is for the bowling pins (or 2 cones) and where the ball retriever stands.



TEACH

1. Lesson Objective

- The object of **Aerobic Bowling** is to use underhand rolling skills to score as many points as your group can before the signal.

2. Instructions

- On the signal, the bowler (*at second cone*) rolls the ball toward pins/cones trying to knock them over.
- Bowler runs after the ball and sets up pins/cones for the next bowler (*if needed*) and stands safely off to the side.
- The ball retriever retrieves rolled ball, runs it to second cone for the new bowler, then continues to start line.
- When you reach the front of the start line, run to be the next bowler.
- Continue bowling, setting up pins, retrieving, and running until signal.

3. Scoring

- Strike = knocking down both pins is 10 points.
- Spare = 1 pin knocked down is 5 points.

4. Challenges

- How quickly can your group score 50 points?
- How many points can your group score before the signal?

REFLECTION QUESTIONS

- What can you do to improve your accuracy?
- Did you hit the intensity you needed to improve your aerobic capacity? How do you know?
- How can you help your team members to improve your score?

LESSON PLAN BACK

Aerobic Bowling

Standards Alignment

Standard 1: Outcome 6

Combines traveling with manipulative skills in small-sided practice tasks.

Standard 2: Outcome 2

Combines movement concepts with skills.

Standard 3: Outcome 2

Engages in the activities of physical education class without teacher prompting.

Standard 4: Outcome 2

Participates with responsible personal behavior in a variety of physical activity contexts.

Standard 4: Outcome 4

Works cooperatively with others.

SEL Competencies

Self-Awareness

Peer interaction

Self-Management

Self-motivation

Relationship Skills

Teamwork

Vocabulary

- idiom
- opposition
- retriever

SPARK It Up!

1. Vary the Scoring

- (Use trickier math skills by changing the scoring. For example, use 3 points for a strike and 2 points for a spare.)

2. 6-Pin

- (Set up 6 pins- 1 in front, 2 behind, and 3 in back in a triangle. A strike = 10 points, but anything less scores 1 point per pin.)

3. 1-Pin

- (Challenge students by using just a single pin. It's all or none. They score 10 points for a knockdown.)

Teaching Suggestions

- Although this can be done on nearly any surface; the smoother the surface, the better it is for bowling.
- Adapt for different skill levels: change the distance of the spots, the ball used for bowling, or the size or number of pins to knock down.
- Use pool noodles as "bumpers".

Integration

An idiom is a figure of speech whose meaning cannot be inferred from its words. Do you check to see if you're sprouting feathers when someone asks, "do you have all your ducks in a row?" This idiom refers to a game called Nine Pins from England. To get "your ducks in a row," all the pins must be set up correctly. Make a list of other idioms and research their origins. Come on; go the extra mile!

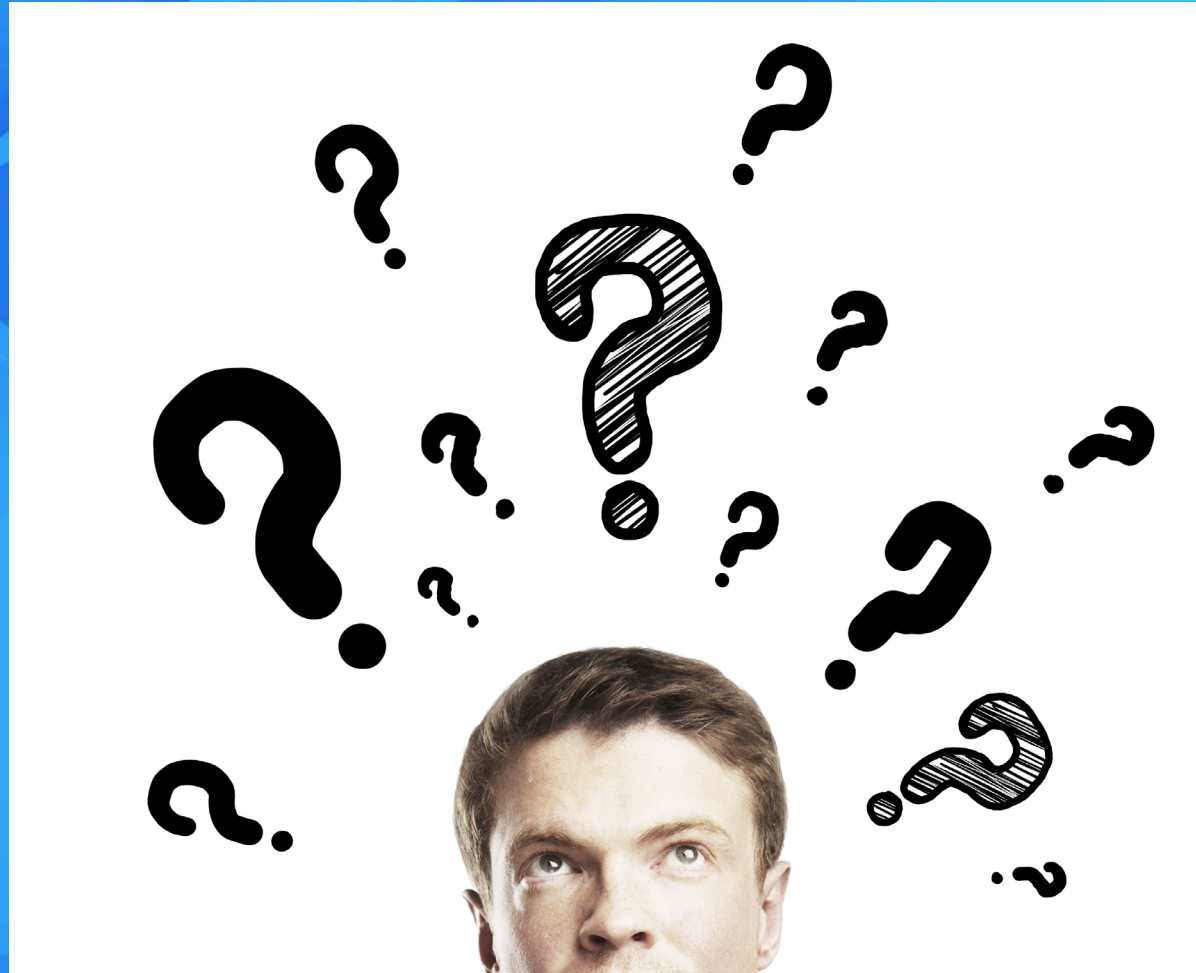
Teacher Reflection



THE BASICS

- **B** oundaries and routines
- **A** ctivity from the get-go
- **S** top and start signals
- **I** nvolvement by all
- **C** oncise instructional cues
- **S** upervision & feedback

WHAT QUESTIONS DO YOU HAVE?



TAKE A BREAK

HIGH ACTIVITY SKILLS PROGRESSION (HASP)

- Shadow
- Passing/Receiving
- Challenges
- Partner Step-Back
- Give and Go
- Defense
- Keep Away
- 3-Catch Games and Variations

Activity Part 2: FLYING DISC

- Backhand Throw and Catch
- Catching Drills
- Corner-to-Corner Give & Go
- Keep Away (3-on-1)
- 3-Catch Flying Disc
- Ultimate Flying Disc



LESSON FORMAT

Easy as 1, 2, 3...


- **ASAP** (2-3 min. for warm-up)
- **Focus on Fitness** (10-15 min.)
- **Spotlight on Skills** (15-20 min.)
- **Cool-down/Closure** (3-5 min.)



Sample Yearly Plan

Teaching SPARK PE

SPARK Sample Yearly Plan

Month/ 4-Week Period	Focus on Fitness	Spotlight on Skills	Personal Best Day 
September 1	Fitness Circuits	Cooperatives	
October 2	Chasing and Fleeing	Flying Disc	X
November 3	Jump Rope	Dance	
December 4	Map Challenges	Volleyball	X
January 5	Daily Dozen (Stunts Unit)	Stunts and Tumbling	
February 6	Movement Bands	Basketball	X
March 7	Group Fitness	Hockey or Racquets and Paddles 	
April 8	Aerobic Games	Soccer	X
May 9	Walk/Jog/Run	Softball	
June 10	Fitness Challenges	Football or Racquets and Paddles 	X

FLYING DISC SAMPLE UNIT PLAN

The following unit plan can be used as is, or modified to suit your needs. Variables are many, including: number of students, skill levels, duration of PE class, days per week taught, weather, facilities, equipment, etc.

This unit uses a 3 PE classes-per-week model for 4 weeks – 12 lessons total. The *SPARK It Up!* variations provided on activities allow you to meet the changing needs of your students as they become more skilled.

Sample Unit Plan

DAY 1	DAY 2	DAY 3
* <i>Backhand Throw and Catch</i>	* <i>Backhand Give and Go</i>	* <i>Forehand Throw</i>
* Introduction * Introduce Home Play	* Target Throw	* Pass and Follow
DAY 4	DAY 5	DAY 6
* <i>Backhand Give and Go</i>	* <i>Catching Drills</i>	
* Corner to Corner Give and Go	* Hoop to Hoop	* PACE Activity #1 or Assessment
DAY 7	DAY 8	DAY 9
* <i>Backhand Give and Go</i>	* <i>Catching Drills</i>	
* 5-Player Flying Disc Throw and Run	* Flying Disc Golf	* PACE Activity #2 or Pedometer Assessment
DAY 10	DAY 11	DAY 12
* <i>Catching Drills</i>	* <i>Catching Drills</i>	
* Keep Away (3 on 1)	* Flying Disc 3-Catch Game	* PACE Activity #3 or Assessment

Italic = Skill Builders
Regular = Activities

INSTRUCTIONAL STRATEGIES to increase MVPA

- “The object is... You do that by...”
- The 80/20 rule – Be a plumber!
- “When” before “What”
- Principle of 3s
- Start and Stop Signals
- Minimize distractions



MANAGEMENT STRATEGIES to increase MVPA

- Equipment in corners
- Equipment Managers
- Pinnies Rule
- Individual/Partner/Group
- Forming groups quickly
- Rock/Paper/Scissors



Included with purchase of SPARK curriculum!

NEW



SPARK™

The FIRST Physical Education Curriculum & Assessment App

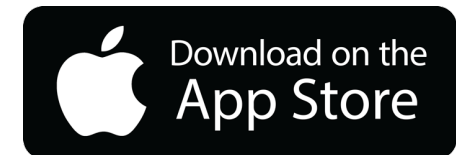
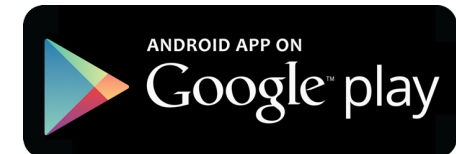
Try the SPARK app today for free or get full access with a SPARKfamily membership!

LEARN MORE

SPARK (& more) in the palm of your hands –



- ✓ *View SPARK lesson plans + favorite lessons for easy access*
- ✓ *Observe SPARK skill cards, task cards, and activity videos + access music*
- ✓ *Conduct SPARK skill rubric assessments*
- ✓ *Capture fitness testing*
- ✓ *Schedule SPARK lessons, assessments + fitness tests, with pop-up reminders*
- ✓ *Track attendance*
- ✓ *Utilize random group creator/student selector*
- ✓ *Email student self-assessments*
- ✓ *Custom assessments*

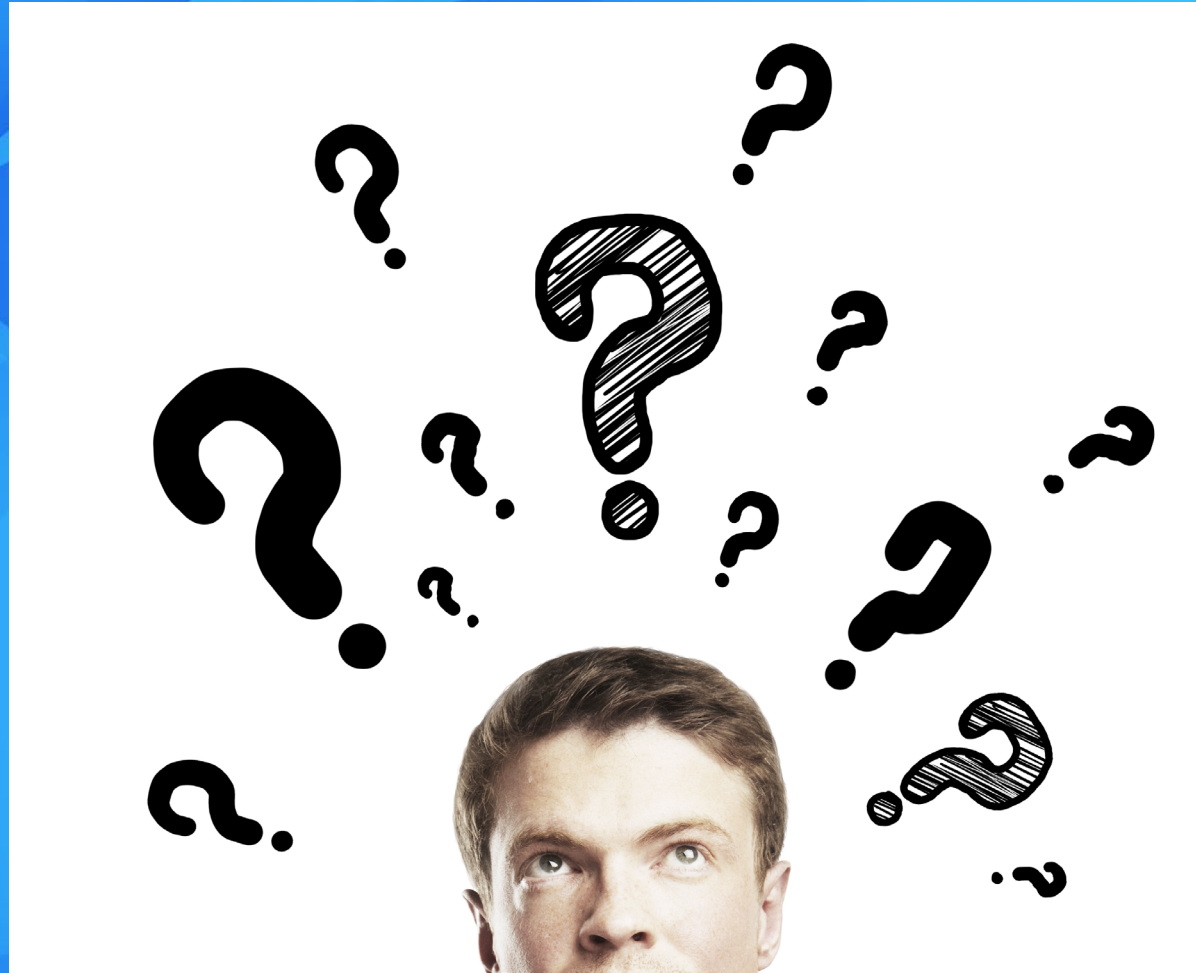


Search "SPARK PE"

SCAVENGER HUNT: SPARKfamily



WHAT QUESTIONS DO YOU HAVE?



THINK – PAIR - SHARE



KEY POINTS

- BASICS
- Instructional Strategies
- Forming Groups
- Increasing MVPA
- Challenge by Choice

MAKE
IT
FUN

**As a result of today's workshop, what will
you:**

START doing?...

STOP doing?...

CONTINUE doing?...

BLAST OFF!

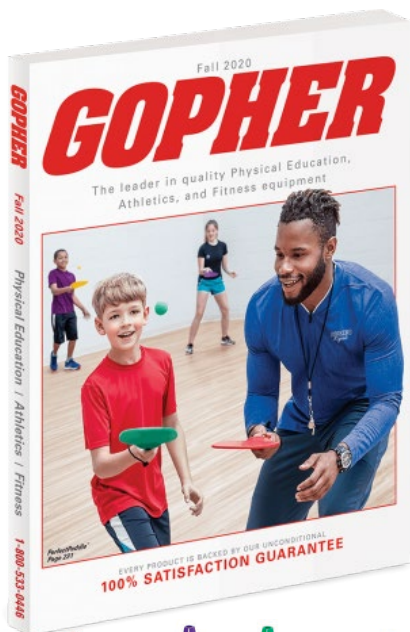


HOW DID WE DO?

Did we...

- Participate in SPARK PE activities?
- Learn strategies to increase MVPA?
- Explore ways to differentiate instruction?
- Experience SPARK curricular materials?
- Learn something you could use tomorrow?





***GOPHER* Equipment**

- SPARK Recommended Sets
- Age-appropriate
- High-Quality Fitness and Sport Equipment
- Shop NEW Products – Gopher Exclusive
- PE Best-Sellers on Sale in Back to School and Spring Catalogs

***SPARK
Expert
Selected***

***100%
Satisfaction
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PROGRAMS

**PHYSICAL
EDUCATION**

GRADES K-2

**PHYSICAL
EDUCATION**

GRADES 3-6

**PHYSICAL
EDUCATION**

MIDDLE SCHOOL

**PHYSICAL
EDUCATION**

HIGH SCHOOL

**INCLUSIVE
PHYSICAL EDUCATION**

*Whole School
Whole Community
Whole Child*
Initiative

**EARLY
CHILDHOOD**

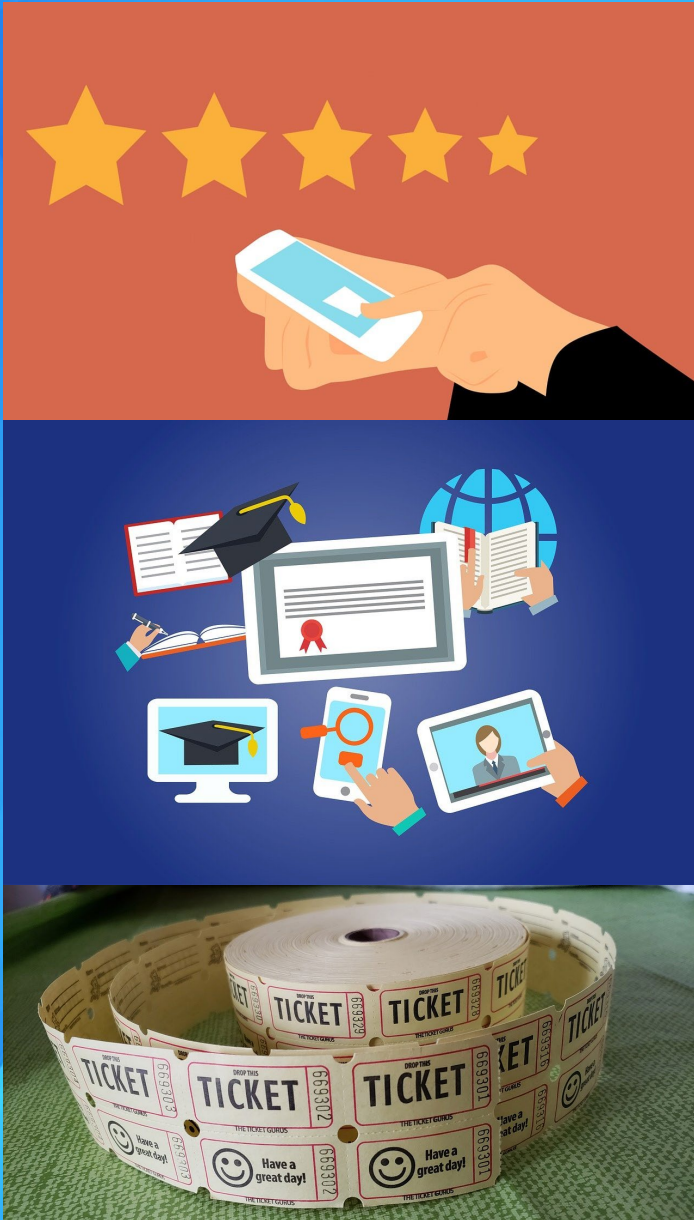
**AFTER
SCHOOL**

**ACTIVE
CLASSROOM**

SPARK

me•we•3

At-home physical activity



Evaluation

Certificate

Raffle!

Evaluations

Today's Date: INSERT DATE

Trainer's Name: Your name

Training Program: 3-6 PE

Training Type: Starter 1



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Next License Expiration Date
07-27-2023

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About SPARKfamily

SPARKfamily.org is a special, password-protected website where you can access a library of effective digital tools to support your SPARK program.

SPARKfamily members can access the complete Digital Curriculum with digital files of all content, view instructional videos of SPARK activities and dances, use interactive alignment and assessment tools, access hundreds of skill and task cards - English and Spanish, and receive helpful tips from SPARK's Master Trainers!

And every tool on SPARKfamily.org has been optimized for use on a tablet or other mobile device so you can access it anywhere!

You have the "what to teach" (the lesson plans) on SPARKfamily.org but what about the "how to teach"? The lessons come alive when the "how to do it" is provided via SPARK training. Check out SPARK's Professional Development Online.

What's New

Click here to access the SPARK PE App Teacher Portal

Click here to access the SPARK PE App Tutorial & How-To Guides

Click here to access the 2022-2023 SPARK Strategies Calendar

2/15/23 Top 10 Easy to Use Sub Plans (Curriculum Resources K-2, 3-6, MS, & HS)

1/18/23 K-2 Skill Cards

12/21/22 Spanish Version High School Student Self & Peer Assessments

12/21/22 Positive Learning Environment Unit available for Early Childhood

11/16/22 Mindfulness Unit available for Early Childhood

11/16/22 Positive Learning Environment Unit for MS & HS

10/19/22 Mindfulness Unit available for K-2, 3-6, and Active Classroom

New to SPARKfamily?

Once logged in to SPARKfamily.org, access your program(s) through the main Navigation Bar. Click on a unit title to access links to lesson plans, skill and task cards, and unit planning resources.

Click here for FAQ's.

Click here for video "Overview of SPARKfamily.org" - How to use & navigate the site

Instructional video for using the SPARKfamily.org Admin tools

Questions?

Email spark@sparkpe.org or

Call SPARK Development Director, Jeff Mushkin
P: 507-676-8330.

SPARKfamily.org Home Page

DashboardDocumentsCourse CatalogJulie Frank17 credits

Purchase Credits Now

Enter a Course Code

Hello, Julie Frank

Announcement

Important Announcement

SPARK – the World's Most Researched Physical Education and Physical Activity Programs is here to help.
Become certified in a SPARK program from the comfort of your home by taking advantage of SPARK Online Professional Development!
Note: 16 credits are needed to receive "SPARK Certification" status per SPARK program (e.g., K-2 PE, High School PE, After School, etc.).
Teachers and Parents: Check out the **FREE SPARKhome** activities we have added – Go to "Course Catalog" and select **SPARKhome (Free)**. We have materials to provide 3 weeks of content for K-2, 3-6, Middle School, and High School to keep students active and healthy when they are out of school. To see all of the K-12 courses click on "See More".
Free Online PD: We have 50+ webinars available on SPARKacademy.org. Track your professional development hours earned to show your school/district the professional development you participated in while school was closed.
1) Click "Course Catalog" (upper right corner of window).
2) Select "Webinar Library (FREE)" from the dropdown.
3) Click "Show More" to see all available.
If you need help with your SPARKacademy account or have any questions about this website please email Jeff Mushkin, SPARK Development Director, at jeffmushkin@sparkpe.org.
Note: If you currently have credits you can use them to access the paid content on this site.

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Note: All SPARK curriculum purchases include access to [SPARKfamily.org](#).
SPARKfamily members can access the complete Digital Curriculum with digital files of all content, view instructional videos of SPARK activities and dances, use interactive alignment and assessment tools, and access hundreds of skill and task cards – English and Spanish. And every tool on SPARKfamily.org has been optimized for use on a tablet or other mobile device so you can access it anywhere!
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Interested in equipment? [View here](#).
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Click [here](#) to view Frequently Asked Questions.

CODE for CERTIFICATE:
ENTER SE CODE HERE

The logo for SPARK ecademy. The word "SPARK" is in large, bold, yellow 3D letters with a blue outline. To its right is a red shield-shaped icon containing a white lowercase "e". Further right, the word "cademy" is written in a blue, lowercase, sans-serif font.

SPARK™ Equity Awards

- 2023 awarded over \$200k in awards.
- Next round of awards will open later in 2023.



Funding to bring SPARK to organizations and teachers who serve low-income communities.

For more information visit: sparkpe.org/equityawards



CONTACT US

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GOPHER

Proud to be the exclusive home
for SPARK products and services!

A group of approximately ten children of various ethnicities are captured in mid-air, jumping joyfully. They are wearing casual clothing like t-shirts and shorts. The background is a vibrant blue with abstract, overlapping geometric shapes in lighter and darker shades of blue, creating a dynamic and energetic atmosphere. The children's expressions are joyful, with some showing their teeth and others with their arms outstretched.

THANK YOU!

**“You don’t stop playing because you grow old;
you grow old because you stop playing!”**

-George Bernard Shaw-