

Introduction

Soccer is the world's most popular team sport. It is played in nearly every country by young and old alike. The SPARK Soccer unit provides activities for students to practice and develop fundamental skills such as ball-handling, dribbling, passing and receiving, shooting, and defending required for successful game play. Activities in this unit follow a high-activity, skill progression, which can be adapted for a variety of skill levels. Aligned with National PE Standards and 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

- **Skill Builders**
 - 5 skill-specific activities that challenge students to improve their skill regardless of their skill ability.
- **Lessons**
 - 10 disc activities in order of skill difficulty.
- **PACE (Physically Active Choices to Enjoy) Activities**
 - 3 activities designed to allow students to practice flying disc skills while they work independently at their own pace, with a partner, or small group.
- **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

- **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.
- **Task Cards**
 - Includes instructions for PACE Activities. Print on card stock and laminate for durability
- **Assessment Samples**
 - Rubric and student 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.