

## Introduction

Recess certainly is not a replacement for physical education, but it is an indispensable part of elementary school education. Recess provides students with healthy, active, unstructured playtime to release energy and stress that can facilitate attention in the classroom and decrease disruptive behavior. During recess, children can develop enjoyment of movement, respect for rules, and learn how to develop and maintain friendships. Recess should be considered an important educational support, not a reward. Recess should not be denied as a punishment or as a time to make up work.

The SPARK Recess unit provides movement activities for students to learn and practice games that may also be used before school, during free play, on lunch break, after school, at home, and in other physical activity environments throughout the community.

## What You Have

### SPARK Manual

- **Lessons**
  - 12 activities with a variety of skills and strategies.
- **PACE (Physically Active Choices to Enjoy) Activities**
  - 1 activity designed to allow students to learn and practice hoop tricks, while they work at their own pace.
- **Inclusive Strategies**
  - Instructional tips and equipment suggestions 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

- **Pedometer Activity**
  - An activity specifically designed to incorporate the use of pedometers.
- **Skill Cards**
  - Half-sheets with depictions of skills to create stations, use as visuals for learning, etc.
- **Playground Expectation Cards**
  - Visuals help you teach playground expectations. Use these as is, or adapt to fit your school.
- **Peaceful Resolution Cards**
  - Visuals to help teach positive resolutions and problem-solving, for times when students can’t agree.
- **Assessment Samples**
  - Performance rubric and student self-check assessment samples to document and guide learning.
- **Limited Equipment/Large Class Ideas**
  - Ideas for how to use the activities when faced with limited equipment or large classes.
- **Home Play Activity**
  - A take-home page with interesting facts and information on 1 side, and fun challenges on the other.