

How to Use It

- As you teach the games in this unit, assess your students' 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.
- Review the assessment samples provided on the SPARKfamily.org website. Create a Game (Pedometer Activity) is a small group project that should be used at the end of the unit. The Performance Rubric is an observational assessment you can use to collect skill development data. Ideally, plan to take rubric observations during play for several days toward the end of the unit.
- There are sample unit plans on SPARKfamily.org built on a 3 PE classes-per-week instructional model for 3rd, 4th and 5th/6th grades. Use these 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

- Watch game play closely and modify to accommodate students' fitness and skill levels. Potential modifications include:
 - Increase or decrease size of activity area.
 - Increase or decrease the number of students in the group.
 - Increase or decrease length of time the game is played.
 - Increase or decrease the number and type of equipment.
 - Vary the speed of the locomotor movement: walk, skip, gallop, speed walk, etc.
- For greater clarity, games should be demonstrated by a sample of students.
- Provide cues and feedback that encourage movement and fair play rather than winning the game.
- Praise students who work well together and demonstrate cooperative behavior.

Safety

- If possible, aerobic games should be played on a grass field, gymnasium, or multipurpose room, free from objects which may cause injury.
- If only blacktop or cement is available, keep activities at a slow-to-moderate speed.
- Be sure the activity area is large enough to accommodate class size.