

Games

Introduction

Games are an important part of the physical education curriculum. Through games, children learn and/or reinforce movement skills, strategies, and cooperation. Games may be designed or adapted to promote health-related fitness and/or motor-skill development.

Teachers are encouraged to constantly assess and modify game rules to meet the skill development, fitness levels, and social structure of their classes. Games may be modified by changing the:

- Dimensions of the activity area
- Quantity and types of equipment
- Length of time the game is played
- Number of players in a group

What You Have

SPARK Manual

- **Lessons**
 - 14 activities sequenced by level of difficulty.
- **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.
- **Assessment Sample**
 - Tips to help meet the needs of all students.
- **Limited Space/Large Class Ideas**
 - Ideas for modifying activities to respond to these challenges.