

# Building a Foundation

## How to Use It

- Before beginning instruction, refer to “Movement Basics” starting on page v in this unit. While teaching, it is helpful to keep them with you for quick reference.
- Progress through lessons at an appropriate pace. Do not move ahead until children are ready.
- If outdoors, conduct lessons on grass (if free of potholes and obstacles).
- Decide before your first class which signal(s) you will use to get children’s attention and to start and stop activity (e.g.: music on or off; words such as “Go” and “Freeze;” hand clapping patterns; raising a hand in the air; striking a drum or tambourine, etc.).
- To speed organization and reduce management time, consider incorporating a color/group system. Create 4 groups; assign each a leader for a 2-week period. Match the group and equipment color (e.g., blue group uses blue equipment or equipment with a blue mark on it). In addition to helping manage equipment, students learn to identify with their color group and mobilize quickly, maximizing time on task.
- Because *Building a Foundation* is the first unit instructed, it teaches and/or reinforces many basic movement concepts. Be sure to review these key concepts throughout the unit.
- The Teach section is written to be read directly to the students. Teacher-oriented instructions are provided in italicized text with parenthesis. Read these to yourself, not out loud to your students.
- *Skill Cards* (on SPARKfamily.org) accompany several lessons in this unit and are referenced in the Prep section when needed.
- Music brings life to a lesson! Stimulate and motivate students with lively music. Use softer or classical music for warm-up and/ or cool-down. Music provided on SPARKfamily.org.
- SPARK strongly recommends not using a whistle to start or stop activities.
- Read the *Teaching Suggestions* before teaching each lesson. Teaching Suggestions are instructional hints from SPARK PE specialists who have instructed the activity before.
- Reinforce the social-emotional learning competencies and related skills provided in each lesson plan.
- The *Reflection Questions* at the end of each lesson provide an opportunity for closure, cool-down, and to reflect on what students have learned. Remember to allocate 2-3 minutes for this during each PE class. SPARK recommends light stretching during this time when muscles are warm, not at the beginning of class.