

Introduction

Games are an important part of the Physical Education curriculum. Unfortunately, many traditional games are not only inactive, but also allow just a few students at a time to practice their skills. In the Aerobic Games unit, traditional games are adapted to give all students many opportunities to practice basic motor skills, movement concepts, principles, and strategies in a high-activity format. Students enjoy these games because they are fast-paced and challenging. However, the games also provide the benefits of aerobic capacity, strength, endurance, and flexibility. Aligned with National PE Standards, grade level outcomes, state content and performance standards, SPARK activities are designed to include and challenge all students' physical skills, while maintaining enjoyable, health-promoting, moderate-to-vigorous physical activity during class.

What You Have

SPARK Manual

- **Activities**
 - 12 activities listed in order of complexity.
- **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.
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SPARK Instructional Media

- **Unit Plan**
 - A model of three 30-minute PE classes per week and can be used as is or modified to meet your needs.
- **Pedometer Activity**
 - An activity specifically designed to incorporate the use of pedometers. This activity can also be used as a small group assessment piece.
- **Task Cards**
 - Includes instructions for Create a Game (a Pedometer Activity/Assessment tool.)
- **Assessment Samples**
 - A performance rubric assesses fair play, game tactics, and body control. The Create a Game assessment tool helps guide students' progress toward designing their own activity.
- **Limited Space/Large Class Ideas**
 - Ideas for how to use the activities when faced with limited equipment and/or more students than you expected.