

How to Use It

- Teach activities from the Games unit in the order they are presented. While students are engaged, assess their abilities, and then adjust accordingly. If an activity is too simple, use the SPARK It Up! extensions to provide additional challenge. If too difficult, simplify and slow down.
- Review the assessment sample provided at the end of this unit. The Games Performance Rubric is an observational tool you can use to collect skill development data.
- A sample unit plan based on an instructional model of three 30-minute PE classes per week, is provided on page vi. Note, however, that SPARK advocates for quality, daily physical education, and activities and lessons in all SPARK units can easily be expanded by using the SPARK It Up! activities provided.

Teaching Tips

- The games and activities in this unit are sequenced in complexity, and they will not all be a perfect fit for every K-2 class or student. Contact SPARK (833-73-SPARK or spark@SPARKpe.org) if you have questions on how to simplify and/or modify games for your students.
- Music helps motivate children to move. If possible, start and stop games/activities with music.
- Direct cues and feedback to encourage movement and fair play rather than promote competition among students.
- Although a new game is presented each lesson, instructors may wish to have children play the same game twice before introducing them to a new one.

Safety

- If outdoors, conduct lessons on grass (if free of potholes and obstacles) rather than blacktop for added safety.
- Not all ASAPs provide an adequate warm-up for high-intensity games. Begin games at a low level (e.g., fast walk), and gradually progress to higher activity levels.
- Emotional safety is a greater concern during game play, as students are often grouped randomly, and ability levels vary greatly. Before playing games, reinforce courtesy, sharing, taking turns, and helping others participate successfully. If possible, divide games into levels so students of similar physical and emotional ability play together.