

Building a Foundation

Introduction

This introductory unit establishes class environment, behavioral expectations of students, and management and organization protocols. It teaches principles that provide the foundation of physical development for the lower elementary-age student.

Some of the motor development concepts addressed include: body and spatial awareness, locomotor and non-locomotor skills, directionality, pathways, levels, and tempos. To enhance their social and personal development, children learn to share, cooperate, take turns, and experience personal success through movement.

SPARK recommends starting the school year with *Building a Foundation* before moving on to the other units and teaching the lessons in order. *Building a Foundation* is the only unit in the SPARK K-2 Manual that incorporates a warm up. Therefore, *Building a Foundation* does not require an ASAP to prepare students for more rigorous activity.

What You Have

SPARK Manual

- **Lessons**
 - 15 introductory lessons to be instructed in order.
- **Inclusive Strategies**
 - Tips to help meet the needs of all students.
- **Supplemental Lesson Content**
 - **Reflection Questions:** discussion questions are provided to reflect on what students have learned.
 - **Teaching Suggestions:** instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the “inside scoop.”
 - **SPARK It Up!:** variations provide extensions to address the developmental needs of students.
 - **Integrations:** ideas to connect PE to academic content, wellness concepts and promotion of physical activity outside of school. Can be read to students during warm-up, transitions, or cool-down.
 - **Standards:** indicates which National PE Standards and grade level outcomes are addressed.
 - **SEL Competencies:** shows the lesson’s alignment with CASEL’s SEL competencies and related skills.
 - **Vocabulary:** a list of words used to highlight academic content during the lesson.
 - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

SPARK Instructional Media

- **Unit Plan**
 - A model of 3, 30-minute PE classes per week and can be used as is or modified to meet your needs.
- **Skill Cards**
 - Half-sheets graphically depicting various skills and movement concepts for use as visuals in several lessons.
- **Movement Cube Cards**
 - Sized to fit in Movement Cubes, these cards include the basic locomotor skills, pathways, tempos, directions, levels, and relationships. Slide into Movement Cubes and use to practice movement concepts.
- **Assessment Sample**
 - A sample performance rubric to document and guide learning.
- **Limited Equipment/Large Class Ideas**
 - Ideas for modifying activities to respond to these challenges.