



What is SPARK me-we-3?

An at-home physical activity program featuring easy-to-use activities for indoors or outdoors.

SPARK me-we-3 is to help keep students physically active in a home environment. The program features activities for me (individual child), we (partner = child + parent/sibling/family member), and 3 (small group = child + family members/friends).

Whether children are learning in the physical school environment or home, SPARK me-we-3 is a great addition 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. And - to help children develop and maintain acceptable levels of physical fitness.

Why is SPARK me-we-3 needed?

National guidelines recommend that young people accumulate at least 60 minutes of physical activity each day for proper growth, development, and overall health. Many children participate in physical education classes irregularly and/or choose to be inactive during recess or lunch breaks. Therefore, it cannot be assumed that children receive their recommended dose of daily activity from traditional school-based sources alone. Classroom activity breaks, after school programs, sport leagues, and activities that can be done at home, must all contribute to a child's accumulation of 60 minutes a day.

Schools by themselves cannot—and should not be expected to—solve the nation's most serious health and social problems. However, schools can provide a perfect setting for this collaborative approach to health and education. SPARK me-we-3 supports solutions to bridge the gap of what is taught in physical education class to the home environment, so children have as many opportunities as possible to accumulate 60 minutes of physical activity a day.

SPARK me-we-3 – used in conjunction with SPARK K-2 PE and / or 3-6 PE or solo will support and provide opportunities for children to accumulate more minutes of physical activity.

What are the goals of SPARK me-we-3?

The goals of the SPARK me-we-3 program are to encourage children to participate in physical activity opportunities, and to increase the quantity and quality of their movements in a variety of environments. The focus of SPARK me-we-3 is the development of motor skills, movement knowledge, and social and personal skills. It is our hope that children become lifelong movers and model the behaviors necessary to achieve healthy lifestyles.