The World’s Most Evidence-Based Physical Education & Physical Activity Programs!

PhysicaL Education  Early Childhood  After School

Active Classroom  Inclusive Physical Education

me•we•3
At-home physical activity

New SPARK App
See page 6

Proud Partner of Gopher
After an extensive nationwide search, SPARK and San Diego State University selected Gopher to be SPARK’s exclusive partner!

Visit sparkpe.org/anniversary to learn more!
In June 1989, a team of researchers and educators led by Dr. Jim Sallis and Dr. Thom McKenzie of San Diego State University received funding from the Heart, Lung, and Blood Institute of the National Institutes of Health, to create, implement, and evaluate an elementary physical education program that could eventually become a nationwide model. The success of Project SPARK (Sports, Play, and Active Recreation for Kids) “ignited” further research in Physical Education, Early Childhood, After School, and Active Classrooms, which facilitated the dissemination of the following evidence-based programs:

**A HEALTHY START**

Today, SPARK remains a research-based organization committed to developing and disseminating programs that promote lifelong wellness. Since 1989, SPARK has provided instructional materials, teacher training, and consultation to hundreds of thousands of teachers and youth leaders, representing many thousands of schools, agencies, and organizations worldwide.

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**Contact SPARK Today!**

833-73 SPARK  |  SPARKpe.org  |  SPARK@SPARKpe.org
WHAT SPARK PROVIDES

Each SPARK program is a coordinated package of:

1. Research and Standards-Based Teacher Resources
2. Interactive Teacher Training
3. Content-Matched Equipment Sets
4. Extensive Follow-up Support/Consultation

SPARK Positive Effects – Tested And Proven!

Today, over 90 publications have documented positive SPARK effects such as:

- Academic achievement
- Increased moderate to vigorous physical activity in students (50% or better in SPARK PE classes)
- Fitness achievement (as measured by the Fitnessgram)
- Enjoyment of PE
- Sport skills development (throw, catch, kick)
- Improved teacher instruction
- SPARK effects are lasting

(For a complete list of publications, visit the SPARK website at SPARKpe.org/publications/outcomes)

SPARK is the ONLY PROGRAM to Improve Academic Achievement WHILE INCREASING ACTIVITY throughout the Day!
• SPARK was cited in the U.S. Surgeon General’s Report as a “School-based solution to our nation’s health care crisis.”
• SPARK earned “Gold” rankings from a Cooper Institute funded study examining effective U.S. activity and health interventions. SPARK was the ONLY program to achieve the highest level for K-8 physical education.
• SPARK was identified by the HSC Foundation as a successful model for combating childhood obesity in their report Fighting Obesity: What Works, What’s Promising.
• SPARK was identified by the Centers for Disease Control (CDC) as a national model for programs designed to increase physical activity and combat childhood obesity in their report School-Based Physical Education: An Action Guide.
• SPARK is endorsed in the USDA SNAP-ED Tool Kit for the States as an evidence-based policy and environmental change intervention in school settings.

This is just a small sample of the many awards and honors SPARK has earned over the years. For a complete list, visit SPARKpe.org.

WHY CHOOSE SPARK?

• SPARK is the most researched, evidence-based, and field-tested program in the world! SPARK has been proven to work and last.
• SPARK meets the top Tiers for evidence-based programs defined in ESSA.
• SPARK is technology rich! Available in all digital, ready for your computer, plus with the NEW SPARK App access via tablet or phone; AND print versions. SPARK gives YOU choices.
• SPARK has 30 years of research and dissemination experiences in the “real world.” No other program or organization in SPARK’s lane has worked with more teachers, students, and communities Pre-K through 12th grade, in and out of school.
• SPARK offers on-site AND virtual/online training options. SPARK workshops are university courses you can take for graduate units of credit.

SPARK is well known throughout the state of California and across the country as a stellar program that is not only research-based, but also has a great reputation for curriculum design, teacher training, and follow-up support. SPARK stands out as a cost effective, easy-to-use program for PreK-12th grade that is presented in scope and sequence and aligned to the standards. Because of the great relationship that SPARK has built with our district and their continued support for our program, we cannot speak highly enough of them.

Chad Fenwick, K-12 Physical Education Advisor
Los Angeles Unified School District - Los Angeles, CA
Access SPARK lesson plans & materials from the palm of your hand!

Schedule events:
- SPARK lessons
- Assessments
- Fitness testing

Enable pop-up reminders

Assessments:
- SPARK skill rubrics
- SPARK student self-assessments
- Fitness testing (sit-ups, mile run, etc.)
- Custom assessment

Favorite your SPARK lessons for easy access!
A game-changing tool included with your SPARK curriculum purchase

Try it today! - Here’s how:

1. Buy the SPARK curriculum
   It’s included in each purchase for NO ADDITIONAL charge. Which means you can have access to SPARK’s great resources and the app for as little as $83/year! Wow!

2. If you have an active SPARKfamily account, you have access to the app.
   Simply download the app and log in with your username and password.

3. Try it for free!
   Go to SPARKfamily.org, click “Try for Free” and set up an account. Three week trial includes limited access to both SPARKfamily and SPARK App.

Track attendance and use the random selector to choose groups or students!

Easily upload class rosters, results, and reporting!

Learn more at SPARKpe.org/app

*SPARK App available for SPARK PE (K-2, 3-6, Middle School, High School), After School, and Early Childhood Programs.
SPARK was designed to be more inclusive, active, and enjoyable than traditional PE classes, and more than 30 years of research and dissemination support the achievement of those original goals. SPARK PE has earned accolades from physical educators nationwide who appreciate its impressive student and teacher outcomes; standards-aligned and high MVPA (moderate to vigorous physical activity) lessons; and easy to learn, easy to teach format. SPARK Elementary PE is HOPE (Health Optimizing Physical Education) and a true solution to our growing problem of overweight and obese children.

Audience: Elementary physical education providers and classroom teachers.

**Program Components**

**Professional Development**

SPARK training is offered to teachers of grades K-2 and teachers of grades 3-6. Each workshop is targeted for the needs of that particular audience (based on needs assessments) and is designed to provide each attendee with a working knowledge of SPARK’s unique content and instructional strategies. Teachers leave motivated and ready to “SPARK-up” their students for a lifetime of good health!

**Equipment Sets**

Expert-selected, high-quality, content-matched Gopher equipment provides you with everything you need to execute the program, maximize MVPA, and foster differentiated instruction.

**Free Lifetime Support!**

Once a SPARKer, always a SPARKer - we are here to support your program...always!
TEACHER RESOURCES

K-2 and 3-6 PE

Manuals
- Aligned to State and National Standards
- 13 K-2 print/digital units + 6 additional digital only units = over 400 activities and 23 3-6 print/digital units + 7 additional digital only units = over 600 activities
- Research based and field tested to get students energized and actively learning
- Academic integration tips and brain-based activities
- Easy to use Prep, Set, Teach format

Music CDs
- Contains the music you need to teach SPARK PE Grades K-2 and 3–6
- Includes warm-up music, long and short music intervals for skill/fitness circuits, and all the songs (cultural, current, country and more) needed to instruct SPARK dances

SPARKfolios
- Holds and organizes teaching materials provided on SPARKfamily.org
- Hundreds of laminated cards divided by tabs for easy access; many are English one side and Spanish on the other
- Save time and money downloading, copying, and laminating

SPARKfamily.org Membership
- Complete “e-Manual” with digital files of all content
- Instructional videos of SPARK activities and dances
- Interactive alignment and assessment tools
- Hundreds of skill and task cards in English and Spanish
- Unit introduction videos providing a standards-driven overview of each unit
- Short activity preview videos for all lessons
- SPARKfit section for 3-6 contains fitness and nutrition focused lessons, circuit training videos, goal setting tools, and more
- Audio files
- Exclusive web only units (Social-Emotional Learning, Holiday, Gopher Exclusive, etc.)
- Receive the latest & greatest updates for free!

“"The SPARK PE Curriculum has become an essential piece of Northside ISD’s elementary physical education programs. The research-based SPARK concepts and lessons have proven to be an invaluable resource in our quest to revamp our K-2 and 3-6 Scope and Sequence. In addition, access to SPARKfamily.org has empowered our teachers to become better educators.""

Danielle Housley
Healthy Start Project Facilitator
Northside Independent School District
San Antonio, TX
Project M-SPAN (Middle School Physical Activity and Nutrition) was supported by the Heart, Lung, and Blood Institute from 1996-2000 and was the first scientific effort to study and evaluate this target population in physical education, physical activity, and nutrition. The exemplary Middle School program SPARK disseminates today is a compilation of lessons learned from M-SPAN, TAAG (Trial of Activity for Adolescent Girls), and The HEALTHY Study - the three largest and most significant studies ever on MS PE.

Audience: Middle School/Junior High physical education providers.

**Program Components**

**Professional Development**
SPARK workshops at this level provide more advanced instruction in standards-based lessons, utilize a variety of teaching styles and unique SPARK teaching strategies, provide greater content analysis, and facilitate an “Action Plan” to move a staff and/or district forward toward their “vision” for quality PE programming.

**Equipment Sets**
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**Free Lifetime Support!**
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"The SPARK training was the best professional development our PE department has had. The training benefited every teacher there. The teacher with 25 years of experience to the teacher with one year of experience all walked away with new ideas. In one day, we learned new games, assessments, units, classroom management strategies, and other ideas that could be implemented into our class right away. The website and curriculum are great resources and very user friendly. I would highly recommend SPARK to any school or district looking for quality professional development for their PE teachers."

Joanne Maki
Physical Education Teacher
Ron Russell Middle School, Portland, OR
The SPARK High School program is the culmination of a decade’s worth of rigorous research and field-testing in the “real-world.” Inclusion, high MVPA, and student enjoyment – SPARK pillars – provide its philosophical foundation. This program was written to align with State and National PE standards, emphasize personal fitness development, integrate a variety of teaching styles and strategies, and provide authentic sport experiences via the Sport Ed model. The compilation is a technology-rich, remarkable resource that physical educators will use and their students will love.

**Audience:** High School physical education providers, intramural directors, athletic coaches, and health support staff.

**Program Components**

**Professional Development**

The SPARK facilitator leads an engaging and interactive session that dissects the SPARK teacher resources and demonstrates how to use them in a variety of contexts (limited facilities, different teaching scenarios and schedules, varying class sizes, etc.) and via different teaching styles and strategies. Teachers leave SPARK training motivated and inspired to begin implementing SPARK content and methodology with their students the very next day.

**Equipment Sets**

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**Free Lifetime Support!**

Once a SPARKer, always a SPARKer - we are here to support your program...always!
“I enjoyed one of the most rewarding workshops ever! This high school program completely turned my teaching strategies around. Since school began in September, I have used teaching strategies from the SPARK program. What a difference in the students! The ASAP warm ups are fantastic, and MVPA has increased!

Kudos to the SPARK instructors, very knowledgeable and enthusiastic.”

Mary Russell, Physical Education Teacher
El Capitan High School, Lakeside, CA
me•we•3 Digital Content:
All me•we•3 content is available on
SPARKfamily.org
- 144 Activities (72 Ea for Grades K-2 and 3-5)
- 55 Videos (23 Brain Booster Videos, 32 Fast Break Videos)
- 20 Home Play Worksheets (10 Ea for Grades K-2 and 3-5)
- 40+ Station and Expectation Cards
- 10 Social-Emotional Learning (SEL) Skill Cards
- Activity and Challenge Tracking Cards
- Introduction: What You Have and How to Use it Recommendations
- At-Home Equipment Modifications Suggestions
- SPARK Healthy Message Integration Per Activity:
  - Select Fruits & Vegetables
  - Play Actively
  - Avoid excess sugar & fat
  - Reduce TV/Media Time
  - Keep H2O the Way to Go
- SPARK Calendar
- Standards and Grade-Level Outcomes Addressed
- Supporting Document

School licenses and individual parent subscriptions available.

Learn more SPARKpe.org/me-we-3
Durango Boot

Learning Objectives
- Students will demonstrate appropriate catching skills.
- Students will demonstrate self-awareness and skill-related fitness.
- Students will demonstrate responsible behaviors.

Learning Targets
- Use open throwing and catching skills/difficulties learned in a flying disc game.
- I can explain the health-related and skill-related fitness skills used in a flying disc game.
- I can show sportsmanship, cooperation, and fair play.

Teaching Cues
- Score by knocking over one cone either with disc or with hand while holding disc.
- You may knock over any of the cones in the Target Zone before scoring.
- Hard passes back to the Take-Back Zone after giving possession or after a score.

Rules
- The object of Durango Boot is to learn a game that is a cross between Ultimate Flying Disc and Disc Golf.
- Durango Boot is played in Durango, Colorado, and boots were used instead of cones.
- Game:
  - A flag is hung over each target zone.
  - Each team starts with the disc in the middle of the Take-Back Zone.
  - The disc must always be thrown at least 2 meters (same as Ultimate).
  - The disc can be thrown by any player.
  - If the disc is not thrown by the count of 10 then it is a turnover (same as Ultimate).

Scoring
- The disc can be thrown by the moving receiver.
- Any of the target cones can be knocked over.
- The disc can be thrown by any player.

Points
- You can still move anywhere in the field to gain positioning.
- Use tall, light cones as targets to knock down easily. If this is still too hard, allow players to just hit the cones for points.
- You must return the disk before passing it to the moving receiver.

1. 3-Rule Change
- Meet as a group of 6 (both teams).
- Work together, decide on, and change 3 rules for Durango Boot.
- Follow all of the rules of Durango Boot, except that all shots must go in the same direction (same as Ultimate).

2. From the Take-Back Zone
- Follow all of the rules of Durango Boot, except that all shots must go in the same direction (same as Ultimate).

3. Challenges
- How did you show sportsmanship and fair play in the activity?
- How did communication affect your team’s ability to score points?
- Have you shown self-management and self-regulation?

Durango Boot

Reflection Questions
- Which 3 Rule Change worked best?
- How did your group work together?
- How did you manage the rules? Why?
- How did your group communicate and play the activity?

SPARK It Up!
- 1.3-Rule Change
  - Meet as a group of 6 (both teams).
  - Work together, decide on, and change 3 rules for Durango Boot.
  - Follow all of the rules of Durango Boot, except that all shots must go in the same direction (same as Ultimate).

Teaching Suggestions
- Use tall, light cones as targets to knock down easily. If there’s still too hard, allow players to just hit the cones for points.
- Prevent Rule: The group wearing purple gets the disc first and always goes in the same direction (you designate).

Integration
- Many things make up the cultural fabric of a community. Sport and weather are just 2 factors that can impact culture. Durango Boot is a perfect example. On a sunny day in January a group of friends played Ultimate at the local park. Everyone showed up and played. It was cold and windy, but the sun was shining and everyone was having a good time. After the game, everyone showed up in coats. There weren’t enough people for Ultimate, so we decided to play Ultimate as a substitute for cones and a new game was invented. Think about your community and talk with your family about how the weather influences your culture and traditions.

SPARK It Up! with Enhanced Print Digital for All PE Programs

Social and Emotional Learning (SEL) Competencies
Shows lesson’s alignments with CASEL’s SEL competencies and related social skills.

Standards and Outcomes Alignment
Indicates SHAPE America National Physical Education Standards and Grade-Level Outcomes.

Vocabulary (Elementary Only)
Words found in any part of the lesson can be highlighted to expose students to new vocabulary.

*Other SPARK program enhanced lesson plans to be available soon.
The SPARK Inclusive PE Guidebook ensures students with disabilities are included and successfully participate in physical education. Created to help teachers adapt lesson plans and equipment, content helps teachers understand what and when to modify and is organized by skill adaptation, disability category, or disability-specific lesson plans. This content can be used on its own or with any of the four SPARK PE or After School curriculums.

Audience: Adapted physical education providers, physical education providers, special education teachers, and classroom teachers.

**Program Components**

**Professional Development**

The Inclusive PE Specialty Workshop is a half or full day on-site workshop that provides strategies to create an inclusive environment, adapt activities and equipment, and accommodate students during skill-based instruction. Workshop participants learn how to modify lesson plans for specific disabilities and how to better meet the needs of their students. Workshop activities provide opportunities for hands-on learning in order to create an inclusive environment that benefits ALL students.

**Equipment Sets**

Expert-selected, high-quality, content-matched Gopher equipment provides you with everything you need to execute the program, maximize MVPA, and foster differentiated instruction.

**FREE Lifetime Support!**

Once a SPARKer, always a SPARKer - we are here to support your program...always!
Teacher Resources

Guidebook
- Spiral-bound guidebook with over 200 pages of resources
- 24 sample SPARK lesson plans
- 14 skill-building activities with integrations
- Includes skill adaptations and lesson modifications

SPARKfamily.org Membership
- Complete “e-Guidebook” with digital files of all content
- Instructional strategies for 12 disability categories
- Exclusive web only units
- Receive the latest & greatest updates for free!

It was great to collaborate with other educators with our students’ best interests in mind. As a physical education teacher I found the inclusive guidebook to be very informative. I appreciated that it broke down each disability in a way that was helpful to PE teachers and what we are specifically trying to teach in our classes.

Kelly Jordan, Physical Education Teacher
Palm Valley Elementary, Goodyear, AZ
The SPARK Early Childhood (EC) Program was initially developed for and during a study (1997-2000) involving over 100 Title 1 Early Childhood classes in Memphis City Schools. This was one of the first large-scale, scientific efforts to evaluate a comprehensive physical activity program for this age group. The SPARK EC program being disseminated today applies the lessons learned from rigorous research and subsequent field-testing in the “real-world.” SPARK EC is designed to provide high energy, academically integrated, enjoyable activities that enhance motor development and school readiness skills in children ages 3-5.

Audience: Public and private preschools, Head Start, day care/childcare providers, and WIC agencies.

**Program Components**

**Professional Development**

Having the SPARK curriculum is a great start – but SPARK is not a book, it is a program. Over the years, SPARK has tested numerous instructional strategies that are best conveyed during face to face training opportunities. SPARK workshops are fun and “hands-on.” Preschool teachers learn by doing and are motivated by SPARK’s dynamic and knowledgeable trainers. SPARK trainers travel the globe to provide workshops on days and at times that are convenient for everyone.

**Equipment Sets**

Expert-selected, high-quality, content-matched Gopher equipment provides you with everything you need to execute the program, maximize MVPA, and foster differentiated instruction.

**Free Lifetime Support!**

Once a SPARKer, always a SPARKer - we are here to support your program...always!
Teacher Resources

**Manual**
- “Ready, Set, Go!” format on color-coded pages
- Instructional units written in scope and sequence
- Musical ASAP Activities for lesson warm-up and cool-down
- More than 300 different, field-tested activities
- Academic Integrations throughout
- Inclusion Strategies and Limited Space Adaptations
- Family Fun take-home activities that align with SPARK EC lessons

**Music CD**
- A 2 CD set containing all the music you need to teach SPARK EC
- Musical ASAP Activities that engage students with lively music and rhythmic movement skills

**SPARKfolio**
- Holds and organizes teaching materials provided on SPARKfamily.org
- Hundreds of laminated cards divided by tabs for easy access; many are English one side and Spanish on the other
- Save time and money downloading, copying, and laminating

**SPARKfamily.org Membership**
- Complete “e-Manual” with digital files of all content
- Instructional videos of SPARK activities and dances
- Unit introduction videos providing a standards-driven overview of each unit
- Interactive alignment and assessment tools
- Hundreds of skill and task cards in English and Spanish
- Audio files
- Exclusive web only units (Gopher Exclusive, etc.)
- Receive the latest & greatest updates for free!

“SPARK is such a wonderful program. It brings physical activity alive! The Title 1 Early Childhood staff and children enjoy their physical activity journey each and every day.”

Yvonne Jones, Title 1 Early Childhood Program, Memphis City Schools, Memphis, TN
Evidence supports the association between school-based physical activity (PA) and academic performance. SPARKabc’s (Activity Break Choices) Classroom Activity & Recess program brings coordinated physical activity into the classroom and onto the playground.

This program includes Classroom ASAP’s (Active Soon As Possible) and activities that support learning standards in a variety of subjects. The recess component provides planning, implementation, assessment tools, and equipment lists to create a more dynamic program on the playground. This is an exciting new program that helps classroom teachers use physical activity as a powerful tool for improving academic achievement and fostering healthy behaviors.

Audience: Elementary Classroom Teachers & Recess Supervisors and Elementary physical education providers.
We are delighted with the results we are seeing from implementing SPARKabc activities throughout our school day. During days (mornings) when we have our entire student body participating in total movement before entering the school building (facilitated by parents), I have noticed happier students and fewer students in the office due to behavioral issues. The implementation of SPARK is preparing our students for a productive school day and is helping provide an opportunity for our school and community to partner.”

Walter Reap, Principal
Germantown Elementary School, Germantown, MD
The SPARK After School (AS) Physical Activity Program began in 1995 as part of an effort to take lessons learned from the successful SPARK PE program and apply them to “out of PE” settings. Years of research and extensive field-testing throughout the country has shown SPARK After School to be effective for children and adolescents ages 5-14.

The SPARK after school philosophy: Include ALL youth, actively engage ALL youth, and instill the love of lifelong movement in ALL youth.

Audience: Out of school physical activity programs / providers: YMCAs, Boys and Girls Clubs, Recreation Centers, Day Care Centers, and camps.

**Program Components**

**Professional Development**

The focus of SPARK After School is to provide leadership techniques and activity ideas that encourage youth to be physically active. SPARK workshops are fun and “hands-on.” Youth leaders learn by doing and are motivated by SPARK’s dynamic and knowledgeable trainers. SPARK trainers travel the globe to provide workshops on days and at times that are convenient for everyone.

**Equipment Packs**

Expert-selected, high-quality, content-matched Gopher equipment provides you with everything you need to execute the program, maximize MVPA, and foster differentiated instruction.

**Free Lifetime Support!**

Once a SPARKer, always a SPARKer - we are here to support your program...always!
TEACHER RESOURCES

Manual
- Prep, Set, Teach format on color coded pages
- Over 700 activities
- ASAP Activities to get kids Active Soon As Possible
- STEM Academic Connections
- Character Matters development resources
- The Right Fit suggestions for group size, limited space and wide age ranges
- Food Facts nutrition education integrations
- National alignment to President’s Challenge, Let’s Move, and NIOSF Guidelines

Music CDs
- Contains the music you need to teach all the activities in the SPARK AS manual
- ASAPs with music to move and motivate all participants

SPARKfolio
- Holds and organizes teaching materials provided on SPARKfamily.org
- Laminated cards divided by tabs for easy access
- Many are English on one side and Spanish on the other
- Save time and money downloading, copying, and laminating

SPARKfamily.org Membership
- Complete “e-Manual” with digital files of all content
- Instructional videos of SPARK activities and dances
- Program assessment and national alignment tools
- Hundreds of skill and task cards in English and Spanish
- Videos showing physical activity instructional strategies
- Audio files
- Exclusive web only units (Gopher Exclusive, etc.)
- Receive the latest & greatest updates for free!

“We first began using the SPARK After School Program at our YMCA of South Palm Beach County in 2002. Our after school staff loved the binder full of great ideas and easy to use activities — and the teambuilding and fun workshops SPARK conducted at our site. SPARK coordinates their lessons, teaching strategies, and equipment sets and their approach WORKS! I highly recommend SPARK for every after school physical activity program!”

Bev Johnson
Executive Director DeVos-Blum Family YMCA
Boynton Beach, FL
On-Site Professional Development

Bring a SPARK trainer to your school or institution for effective, in-person learning for your entire team. Book your summer or fall PD today!

Choose from 3 options:

1. **Starter**
   1/2 day training that introduces your team to all the benefits of a SPARK program.

2. **Standard**
   A full day of hands-on, active instruction led by a SPARK Certified Trainer.

3. **Premium**
   Gold Standard: Two full days of training that can be done consecutively or at different times during the year.

View program options, pricing, and additional details about each training at SPARKpe.org/professional-development

Can’t bring SPARK to you? Come to SPARK!
Our summer institutes offer our richest, most in-depth SPARK experience.

Visit SPARKpe.org/institutes to learn more!
Online & Virtual Professional Development

SPARKeacademy.org offers 3 online professional development (PD) options:

1. **SPARKeacademy™ Live**
   SPARKeacademy™ Live combines SPARK Online Professional Development with live virtual sessions featuring a SPARK trainer—no travel required & physically distant friendly! Call or email SPARK to learn more and to schedule SPARKeacademy Live for your school/district.

2. **Become SPARK Certified in a SPARK program**
   Purchase credits and access learning by completing the online video, quiz, and an action item for each course when convenient for you. Complete all 16 courses per SPARK program to receive certification. Learn more at SPARKpe.org/spark-ecademy

3. **Get started today—Create a free account at sparkecademy.org**
   Over 50 free webinars and a new one added each month. Get started today!

**SPARKeacademy also provides:**
- Individual and district professional development reporting
- Printable certificates of completion for SPARK courses and webinars
- Track all SPARK PD hours earned online and at SPARK workshops and conference sessions

All content is accessible from a computer, tablet, and mobile device.
Robust digital library of evidence-based learning tools created especially for University Educators and their students (both majors and generalists).

SPARKuniversity Elementary (Grades K-6) and Secondary (Grades 9-12) INCLUDE:

- 100+ SPARK PE activities
- Sample syllabi
- Pedagogy assignments
- Peer-teaching and practicum observation guidelines
- Tests with answer keys
- Grading rubrics
- SPARK Powerpoint Presentations
- Hyperlinks to research
- Many more tools for both educators and students!

To get SPARKuniversity Professor access and to take advantage of student-level SPARKuniversity access at the discounted student rates for your students, contact SPARK today!

Learn more SPARKpe.org/spark-university

“As a Research I institution, West Virginia University has always searched for evidence-based curricula to include in our methods classes. For the last 12 years or so we have used (SPARK) in our elementary methods course and at our elementary laboratory school. SPARK is research-based and our preservice teachers find it very easy to apply in our laboratory school setting. Our undergraduate students like the SPARK curriculum and the numerous instructional materials that come with SPARK… Our students find SPARK to be a wonderful addition to their professional library.”

Lynn Housner, Ph.D., Associate Dean & Professor, West Virginia University

Locate funding for your PE program!

Visit SPARKpe.org/grant-finder
SPARK is Across the Globe! SPARK is very excited to be working with international partners around the world to promote physical fitness and healthy lifestyles among youth of all nationalities. See a list of countries at SPARKpe.org/international

SPARK Advisory Council

MR. PAUL ROSENGARD
DR. THOM MCKENZIE
DR. JAMES SALLIS

SPARKpe.org/SPARK-advisory-council
Sample Lesson Plans
Access a sampling of research and standards-based, highly-active Physical Education (K-2, 3-6, Middle School, High School, and Inclusive PE), Early Childhood, After School, and Active Classroom lesson plans at SPARKpe.org/free-lesson-downloads.

Webinars
SPARK hosts FREE webinars on timely topics in the field of physical education and student health. Go to SPARKpe.org/webinars to register for upcoming webinars, and view recorded webinars for FREE on SPARKecademy.org.

Online Grant Finder
Looking for funds to implement a quality physical education/activity, health, or nutrition program? Our Grant Finder tool will help you find grants specific to your state and area of focus. Go to SPARKpe.org/grant-finder for details.

eNewsletter
Each month you’ll receive our monthly eNewsletter full of grant opportunities, teaching tips, equipment promotions, and links to free resources. Go to SPARKpe.org/signup and sign up today!

Standards Alignment
To see SPARK’s alignment with state and national standards, go to SPARKpe.org/standards for details.

SPARK Blog
Follow the SPARK Blog for teaching tips, parent and family resources, trends in physical education, and educational infographics on health, physical activity, and physical education. Go to blog.SPARKpe.org/ to read the blog articles.

Advocacy Alerts
Need help advocating for Health and Physical Education at the state, district, or school level? Simply fill out a form and we will use our network to help you advocate for the health and well-being of students. SPARKpe.org/advocacy/advocacy-alerts

PREP
• 4 cones (for boundaries)
• 1 6’ dia parachute per 6-8 students
• 4-5 tossables per group (fluff balls, beanbags, etc.)
• Music and player (optional)

SET
• Create a large (30 x 30 paces) activity area.
• Place small parachutes just inside boundaries in a square or triangle (depending on the number of parachutes).
• Place groups of 6-8 students around each parachute.

TEACH
1. Lesson Objective
   • The object of Parachute Switcheroo is to move from 1 parachute to another when your color is called.

2. Instructions
   • We will move in this direction from parachute to parachute. (Point the way you want them to move – clockwise or counterclockwise). Hold the parachute with an overhand grip.
   • The color you are holding on the parachute is your color. What color are you?
   • On the start signal, shake your parachute up and down. On the stop signal, stop shaking the parachute.
   • When your color is called, let go of the parachute, move to the next parachute, find your color, and start shaking the parachute again.
   • Watch for others when moving from parachute to parachute!
   • Can you move to the next parachute before I count down from 5?

REFLECTION QUESTIONS
• What is a skill? What skills did you use in this activity?
• What is the difference between clockwise and counterclockwise?
• How could we change this activity to make it more fun?

UNIT: Parachute | LESSON 10: Parachute Switcheroo

Learning Objectives
• Students will be able to move safely from parachute to parachute when prompted.
• Students will be able to work cooperatively to move a small parachute.
• Students will be able to follow the rules of a simple game.

Learning Targets
• I can safely move to another parachute when my color is called.
• I can cooperate with others to move the small parachute.
• I can follow the rules.

Teaching Cues
• Listen for stop and start signals and parachute colors.
• Move directly to the next parachute when your color is called.
• When a new student arrives, hold the parachute still to let them grab it.

Parachute Switcheroo
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Crab Walk
BALANCE, STUNTS, AND TUMBLING
ANIMAL WALKS

Inchworm
BALANCE, STUNTS, AND TUMBLING
ANIMAL WALKS