

## How to Use It

- Choose an activity based on the skill and fitness levels of most of your students. As you teach, assess their comfort, interest, and capacity to perform the activity and adjust accordingly. If an activity is too easy, jump to the SPARK It Up! variations to add more difficulty. If it is too difficult, decrease the variables, simplify and slow down.
- Many of the Group Fitness activities utilize Skill Cards (SPARKfamily.org) to assist you and your students, learn proper techniques, and to help guide learning. Print your Skill Cards on cardstock and laminate for durability.
- Review the assessment samples provided on the SPARKfamily.org website. The Think About is an assessment to measure knowledge of muscles and their function. The Create a Routine Performance Rubric is an observational assessment used to collect data on routines created by small groups. Ideally, plan to complete this assessment at the end of the unit.
- Many of these activities, when first introduced to your students, may take more time and should be the focal point of your entire lesson. After students have mastered the skills and can do the activities more efficiently, then add your Spotlight on Skills Activity if/when time permits.
- There are sample unit plans on SPARKfamily.org built on an instructional, 3 PE classes-per-week unit model. Use them as a guide to adjust and create unit plans that meet your particular instructional requirements.
- Remember to use a short 5-7 minute ASAP activity before the main activity in your lesson. Choose several from the ASAP sections to rotate throughout the unit.

## Teaching Tips

- Teach class facing the students, and have students mirror your movements.
- Teach and allow plenty of practice with any difficult movements before attempting them with music.
- If students are having trouble with steps, have them focus on moving only their feet. Once the feet are mastered, they can add arms.
- Incorporate your own routines, ideas and music into this unit.

## Safety

- When a medicine ball or other resistance method is used, be sure students are lifting only what they are comfortably able to lift.
- When students are doing resistance training, be sure to focus on technique above all else.
- Watch for fatigue and adjust the activity time accordingly. Rotate muscles used so fatigue is not such a factor.