



PHYSICAL
EDUCATION

MIDDLE
SCHOOL

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

- Learn instructional and management strategies to increase MVPA
- Explore ways to differentiate instruction in PE to move students from skill-building to skill application
- Experience SPARK curricular materials
- Be able to use tomorrow what you learn today
- Have fun & enjoy the process!

QUALIFIER

1. YOU are the expert!

2. YOU know your kids and facilities

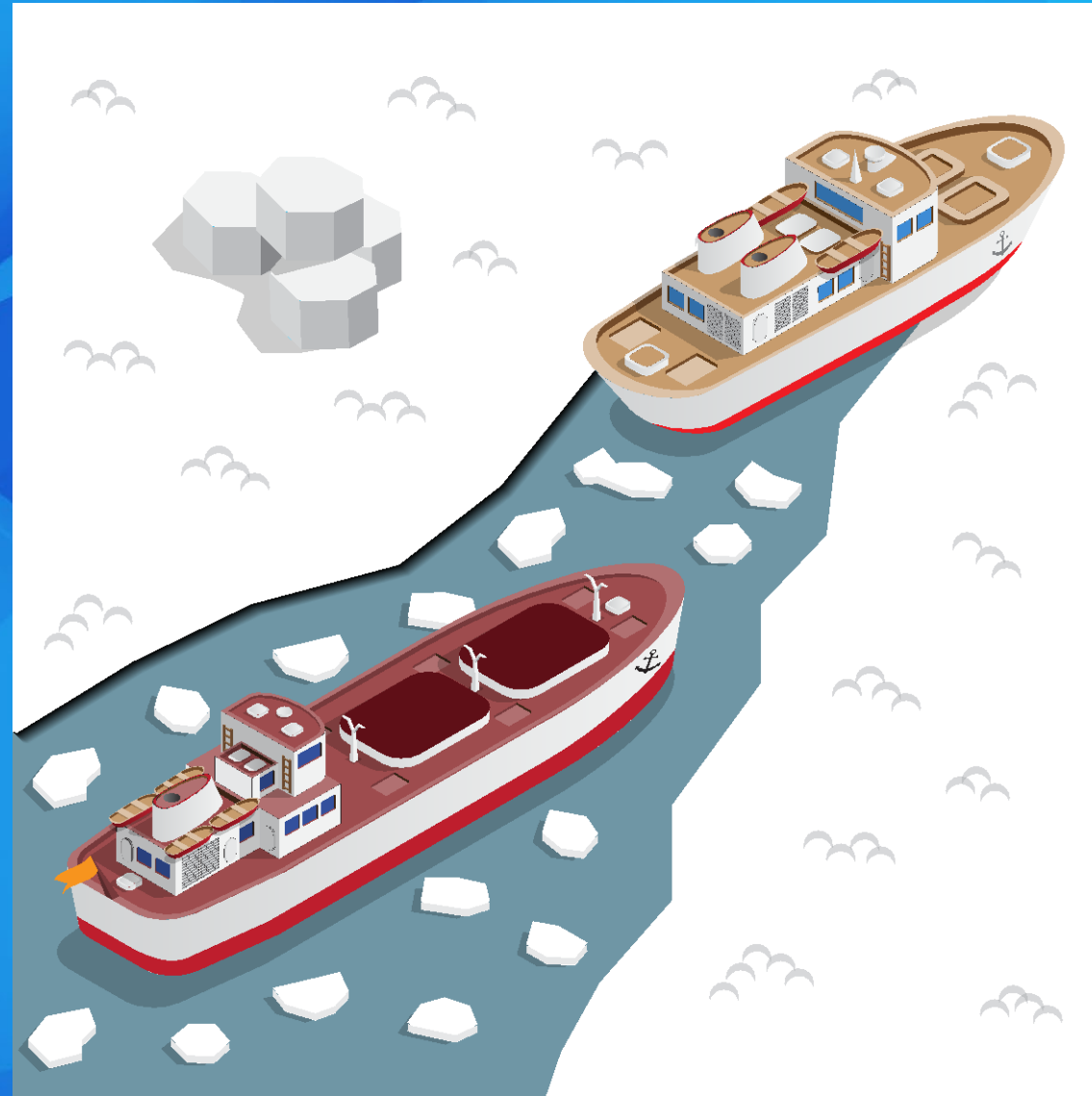
3. So, use YOUR filter to analyze an activity. Is it...

- 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 5 Lessons



ACTIVITY PART 1

ASAP

- 5 Spot Warm-Up



FITNESS

- Daytona 2000
- Partner Walk/Jog & Talk
- Fitness in the Middle
- Introduction to Yoga
- Body Composition Circuit

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 5 Lessons
- ASAPs
- Fitness
- Skill Units
- Limited Space



SPARKfamily.org

UNITS

- **ASAP**
- Basketball
- Cooperatives
- Dance
- **Fitness**
- Flying Disc
- Football
- Golf
- Hockey
- Jump Rope
- Racquets/Paddles
- Soccer
- Softball
- Stunts and Tumbling
- Track and Field
- Volleyball
- World Games
- **Limited Space**
- **+ More!!!**

WHERE FITNESS FITS

- **Fitness Instruction:**

- 1 - 2 lessons per week
- 1 day in 6th grade and 2 in 7th and 8th
- SPARKFit















- **Students Demonstrate Knowledge of:**

- Fitness concepts & principles
- Assessing & maintaining fitness
- Strategies to improve health & performance



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ASAPs	Page #	Grouping & Integration
Workout Partners	1	
Lessons	Page #	Grouping & Integration
Rock, Paper, Scissors Students practice the Rock, Paper, Scissors game used to resolve conflict.	3	
Human Pizza Students find others that match descriptions on their Task Card.	5	
Phone Home Groups direct a blindfolded member using only verbal communication.	7	
Radio Control One student drives their "car" (partner with eyes closed) through a course of "road hazards."	9	
Pattern Passing Groups pass objects around their circle following a pattern.	11	
Moon Ball Groups work together to keep a beach ball up in the air without letting it touch the floor.	13	
Turnstile Groups work together to jump through a rope as many times as possible without a miss.	15	
Adventure Racing 101 Groups learn and practice teamwork while improving fitness during an Adventure Race.	17	
Cross the Pond Groups of 4-6 strategize and work together to move from start to finish following specific rules.	19	
Logjam Groups move from original to opposite position on "log" made of spot markers.	21	
Poker Adventure Race Groups work together to collect as playing cards and create the best poker hand possible.	23	
Flag Grab Groups of 3 practice moving safely together while trying to grab other group's flags.	25	
Centipede Pass Groups travel from start line to finish using a "centipede" motion to pass an object.	27	



Home



Wellness



World



Multicultural



Individual



Pairs



Group

LESSON PLAN FRONT

Defenders of the Cone (Team Handball)

Learning Objectives

- Students will throw and catch the handball using proper technique.
- Students will demonstrate basic offensive and defensive strategies.
- Students will demonstrate appropriate social behavior.

Learning Targets

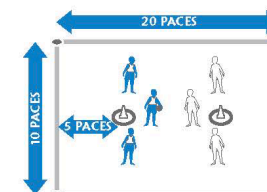
- I can throw and catch the handball using proper form.
- I can demonstrate basic offensive and defensive strategies.
- I can show appropriate social behavior during activities.

Teaching Cues

- Offense, move to open space, give and go, look up the field, and take shots.
- Defense, mark the offensive player nearest you; block passing lanes; pressure the ball.
- To score, the ball must knock the cone over from an underhand throw.

PREP

- 4 spot markers per 6 students (for boundaries)
- 2 tall cones per 6 students
- 2 hoops per 6 students
- 1 pinnie per 2 students
- 1 6" dia foam ball per 6 students



SET

- Create a long, narrow (20 x 10 paces) grid per group of 6.
- From the center of each end line, take 5 paces toward the center of the grid and place 1 tall cone in the center of a hoop.
- Form groups of 3; 2 groups and 1 ball per grid. Pinnies begin on offense.

TEACH

1. Lesson Objective

- The object of *Defenders of the Cone (Team Handball)* is to knock over the other group's cone with an underhand throw to build skills for team handball.

2. Instructions

- Play begins with pinnie group on offense and passing ball from their end line.
- To score, the ball must knock the cone over from an underhand throw.
- Principle of 3s are in effect:
 - 3 passes must be made before a shot.
 - Defense must stay 3 paces away from offense.
 - Offense has 3 seconds to pass/shoot/dribble.
 - Only 3 steps/dribbles are allowed.
- All players play both offense and defense. There is no goalie.
- Ball may not be kicked. Physical contact with others is not allowed.
- Ball changes possession if knocked down, intercepted by a defender or hit/ thrown out of bounds.
- After a score, groups switch roles and the new offense passes in from their end line.

3. Challenges

- How many times can you score after all players in your group have touched the ball?
- Defense, how few scores can you allow?



LESSON PLAN BACK

Defenders of the Cone (Team Handball)

Standards Alignment

Standard 1: Outcome 2

Throws with a mature pattern for distance or power.

Standard 1: Outcome 3

Catches with a mature pattern from a variety of trajectories.

Standard 1: Outcome 4

Passes and receives with hands.

Standard 1: Outcome 7

Performs offensive skills: pivot, give and go, and fakes.

Standard 4: Outcome 1

Exhibits responsible social and inclusive behaviors.

Standard 4: Outcome 6

Demonstrates knowledge of rules and etiquette.

Standard 4: Outcome 7

Independently uses activity equipment appropriately and safely.

Standard 5: Outcome 6

Demonstrates respect for self and others during activities.

SEL Competencies

Self-Awareness

Peer interaction, self-efficacy

Self-Management

Self-regulation

Social Awareness

Respect for others

Relationship Skills

Cooperation, teamwork

Responsible Decision-Making

Analyzing Situations

Reflection Questions

- Which skills and strategies are used that are similar to other sports that we play?
- Which offensive and defensive strategies did your team use while playing?
- What did you like about this game? What was challenging for you?

SPARK It Up!

1. Add a Cone

- (Need additional hoop and cone per group.)
- Let's challenge the defense by adding a second cone for each group to defend.

2. Overhand Action

- Now, we'll add an overhand shot to our game.
- This will allow you to shoot accurately from longer distances.

Teaching Suggestions

- Teach students to settle disagreements before going to the teacher (e.g., use Rock, Paper, Scissors).
- Pinnies Rule: Group wearing pinnies begins on offense.

Integration

What is "skill transfer" – you ask? Great question! Skill transfer is the ability to learn a skill used in one task, sport, or job, then use it to perform well in another new task. Here's why it's important to wellness. We don't have time to try and learn every activity on the globe – but you might get an opportunity in the future to try something new. The skills you're learning now can transfer to future activities – just like passing in basketball transfers to passing in team handball.

Teacher Reflection



LESSON FORMAT

- **ASAP** (3-5 min. for warm-up)
- **Fitness** (10-15 min.)
- **Skills** (15-20 min.)
- **Think About...** (3-5 min.)



Sample Yearly Plan

SPARK MS PE Unit-Based Yearly Plans

3 Week Units	6 th Grade (Mix) Fitness 1X/week	7 th Grade (Team) Fitness 2X/week	8 th Grade (Individual & Dual) Fitness 2X/week
1	Procedures Cooperatives and Fitness	Procedures Cooperatives and Fitness	Procedures Cooperatives and Fitness
2	Cooperatives and Fitness	Cooperatives and Fitness	Cooperatives and Fitness
3	Volleyball	Football	Handball / Racquets & Paddles
4	Handball / Racquets & Paddles	Flying Disc (Team Activities)	Volleyball
5	Football	Basketball	Dance (Social)
6	Dance (Folk and Line)	Hockey	Jump Rope
7	Basketball	Dance (Multicultural)	Flying Disc (Indiv/Dual Activities)
8	Jump Rope	Volleyball	Basketball
9	Soccer	World Games (Team Handball/Cricket)	Stunts and Tumbling
10	Stunts and Tumbling	Softball	Track and Field
11	Softball	Soccer	Golf
12	World Games (KinBall/Sepak Takraw)	MS Culminating Event (Tournaments, Create a Routine, Shows, etc.)	MS Culminating Event (Tournaments, Create a Routine, Shows, etc.)

Sample Unit Plan

FLYING DISC (SAMPLE UNIT PLAN)

6th, 7th, and 8th Grades

(Use 6th, 7th, or 8th Grade *Extensions* for each activity listed)

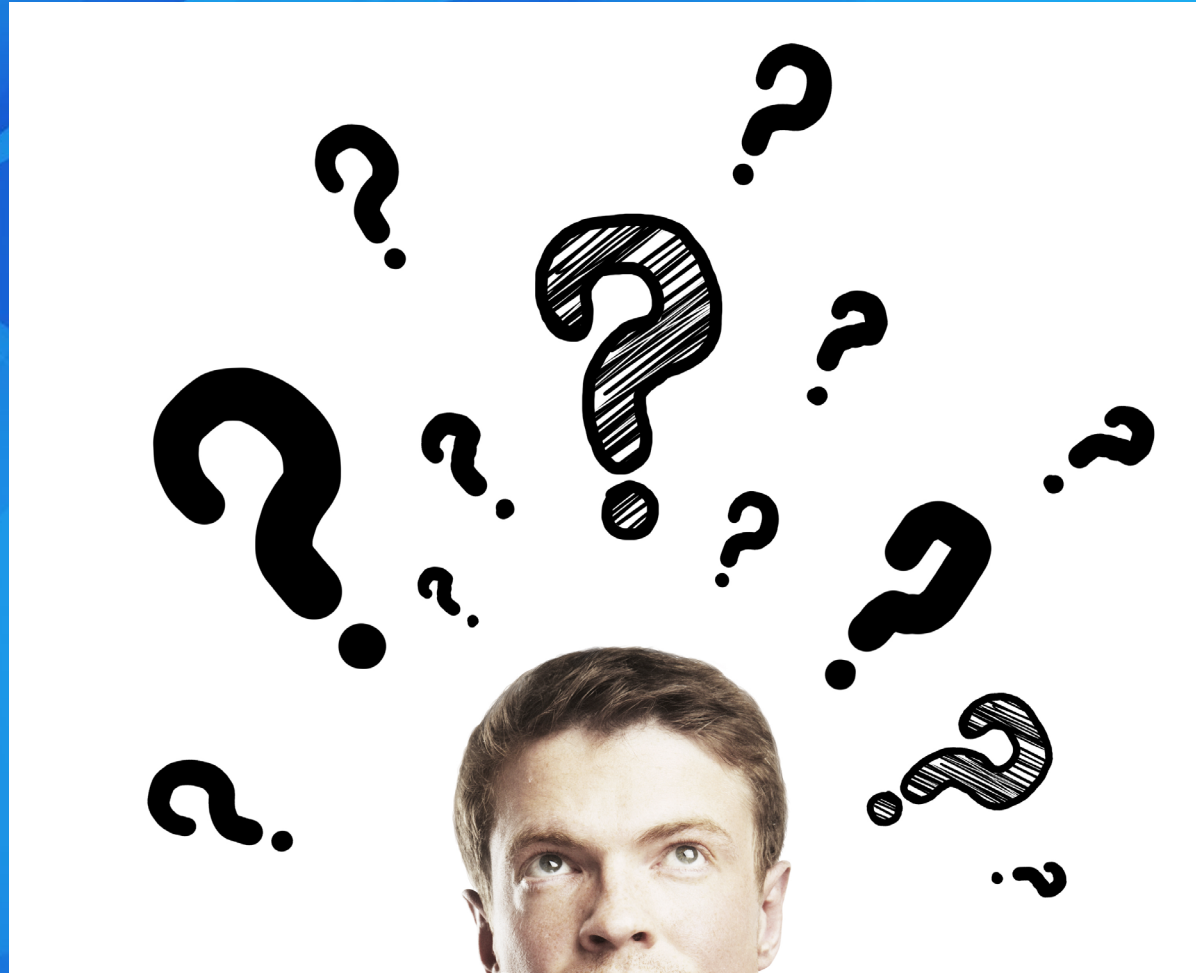
The following unit plan can be used as is, or modified to suit your needs. Variables are many, including: number, fitness, and skill levels of students, duration of PE class, days per week taught, weather, facilities, equipment, etc. This unit was created using a 5 PE classes-per-week unit model for 3 weeks – 15 lessons total. The *Extensions* provided on activities allow you to meet the changing needs of your students as they become more skilled and fit.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Backhand Throw and Clap Catch</i> <i>Forehand Throw and 2-Handed C Catch</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Forehand Throw and 2-Handed C Catch</i> <i>Hammer Throw and 1-Handed C Catch</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Backhand Throw and Clap Catch</i> <i>Hammer Throw and 1-Handed C Catch</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Forehand Throw and 2-Handed C Catch</i> <i>Distance and Accuracy Disc Throw</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Disc Throwing Stations</i></p>
<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Hammer Throw and 1-Handed C Catch</i> <i>Disc Golf</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Forehand Throw and 2-Handed C Catch</i> <i>Give and Go and Keep Away</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Give and Go and Keep Away</i> <i>Corner to Corner</i> <i>Receive and Pass</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Zone and Person Defense</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Zone and Person Defense</i> <i>3 Catch Disc</i></p>
<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Flying Disc Adventure Race</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Ultimate</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>Durango Boot</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>SPARK Event</i></p>	<p>ASAP <i>Partner Throw and Catch</i></p> <p>Activity <i>SPARK Event</i></p>

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

ACTIVITY PART 2

COOPERATIVES

- Pattern Passing
- Turnstile
- Problem Solver Adventure Race

FLYING DISC

- Partner Throw & Catch
- 3-Catch Disc
- Durango Boot



HIGH ACTIVITY SKILL PROGRESSION (HASP)

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

Program Overview

- **Positive Learning Environment**

- First 5 Lessons

- **3 Year-Round Use Sections**

- ASAP
- Fitness
- Limited Space

- **16 Instructional Units**

- Skill Development to Skill Application
- SPARK Events

- **Leveled Assessment for Each Unit**

- Cognitive/behavioral and skill-based



MVPA

- Goal is to reach 50% or greater in PE
- Think about the time spent for:
 - Dressing in and out
 - Taking roll
 - Transitioning
 - Waiting to practice



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



SCAVENGER HUNT: SPARKfamily



Included with purchase of SPARK curriculum!

Three smartphones displaying the SPARK app interface. The left phone shows a 'Dribbling' lesson plan for 'Eastwood Elementary'. The middle phone shows a 'Ball-handling' lesson plan with sections for 'Learning Objective', 'Learning Targets', and 'Teaching Cues'. The right phone shows a 'Welcome' screen for 'JB Starkey' with a calendar view for 'February 21, 2021 Thursday' and a list of activities including 'Basketball 3-6' and 'Lesson 3: Catch Basketball'.

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

Download on the App Store

ANDROID APP ON Google play

sparkpe.org/app
How-To Guides & Tutorials

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"

THINK – PAIR - SHARE



KEY POINTS

- 50% or better MVPA
- Instructional and Management Strategies to increase MVPA
- Turn ALL kids on to movement
- Differentiate instruction



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

START doing?...

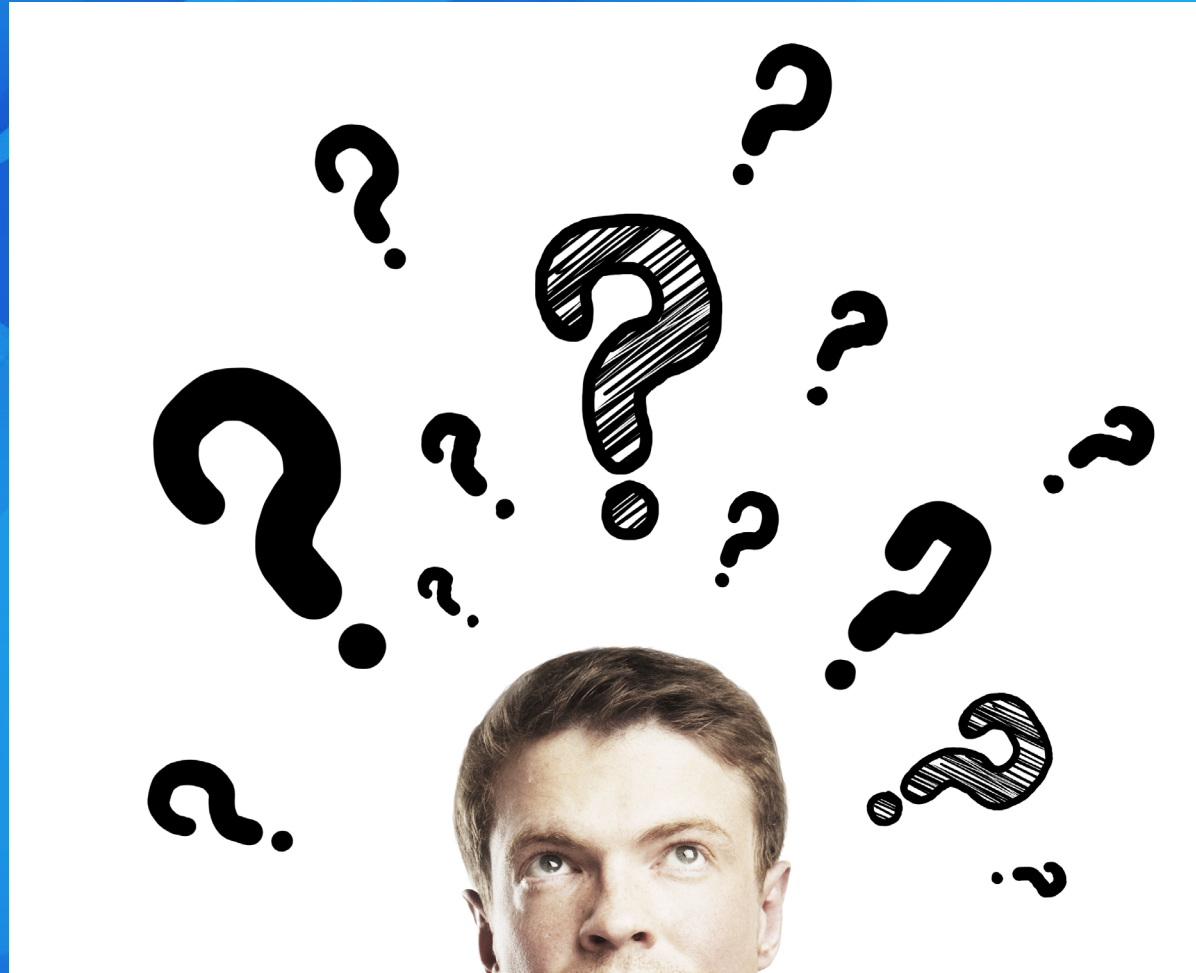
STOP doing?...

CONTINUE doing?...

BLAST OFF!



WHAT QUESTIONS DO YOU HAVE?

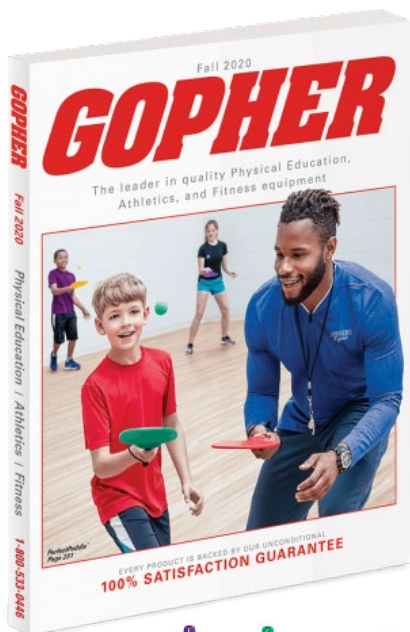


HOW DID WE DO?

Did we...

- learn instructional and management strategies to increase MVPA?
- explore ways to differentiate instruction in PE to move students from skill-building to skill application?
- experience SPARK curricular materials?
- be able to use tomorrow what you learn today?





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
Guarantee***

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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**

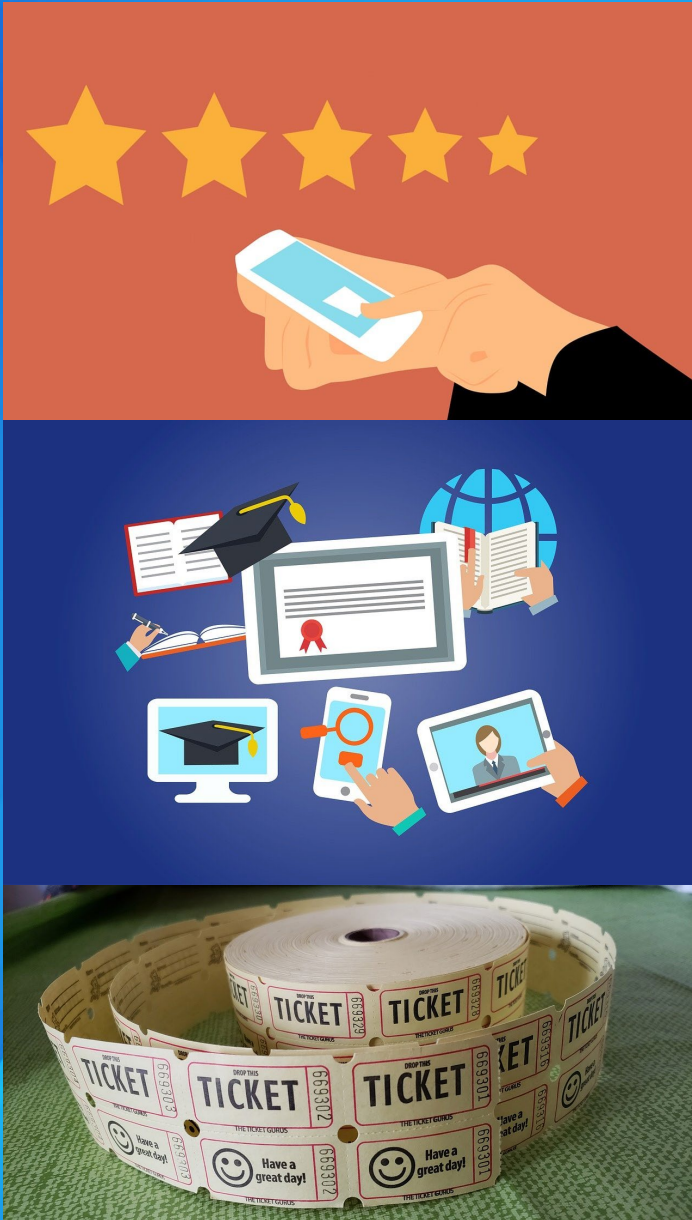
**AFTER
SCHOOL**

**ACTIVE
CLASSROOM**

SPARK

me•we•3

At-home physical activity



Evaluation

Certificate

Raffle!

Evaluations

Today's Date: INSERT DATE

Trainer's Name: INSERT

Training Program: MS PE

Training Type: Starter - 1



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1-833-73-SPARK

Log out | My account

Next License Expiration Date
07-27-2023

Renew Now

Elementary PE

Middle School PE

High School PE

Inclusive PE

Active Classroom

After School

Early Childhood

SPARKUniversity

Teacher of the Year

More Programs

Free Samples

SPARKacademy

Access your

SPARK

digital subscription here!

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

Dashboard

Documents

Course Catalog

Julie Frank - 17 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.

Looking to purchase SPARK curriculum? Learn more [here](#).

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. To its right is a red shield with a yellow border, containing a stylized red 'e'. To the right of the shield, 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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Proud to be the exclusive home
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A group of approximately ten children of various ethnicities are captured in mid-air, jumping joyfully with their arms and legs outstretched. They are positioned against a vibrant blue background that features a complex pattern of overlapping, semi-transparent geometric shapes, including triangles and polygons, creating a dynamic and modern aesthetic. The children's expressions are full of happiness and energy.

THANK YOU!

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

-George Bernard Shaw-