

SPARK™

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

EXCLUSIVE PARTNER!

***GOPHER* / *SPARK*[™]**

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



C E L E B R A T I N G

33 YEARS

EVIDENCE. INNOVATION. IMPACT.

**Visit sparkpe.org/anniversary
to learn more!**



A HEALTHY START

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:

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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.



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)
- Sport skills development (throw, catch, kick)
- Enjoyment of PE
- 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!

AWARDS & HONORS

- 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**



NEW SPARK™ App

The First Physical Education Curriculum & Assessment App



**Favorite your
SPARK lessons
for easy access!**

**Access SPARK lesson plans
& materials from the palm
of your hand!**



**Enable
pop-up
reminders**

Schedule events:

- SPARK lessons
- Assessments
- Fitness testing

Assessments:

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

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.



PHYSICAL EDUCATION

ELEMENTARY

Welcome to the world's most researched and field-tested physical education program!

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





PHYSICAL EDUCATION

MIDDLE SCHOOL

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

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!

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TEACHER RESOURCES



Manual

- Aligned to State and National Standards
- 19 print/digital units + 6 additional digital only units = over 800 activities - research-based and field-tested to get students energized and actively learning
- Prep, Set, Teach format for every lesson
- "Personally Fit" section to promote successful behavioral techniques
- Additional sections focused on management & organizational techniques to increase MVPA

Music CDs

- Contains the music you need to teach SPARK MS PE on one CD
- Every cultural, country, and dance song from the SPARK manual
- Warm-up and cool-down music, long and short intervals for circuit training, and more (75 minutes in length)

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
- Interactive alignment and assessment tools
- Hundreds of skill and task cards in English and Spanish
- Audio files
- SPARK Event teacher tools including bulletin board resources and more
- Personally Fit Wellness Extensions with Home Activity Challenges & more
- Leveled Portfolio Assessment tools designed to assess physical, cognitive, and social development
- SPARKfit section contains fitness and nutrition focused lessons, circuit training videos, goal setting tools, and more
- Unit introduction videos providing a standards-driven overview of each unit
- Short activity preview videos for all lessons
- Exclusive web only units (Social-Emotional Learning, Holiday, Gopher Exclusive, etc.)
- **Receive the latest & greatest updates for free!**



"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*



PHYSICAL EDUCATION

HIGH SCHOOL

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

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

- Aligned to State and National Standards
- 16 print/digital units + 12 additional digital only units = over 800 activities - research-based and field-tested to get students energized and actively learning
- Prep, Set, Teach format for every lesson
- Character Matters educational resources to promote and assess character development
- Year-round fitness sections to promote lifelong wellness
- Additional sections focused on management & organizational techniques to increase MVPA

Music CD

- Contains the music you need to teach SPARK HS PE on one CD
- Includes warm-up music, long and short music intervals for skill/fitness circuits, and all the songs needed to instruct SPARK dances

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
- Interactive alignment and assessment tools
- Hundreds of skill and task cards in English and Spanish
- Audio files
- Instructional videos of SPARK HS PE dances and Group Fitness routines
- Personally Fit Wellness Extensions with Home Activity Challenges and more
- SPARK Event teacher tools including bulletin board resources and more
- Leveled Portfolio Assessment tools designed to assess physical, cognitive, and social development
- SPARKfit section contains fitness and nutrition focused lessons, circuit training videos, goal setting tools, and more
- Exclusive web only units (Social-Emotional Learning, Holiday, Gopher Exclusive, etc.)
- **Receive the latest & greatest updates for free!**



"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**

SPARK™ me•we•3

At-home physical activity

**Featuring 250 Easy-to-Use Activities for Indoors & Outdoors.
Over 250 Materials Available!**



Whether elementary students are learning in the physical school environment or at home, SPARK me•we•3 is a great resource to help develop a variety of basic movement and manipulative skills so they will experience success and feel comfortable during present and future physical activity pursuits.

The program features activities for **me** (individual child), **we** (partner = child + parent/sibling/family member), and **3** (small group = child + family members/friends).

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

NEW Enhanced Print & Digital Lesson Plans Now Available for All PE Programs*

Durango Boot

Learning Objectives

- Students will use throwing and catching skills with proper technique.
- Students will distinguish between health-related and skill-related fitness.
- Students will demonstrate responsible behaviors.

Learning Targets

- I can apply throwing and catching skills I have learned to 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 cone either with disc or with hand while holding disc.
- You may knock over any of the target cones.
- Must pass disc back to the Take-Back Zone after gaining possession or after a score.

PREP

- 4 small cones per 6 students (to mark the Take-Back Zone)
- 4 large cones per 6 students (for targets)
- 1 pinnie per 2 students
- 1 flying disc per 6 students

SET

- Create a long, narrow area (30 x 10 paces) per 6 students using 4 small cones. This narrow area is the Take-Back Zone.
- Place 2 large cones (5 paces away from each other) centered outside of the Take-Back Zone (15 paces away from the Take-Back Zone boundary).
- Create groups of 3 students: 2 groups per field, the group with pinnies begins on offense.

TEACH

1. Lesson Objective

The object of **Durango Boot** is to learn a game that is a cross between Ultimate Flying Disc and Disc Golf.

2. Instructions

- Durango Boot** was first played in Durango, Colorado, and boots were used instead of cones.
- Rules**
 - Teams may knock over any target cones.
 - One group starts with the disc in the middle of the Take-Back Zone (Show Take-Back Zone).
 - The disc must always be thrown at least 3' (same as Ultimate).
 - Pass from player to player until a player is close to a Target Cone and can take a shot at knocking it over.
 - The player with the disc may not run, but may pivot on 1 foot (same as Ultimate).
 - Body contact is not allowed and defenders may not be closer than 3'.
 - If the disc is not thrown by the count of 10 then it is a turnover (same as Ultimate).
- Turnovers**
 - A turnover also occurs when the disc is intercepted, dropped, or touches the ground after a missed throw.
 - If this happens the defense takes over no matter which team touched it last (same as Ultimate).
 - The group must now get the disc back to the Take-Back Zone before taking another shot.
- Scoring**
 - 1 point if the disc knocks over the target cone by throwing the disc and knocking over the cone.
 - 1 point for tapping over the cone with the disc in the player's hand.
 - After a score, re-set target cone, then defense becomes offense.
 - Offense must pass disc back to the Take-Back Zone before attempting to knock over any target cone to score.
- Challenges**
 - Can everyone on your team touch the disc before throwing for a score?

UNIT: Flying Disc | LESSON 15: Durango Boot

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Durango Boot

Standards Alignment

Standard 1: Outcome 2
Throws for distance or power.

Standard 1: Outcome 3
Catches from a variety of trajectories.

Standard 1: Outcome 5
Throws a leading pass to a moving receiver.

Standard 1: Outcome 7
Performs offensive skills with defensive pressure.

Standard 2: Outcome 3
Creates open space by cutting and passing quickly.

Standard 2: Outcome 6
Transitions from offense to defense by recovering quickly.

Standard 3: Outcome 3
Participates in aerobic fitness activities.

Standard 4: Outcome 1
Exhibits responsible social and inclusive behaviors.

Standard 4: Outcome 6
Demonstrates knowledge of rules and etiquette.

Standard 5: Outcome 6
Demonstrates respect for self and others during activities.

Reflection Questions

- Which did you like better: Disc Golf, Ultimate Flying Disc, or Durango Boot? Why?
- How did communication affect your team's ability to score points?
- How did you show sportsmanship and fair play in the activity?

SPARK It Up!

1. 3-Rule Challenge

- Meet as a group of 6 (both teams).
- Work together, decide on, and change 3 rules for Durango Boot.
- Follow all 3 of the new rules during the next game.

2. Throw from the Take-Back Zone

- Follow all of the rules of Durango Boot, except that all shots must be taken from inside the Take-Back Zone.
- You can still move anywhere in the field to gain positioning.

Teaching Suggestions

- 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.
- Pinnies Rule: The group wearing pinnies 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 snowy day in January, a group of friends showed up to play some mid-winter Ultimate. Due to the Colorado snow, everyone showed up in boots. There weren't enough people for Ultimate, so the kids used their boots 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.

SEL Competencies

Self-Awareness
Peer interaction, self-efficacy

Self-Management
Self-regulation

Social Awareness
Building trust, respect for others

Relationship Skills
Communication, teamwork

Responsible Decision-Making
Analyzing situations

Teacher Reflection

UNIT: Flying Disc | LESSON 15: Durango Boot

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Learning Objectives and Targets

Statements that describe what students are expected to learn and learning targets written in student friendly "I can" statements.

Teaching Cues and Suggestions

Short phrases identify key concepts students should know as they engage in the activity and instructional hints from SPARK PE specialists who have instructed the activity before.

PREP, SET, TEACH Format

Lists equipment/materials needed with hyperlinks to easily access materials, describes set-up prior to instruction, and includes ready-to-read activity description that states objectives, instructions, and directions.

Social and Emotional Learning (SEL) Competencies

Shows lesson's alignments with CASEL's SEL competencies and related social skills.

Reflection Questions

Different levels of questioning allow teachers to assess knowledge and understanding, address social emotional learning concepts, and provide opportunities for self-assessment.

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.



INCLUSIVE PHYSICAL EDUCATION

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 lessons 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

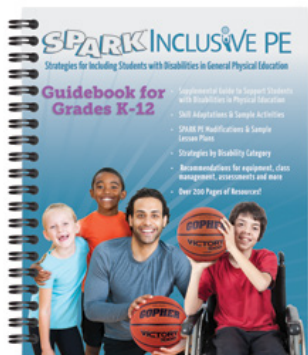
Expert-selected, high-quality, content-matched Gopher equipment provides you with everything you need to execute the program, maximize MVPA, and foster differentiated instruction.



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*

SPARK™

EARLY CHILDHOOD

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!

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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*

SPARK™ ACTIVE CLASSROOM

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.

PROGRAM COMPONENTS



PROFESSIONAL DEVELOPMENT

Classroom teachers learn how to lead developmentally-appropriate activities that get students physically active safely and effectively. Each workshop is targeted for the needs of the individual school community (based on needs assessments) and is designed to provide attendees with a working knowledge of SPARK's unique content, instructional strategies, and technologies.



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!

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TEACHER RESOURCES



SPARKfamily.org Membership



Manual



Music CD

SPARKfolio

Manual

- Activities presented in easy-to-use "Ready, Set, Go!" format
- Academic integration tips & brain-based activities
- STEM Integrations
- Set-up diagrams specifically designed for activity in the classroom
- Mind/Body Connections connecting physical activity to current brain development research
- Includes "Remarkable Recess" component
- Home Play (family activity ideas) suggestions for use in newsletters or bulletin boards

SPARKfolio

- Accommodates & organizes materials used in conjunction with the SPARKabc's Manual
- Save time and money downloading, copying, and laminating

SPARKfamily.org Membership

- Complete "e-Manual" with digital files of all content
- Instructional videos of SPARK Energizing Brain Boosters™ and Fast Breaks™
- Audio files for use with iPod or MP3 player
- Hundreds of skill and task cards in English and Spanish

Music CDs

- Energizing Brain Boosters™ and Fast Breaks™ videos for instant activity in the classroom
- Classroom ASAP lesson plans and audio tracks that guide students through the activities

"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*





SPARK™ **AFTER SCHOOL**

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 NIOST 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





World Class Professional Development



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.



**The Dana On
Mission Bay
San Diego, CA**

Visit SPARKpe.org/institutes to learn more!

Online & Virtual Professional Development



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

1 SPARKacademy™ Live

SPARKacademy™ 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 SPARKacademy 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-academy

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!

SPARKacademy 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).



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!

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!

Learn more SPARKpe.org/spark-university

"As a Research I institution, West Virginia University has always searched for evidenced-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!

Location	Focus area	Deadline	
Arizona	Select-	Winter	SEARCH
	Physical Education		
	After School		
	Early Childhood		
	Whole Child (WSCC)		
	Nutrition		
	Special Education		
	Special Needs		

Search Results:

Grant Name	Amount	Deadline	Focus Area
Student Needs Program	\$1000	Jan 15	Physical Education
Student Needs Program	\$1000	Jan 15	Physical Education
Student Needs Program	\$1000	Jan 15	Physical Education

For children and youth through grade 12. SOAP seeks funding programs that promote STEAM.

Visit SPARKpe.org/grant-finder

SPARK International

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

Visit SPARK online at SPARKpe.org for **Free Resources**



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 SPARKacademy.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