

SPARK Your Students Activity Levels Through Disguised Fitness Activities



Presented by:

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The SPARK Programs

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Teaching Tips

- Get ready to run as soon as your partner returns.
- Run with your head up and your eyes alert to avoid high-speed collisions.
- High-five your partner when you return.

Guidelines Addressed

- Aerobic Capacity
- Greater than 50% MVPA
- Fair Play

SEL Competencies

Self-Awareness

Self-efficacy

Self-Management

Impulse control

Relationship Skills

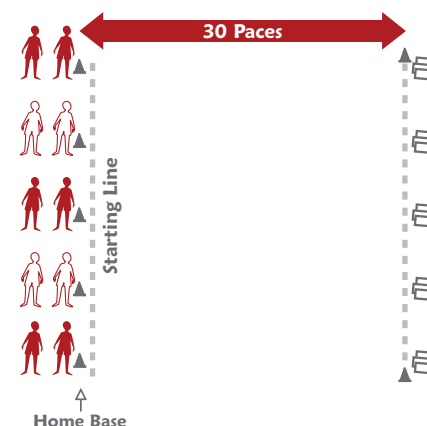
Social engagement

READY

- 1 deck of [cards](#) per 10 participants
- 1 [cone](#) per 10 participants

SET

- Create a starting line with cones.
- Scatter playing cards face down along a line 30 paces across from starting line.
- Pair participants on starting line.



GO!

1. Activity Objective

- The object of **Cardio Cards** is to collect the best 5 cards you can.

2. Instructions

- (Can play poker-style, highest total using the sum of 5 cards, or any other variation you can come up with.)
- On signal, alternate with your partner, sprinting to the opposite baseline to get a card.
- After collecting 7 cards, do jumping jacks (or selected exercise) until signal.
- All players must alternate with a partner, taking 1 card at a time.
- The first card you touch is the one you take.
- Leave your "home" baseline only after your partner has crossed it.
- Return cards, then repeat.

3. Challenges

- (Play for a set time, allowing participants to trade-in cards after they've collected 7.)
- (Designate a wild card.)



Learning Objectives

- Students will demonstrate offensive and defensive skills using proper technique.
- Students will show good communication and decision-making skills.
- Students will participate safely, responsibly, & with good effort.

Learning Targets

- I can demonstrate offensive and defensive skills using proper technique.
- I can show good communication and decision-making skills.
- I can participate safely, responsibly, and with good effort.

Teaching Cues

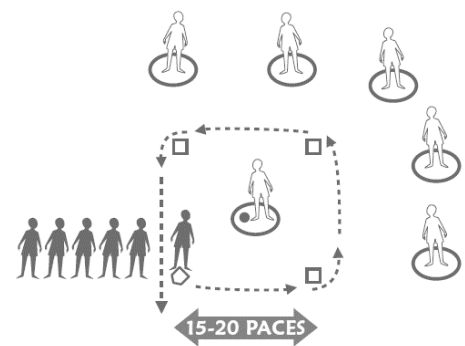
- Must run around the cones, do not cut inside of them.
- No passing while moving around the bases. Give the runner ahead of you some space.
- Fielding group, as someone fields the ball get 6 participants into position in the hoops.

PREP

- 4 cones per 12-20 students (for boundaries)
- 6 hoops per 12-20 students
- 4 bases (cones or spot markers) per 12-20 students
- 1 utility/kickball per 12-20 students

SET

- Create a large (150 x 30 paces) grid per group of 12-20.
- Form a kickball field with bases about 15-20 paces apart.
- Distribute the hoops evenly in the outfield.
- Form 2 groups; 1 begins fielding, the other kicking.
- Kicking group lines up behind home with 1 Kicker in the front.
- Fielding group scatters in the field.
- Place ball at pitcher's mound about 15 paces from home.



TEACH

1. Lesson Objective

- The object of **Cooperative Kickball** is for the entire kicking team to run when the ball is kicked, and the fielding team stops them from scoring runs by throwing the ball to a different student in each of the 6 hoops.

2. Instructions

- **Offense**
 - On the signal, the pitcher pitches to the first kicker who kicks into fair territory.
 - All members of the kicking group run in single file (no passing) around the bases.
 - Kicking team stays in the same order of students throughout the game.
 - Each time the last person in line passes a base the kicking team receives 1 run.
 - Kicking team will keep running until the fielding group calls "Stop" to end play for that round.
 - Then the kicker goes to the end of the line and the next person in line becomes the new kicker.
 - There is no bunting.
 - Runners may not interfere with the defense gathering the ball or throws between students.
 - Kicking group gets 3 turns, then switches roles with the fielding group.
- **Defense**
 - Defense must be lined up outside of the base paths.
 - When the ball is kicked, one student in the field gathers the ball while the others move into a hoop.
 - Then, fielding group throws it to a different fielder in each of the 6 hoops (including the pitcher).
 - When the sixth participant catches it, call "Stop!"
 - Fielding team may not interfere with the runners running around the bases.

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

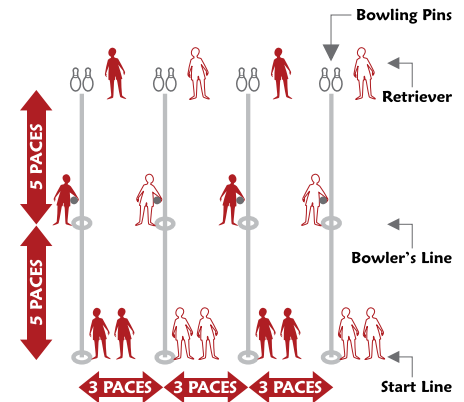
- On the signal, the bowler (*at second cone*) rolls the ball toward pins/cones trying to knock them over.
- Bowler runs after the ball and sets up pins/cones for the next bowler (*if needed*) and stands safely off to the side.
- The ball retriever retrieves rolled ball, runs it to second cone for the 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?



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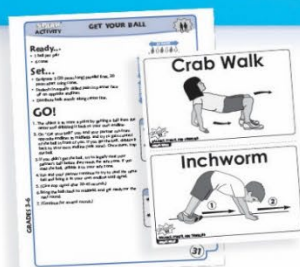
- Awarded over \$200k in 2024.
- Next round of awards will open in December 2024.



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