



Professional Development / Professional Learning

While the curriculum is most certainly at the core of the SPARK programs, it's not the only focus. SPARK is not a "you buy the curriculum and you're set" program. It's not just a book or a binder, it's a program. And SPARK believes that proper training is key to ensuring teachers are equipped with the tools and information needed to get the most from the curriculum and their time with students. This is accomplished through workshops/on-site trainings, virtual trainings, on-demand courses, online resources, and more.

Over the years, SPARK has tested numerous instructional strategies that are best conveyed during face-to-face training opportunities. The "what to do" (the lesson plans) come alive when the "how to do it" is provided via SPARK training. On-site teacher trainings are the "how to teach it" part of the program. SPARK workshops are FUN, "hands-on," and designed to meet the needs of the host school, district, or agency per needs assessment (pre-survey) used to understand the needs of each group of educators. Participants learn by doing and become motivated by SPARK's dynamic staff of professional presenters.

What are the goals, objectives, methodology, and outcomes of SPARK Middle School PE Workshops?

Goal: To provide strategies and tips to increase the quantity and quality of physical education classes; and promote the maintenance of physical activity away from class as part of a healthy lifestyle.

Inservice Methodology: The three primary factors that contribute to a successful staff development program will be utilized. They are:

1. foster teacher awareness regarding the goals of SPARK and how they may differ from current programs
2. provide ongoing, skill-specific training
3. solicit and encourage group interaction, feedback, and support

Professional Learning Outcomes – Participants will learn:

- organizational, management, and instructional techniques and strategies necessary to teach active physical education = high MVPA (moderate to vigorous physical activity) - 50% or greater class time
- how to develop, maintain, and increase student health and physical fitness
- how to improve fundamental movement and sport skills
- how to motivate children/adolescents to become active outside of school
- techniques that encourage students to commit to a lifetime of health and physical fitness

Participants leave ready, willing, and able to implement SPARK effectively and maximize student outcomes.

Training and Support: In-person, Virtual, & On-Demand Options

After more than three decades of research and dissemination experiences, SPARK has learned that teacher training is an essential component **and at least 12 hours (per SPARK program) of it are needed for successful implementation**. SPARK strongly recommends the in-person Premium program (12 hours). Alternatives should be considered only if budgetary constraints and/or hours for staff development cannot meet Premium standards. Training is scheduled at the convenience of each school district and includes a needs assessment (pre-survey) to understand the needs of each group of educators.

Lifetime Support: Once a SPARKer, always a SPARKer – SPARK is here to support your program...always!

Reach out to learn more: spark@sparkpe.org / 1-833-737-7275 (833-73 SPARK) / <https://sparkpe.org/>