

Day 1

Presented by: ENTER YOUR NAME, SPARK Trainer







HOUSEKEEPING

- Restrooms
- Break & End Time
- Cell phones
- Handout packet

- Raffle
- Play to your limit!
- #SPARKtraining



WORKSHOP OBJECTIVES

By the end of today you will know and be able to use...

- A variety of teaching & management strategies to increase student MVPA
- SPARK curricular materials all formats of a SPARK HS Unit
- Be able to use tomorrow what you learn today
- •Have fun & enjoy the process!





SPARK OJBECTIVES

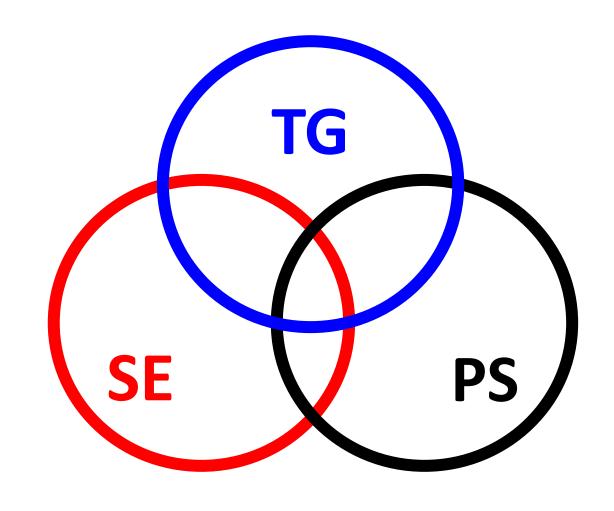
 Align content & instruction to PE Standards & the latest research recommendations

- Engage students in at least 50% MVPA
- Provide students with max. opportunities to practice fitness, motor, social, & sport skills
- Ensure students know & apply behavioral strategies so they participate in physical activity outside of PE

GENEALOGY

SPARK HS PE DNA

- Sport Education (SE)
- Tactical Games (TG)
- Teaching Personal & Social
 Responsibility (PS)



HS PE 101 Instruct this unit first

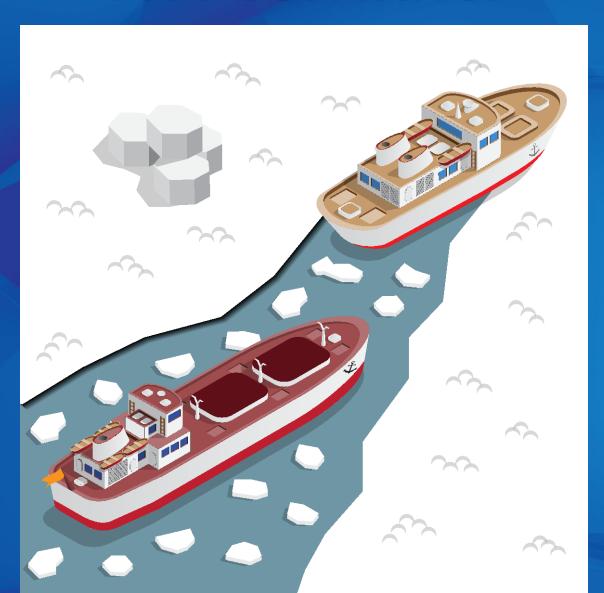
- Establishes routines, expectations, & management strategies
- Provides examples of activity formats
- Introduces Long-Term Grouping (LTG)
- Teaches student roles & responsibilities
- Launches Character Matters program



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?

Let's Get Active!

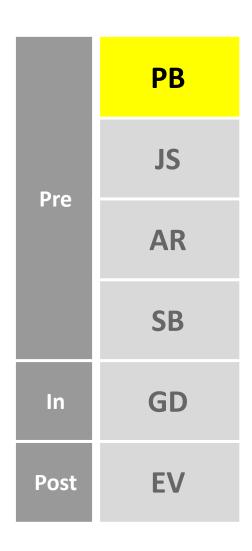


HS PE 101

- Get the Signal
- Team Up
- Tri-Tri-Tri Your Best
- Fun-Day-Mental Jigsaw
- Adventure Race



PERSONAL BEST 101



Purpose:

Diagnose skills (baseline)

Goal-setting (SMART goals)

Team development (LTG)

• Method: Stations

• CM Trait: Trust

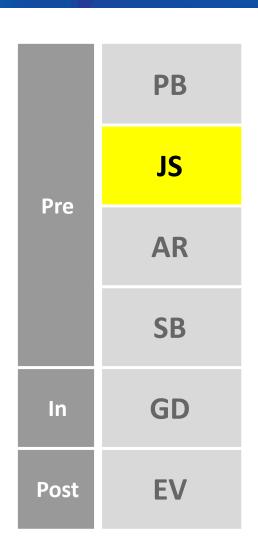
• **Tip:** Do your best, focus on process (not scores), keep result confidential

Resources

Content Cards

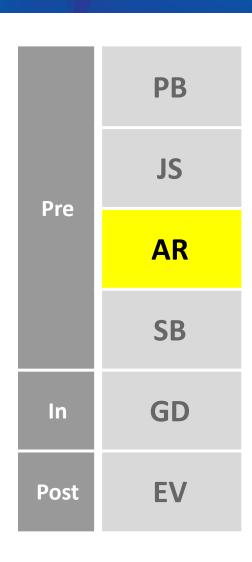
o PB & CM Trait Assessments

FUN-DAY-MENTALS JIGSAW 101



- Purpose:
 - Refine (to perfect) & Remediate (catch-up)
- Method: 2-parts: Learn, then Teach
 - Cooperative learning jigsaw
 - Stations
- **CM Trait:** Leadership & Respect
- **Tip:** Use 1+ coaches / station
- Resources
 - Content Cards
 - O Note Cards

ADVENTURE RACE 101



Purpose:

- Apply skills via team-based challenges while racing against the clock &/or other teams
- Method: Stations
- **CM Trait:** Cooperation & Competition
- **Tip:** Plan for 1+ teams/station
- Resources
 - Content Cards
 - o Task Cards

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!



MANUAL / MUSIC CD / FOLIO

- What You Have
- How to Use It
- What You Need
- HS PE 101
- ASAPs
- Fitness Sections
- Game-Based Sections





7 UNIT STRUCTURES

- 1. ASAPs (Warm-up and Active Roll-taking)
- 2. Personal Best (Assessment and Goal Setting)
- 3. Fun-day-mentals Jigsaw (Remediate & Refine)
- 4. Adventure Race (Fundamental Application)
- 5. Skill Builders (Skill Practice)
- 6. Game Days (Skill/Tactic Application)
- 7. SPARK Event (Culminating Experience)

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Badminton

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What You Have	ii	
How to Use It	iv	
Inclusive Strategies	v	
What You Need	vii	
ASAPs	Page #	Integration
Rally-a-Round	1	O
At Your Service	3	Š
Smashing Success	5	
Assessment	Page #	Integration
Badminton Personal Best Students self-assess badminton skills and develop personal goals.	7	
Preseason: Cooperatives	Page #	Integration
Fun-day-mentals Jigsaw Students learn and teach each other badminton fundamentals.	9	ď
Badminton Adventure Race Teammates cooperate and use badminton skills and knowledge to complete a series of badminton-based challenges.	11	•
Preseason: Skill Builders	Page #	Integration
Serves & Clears Students practice serving and clearing skills with a partner.	13	W
Drop & Smash Students practice the Drop and Smash shots with a partner	15	V
Drive Students practice the Drive shot with a partner.	17	W
In-season: Game Days	Page #	Integration
Rally & Recover (Singles Success/Try Again) Practice and game play focused on hitting clears to open space and using a base position.	19	T









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Win the Point (Singles Royal Court) Practice and game play focused on using offensive shots to force an opponent to use defensive shots.	21	V
Picking Sides (Doubles Success/Try Again) Practice and game play focused on side-to-side doubles play formation.	23	•
l Got Your Back (Doubles Royal Court) Practice and game play focused on front-to-back doubles play formation	25	T
Post Season: Culminating Event	Page#	Grouping & Integration
SPARK Event: Uber 'Bad' Cup (Singles and Doubles Round Robin) A culminating experience that brings the unit to an authentic and festive finish. Two activity options are provided.	27	Ŏ

LESSON **PLAN FRONT**



Third Hit's A Charm

Learning Objectives

- Students will demonstrate passing and setting skills with accuracy and proper technique.
- Students will show good communication and follow the rules of the game.
- · Students will participate safely, responsibly, & with good effort.

Learning Targets

- I can demonstrate passing and setting skills with accuracy and proper technique.
- I can show good communication and follow the rules of the game.
- · I can participate safely, responsibly, and with good effort.

Teaching Cues

- · Begin in rotational position.
- Call ball & open up. Transition to & from W.
- Attack, cover, and transition to base D.

PREP

- 1 volleyball court or 8 spot markers (to create courts) per 2 teams
- 1 volleyball (regulation or trainer) per 2 teams
- 1 Practice Plan (#1) and Scorecard (optional) per team

SET

- Use 1 volleyball court per 2 teams or create courts (15 x 10 paces) with a midline (net).
- Place a Scorecard and Practice Plan per game area.



= Net/Rarrier

TEACH

1. Lesson Objective

• The object of Third Hit's a Charm is to hit an un-returnable ball into your opponent's court so you can score points by using a 3-skill sequence; pass-set-hit.

2. Instructions

- (Demonstrate game while explaining format. Practice before or after game, use Practice Plan.)
- The 3-skill sequence gives an offensive advantage because you can hit accurate, hard-driven balls across
- Aim for open spaces, hitting cross-court or down the line.

3. Game Format

- 6-on-6 Success/Try Again: two 4-minute periods per game. Rally scoring.
- Play begins with a rainbow toss over the net (period 1); or, an underhand serve (period 2).
- To score, teams must use a 3-hit sequence (pass-set-hit).
- Rotate "serve" after each side-out.
- No blocking. (Refer to Team Offense Content Card.)
- After each game rotate to Success or Try Again courts.

4. Cues

Offensive Cues

- o "Begin in rotational position" No overlap, 1 setter in the front and 1 in back row.
- o "Call ball & open up" Call ball if below shoulders or move to view the passer.
- o "Transition to & from W" On serve, go from rotational positions to W, then attack.
- o "Attack" Perform the pass-set-hit to score.
- o "Cover" Move into position to "back-up" hitter and to defend open spaces.
- o "Transition to base D" After hitting across the net, prepare for opponent's attack.



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LESSON PLAN BACK

Third Hit's A Charm

Standards Alignment

Standard 1: Outcome 1

Demonstrates competency in movement skills.

Standard 2: Outcome 1

Applies terminology associated with exercise and participation.

Standard 2: Outcome 2
Uses movement concepts to analyze & improve performance.

Standard 2: Outcome 5

Uses strategies and tactics effectively during game play.

Standard 4: Outcome 2

Exhibits proper etiquette, respect for others, and teamwork.

Standard 4: Outcome 3

Uses communication skills that promote group dynamics.

Standard 4: Outcome 4Solves problems and thinks critically as individual/group.

Standard 5: Outcome 4
Identifies the opportunity for social interaction in activity.

SEL Competencies

Self-Awareness

Peer interaction

Self-Management Self-discipline

Social Awareness

Working with others Relationship Skills

Communication, cooperation

Responsible Decision-Making
Analyzing situations

Reflection Questions

- What is the difference between a rotational position and a base W position?
- Why is it important to use the 3-skill pass-set-hit sequence?
- Why should the pass be the first hit used in the 3-skill pass-set-hit sequence?

Game Reset

Rewind

Play original game but eliminate the 3-hit scoring requirement, allowing teams to score points off of any hit that crosses the net; and/or allow teams to use more than 3 hits when attacking.

FFwd 1

Play original game, but initiate play with the overhand serve only.

FFwd 2

Play original game, but allow blocking and/or score points off of the spike only.

Teaching Suggestions

- Limited space? Let teams practice while others play the game. Rotate teams from practice to game and back again.
- Score tied at game's end? Rock-Paper-Scissors to determine which team goes to what court.
- Optional: Assign rotating support roles (coach, official, scorekeeper, etc.) for games.

Integration

Specialize your serve with spin or no spin. Topspin serves are hit overhand with topspin causing the ball to drop faster than it would otherwise drop. A Float is an overhand serve where the ball is hit with no spin. Its path has unpredictable motion and is difficult to return – similar to a knuckleball pitch in baseball. Both take practice to perfect.

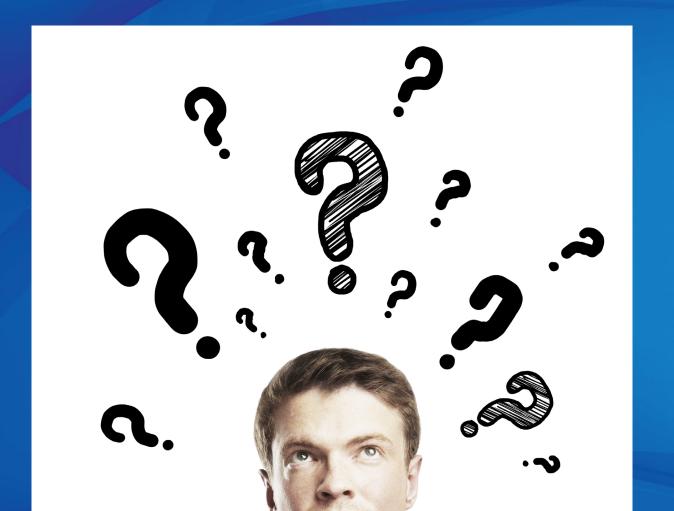
Teacher Reflection —				



THE BASICS

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

WHAT QUESTIONS DO YOU HAVE?



TAKE A BREAK

Activities

Game Day

- Sepak Takraw (Practice)
- Sepak Takraw (Game Play)

Group Fitness

- Yoga Basic Training
- iYoga

GAME DAY 101



- Purpose:
 - Skill & Tactical Development (game performance)
- Method: Peer Teaching
- **CM Trait:** Fair Play & Responsibility
- **Tip:** Teach through coaches, use non-elim tourneys, focus on roles & high quality practices
- Resources
 - O Practice Plans & Playbooks
 - Content Cards
 - o Scorecards

LESSON FORMAT

- ASAP
 - Fitness
 - Unit-specific (Game-based only)
- Main Activity (Game-based / iFit)
- Cool-down / Think About

YEARLY PLAN

Sample Pacing Guides

- 9 Week
- 18 Week
- 36 Week



SAMPLE YEARLY PLAN

Month	Games-Based Units	Fitness-Based Units
September	HS PE 101	WELLNESS WALKING
October	SOFTBALL (Aligns w/ MLB Season Playoffs)	STR ENG TH TRAINING
November	FOOTBALL (Aligns w/ NFL Season)	GROUP FITNESS: YOGA
December	BADMINTON	GROUP FITNESS: H.I.I.T.
January	HOCKEY	GROUP FITNESS: FREESTYLE AEROBICS
February	VOLLEYBALL	GROUP FITNESS: CARDIO KICKBOXING
March	BASKETBALL (Aligns w/ NCAA March Madness)	DANCE
April	FLYING DISC: ULTIMATE	GROUP FITNESS: FUNCTIONAL FITNESS (SPARKfamily.org Unit)
May	WORLD GAMES: CRICKET	FITNESS CLUBS (Staffed by SFI Certified Students
June	COOPERATIVES: ORIENTEERING	FITNESS CLUBS (Staffed by SFI Certified Students

Option 1: Alternate Games-Eased and iFit days (ex. Day 1 - Basketball: Day 2 - Dance)

Option 2: Combine Games-Based and iFit content into a single lesson each day

GAME-BASED UNITS OVERVIEW

Phase	FORMAT (# lessons)	PURPOSE (method)	CHARACTER MATTERS Traits
Pre	Personal Best (1)	Diagnose, Goal-set, ClassifySkill Stations	● Trust
	FDM Jigsaw (1)	Refine & RemediateStations	LeadershipRespect
	Adventure Race (1)	FDMJS ApplicationStations	CooperationCompetition
	Skill Builder (1-3)	Option to FDMJS & Ad RaceDirect instruction	Initiative
In	Game Day (4)	Skill/Tactic/Role DevelopmentPeer Teaching	Fair PlayResponsibility
Post	Event (2+)	Authentic CulminationTourney, Banquet, PB Post	AppreciationConcern

REAL STRATEGIES



Making PE Authentic

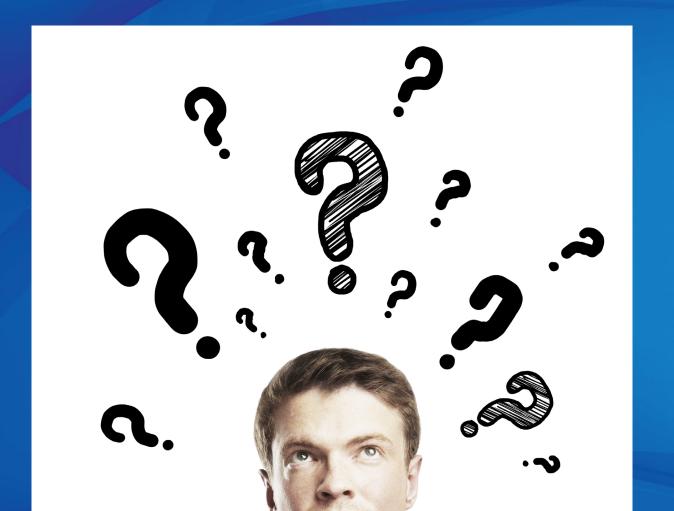
- Long Term Grouping (LTG)
- Team Points System
- Student Roles
- Character Matters System
- Seasons (Unit Structure & Lesson Formats)



SCAVENGER HUNT: SPARKfamily



WHAT QUESTIONS DO YOU HAVE?



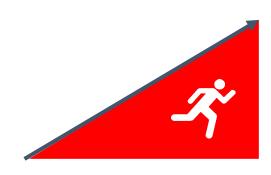


It's LUNCH TIME!

MVPA STRATEGIES

- ASAP: H.A.R.T. Method* (mvpa + attendance)
- "The object is... You do that by..." (quote it)
- Show & Tell! (a pic = 1K words)
- The 80/20 Rule (talk less, move more)
- **Groupings** (inclusion)
- Low Equip/Large Class (alternate skill & fitness)
- Game Resets (differentiation)
- Activity Autonomy (choice, CYO)





THINK - PAIR - SHARE



POSSIBLE BARRIERS

- Administrative Support
- Equipment
- Non-Suits
- Facilities
- Staff Resistant to Change
- Class Size



Activities

Speedball

- Grow and Go (Practice)
- Grow and Go (Game Play)

Flying Disc

- Battle Zone (Practice)
- Battle Zone (Game Play)

Included with purchase of SPARK curriculum!



www.sparkpe.org/app

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

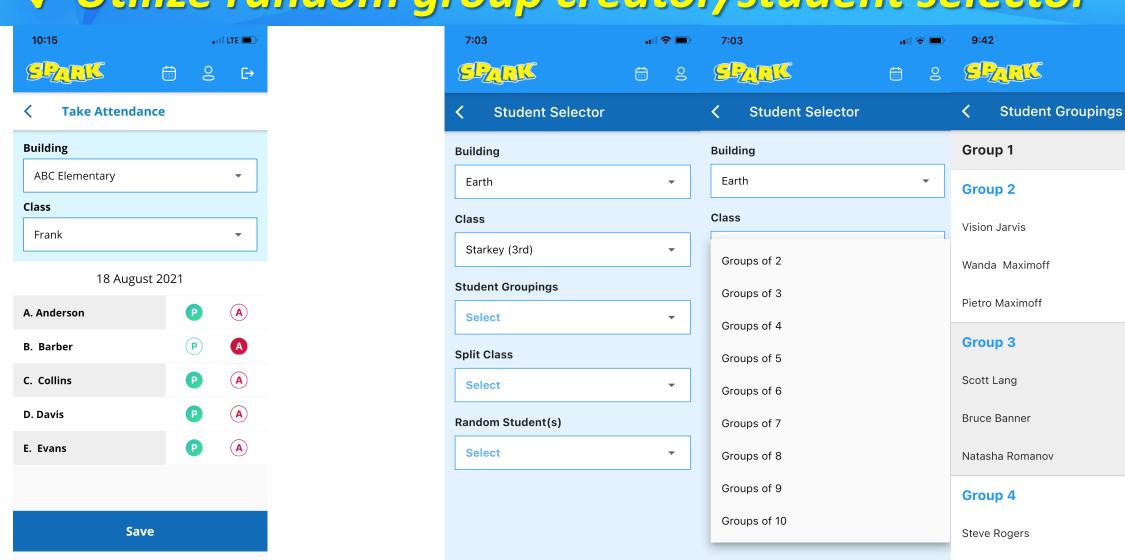


- ✓ View SPARK lesson plans + favorite lessons for easy access
- √ Observe SPARK skill cards, task cards, and activity videos + access music
- **✓ Conduct SPARK skill rubric assessments**
- √ Capture fitness testing
- ✓ Schedule SPARK lessons, assessments + fitness tests, with pop-up reminders
- √Track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



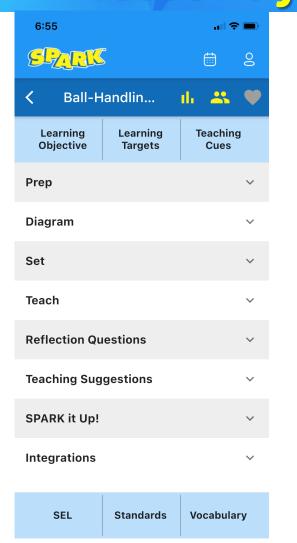


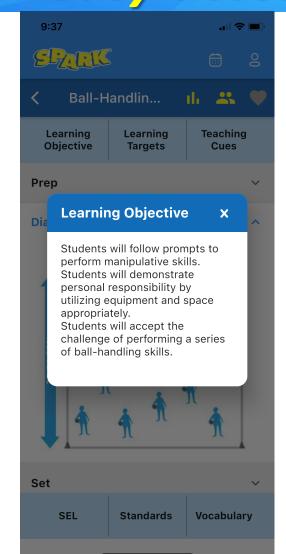
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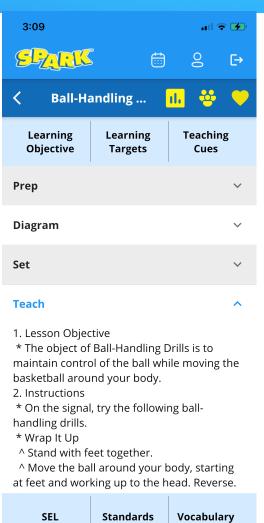


James Rhodes

√ View SPARK lesson plans + favorite lessons for easy access







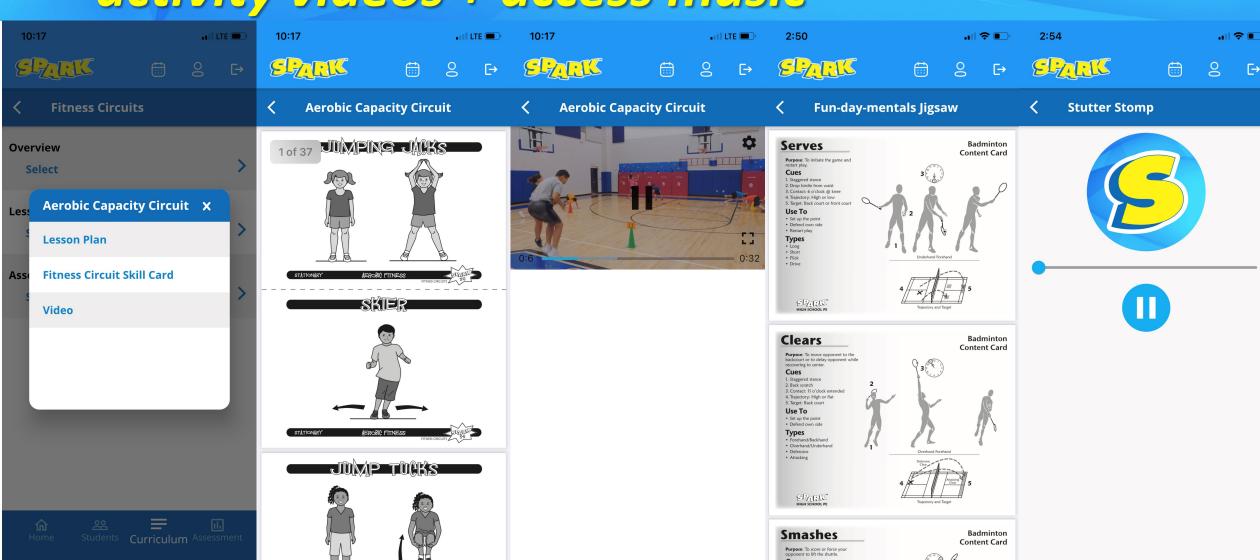




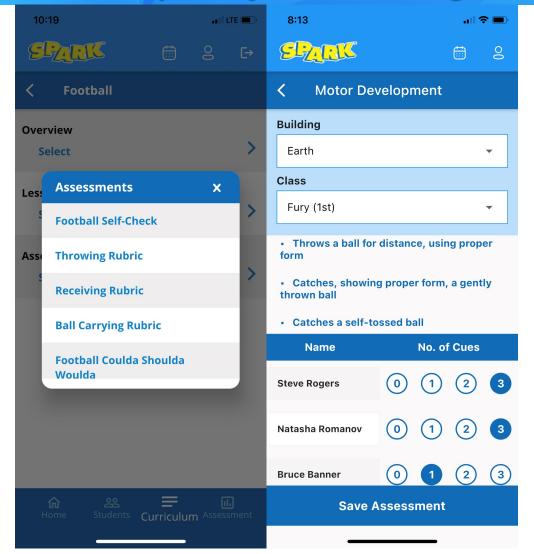


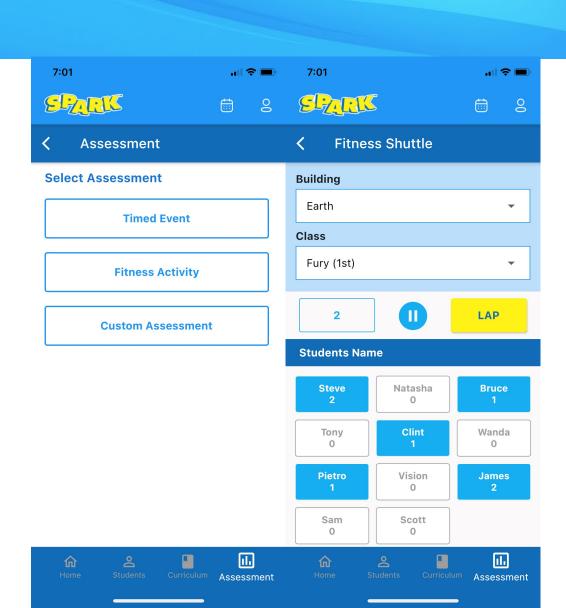


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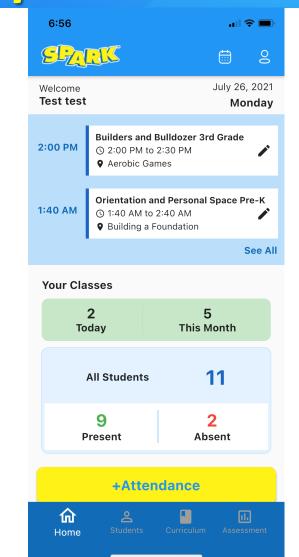


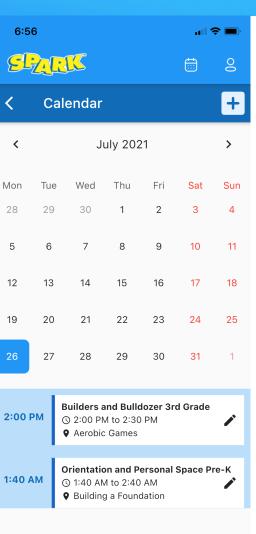
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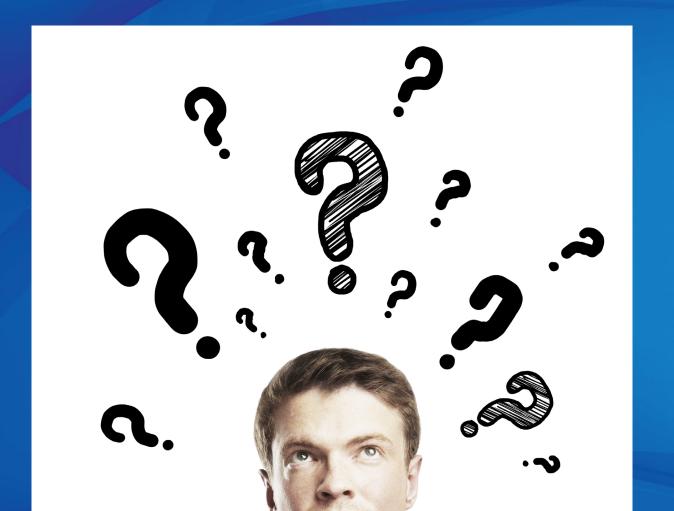


√ Schedule SPARK lessons & assessments with pop-up reminders





WHAT QUESTIONS DO YOU HAVE?



TAKE A BREAK

Activities

Pickleball

Bounce Back

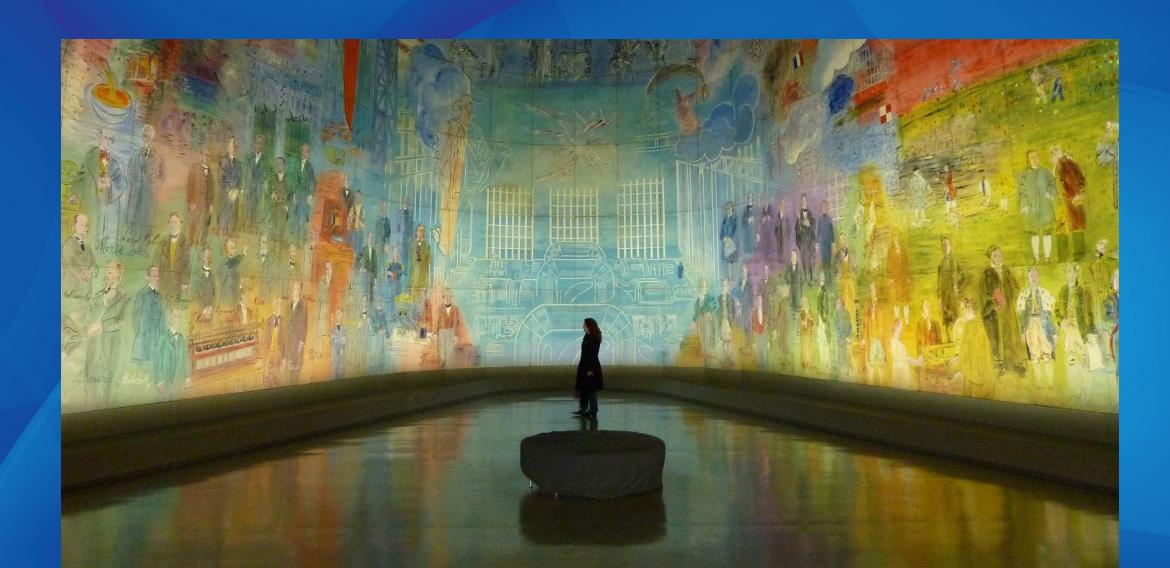
Dance

- Night Fever Hustle
- Hip Hop Jigsaw

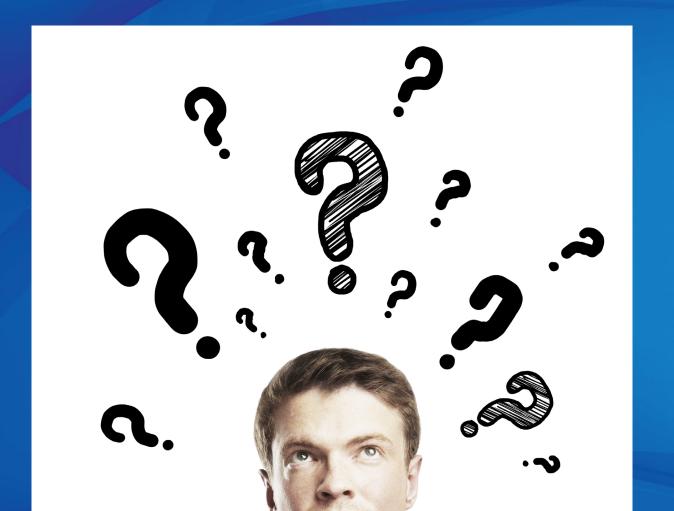
Backyard Games

Kanjam

GALLERY WALK & TALK



WHAT QUESTIONS DO YOU HAVE?



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

START doing?...

STOP doing?...

CONTINUE doing?...

BLAST OFF!



3 Activities from today

2 You will tell a friend

1 You will do tomorrow



HOW DID WE DO? Are you familiar with and will you be able to use...

- a variety of teaching & management strategies to increase student MVPA
- SPARK curricular materials all formats of a SPARK HS Unit
- be able to use tomorrow what you learn today

And – did you have fun & enjoy the process!

GOPHER Equipment



- SPARK Recommended Sets
- High-Quality Fitness and Sport Equipment
- Age-appropriate



100% Satisfaction Guarantee



PROGRAMS



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



AFTER SCHOOL ACTIVE CLASSROOM





At-home physical activity



Evaluation

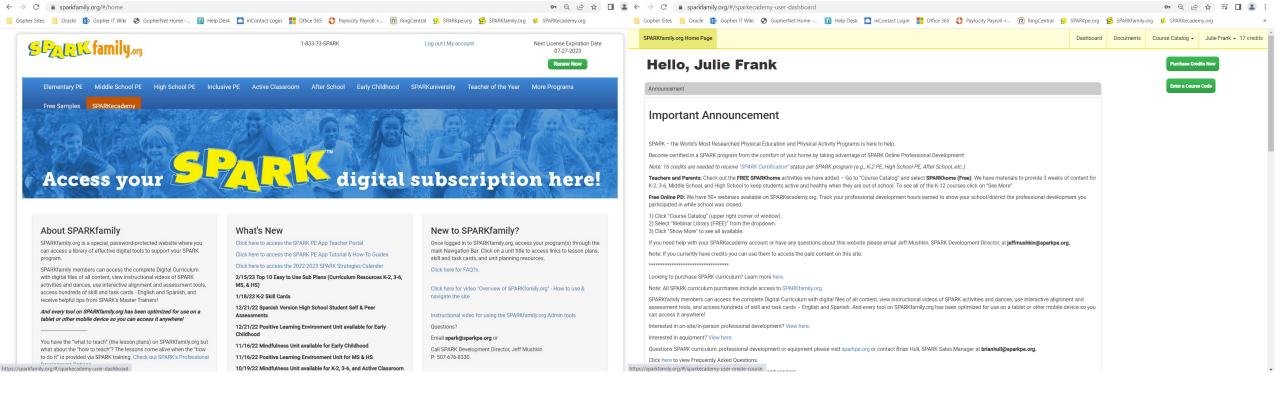
Certificate

Raffle!

Evaluations

Today's Date: INSERT DATE
Trainer's Name: INSERT
Training Program: HS PE
Training Type: Day 1





CODE for CERTIFICATE: ENTER SE CODE HERE





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



For more information visit: sparkpe.org/equityawards



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