

Introduction

Who doesn't love to walk, jog, and/or run? Well, actually, some of your students don't! They may not be wild about walking, jogging, and running, because traditionally, these activities have been boring and/or exhausting. Moving around the same old track day after day and counting laps may not be your typical 3rd-6th graders idea of fun. Can you blame them? The SPARK Walk/Jog/Run unit disguises the fitness aspect of walking, jogging, and running by mixing in various patterns, different motor skills, partners/groups, and many other variables to keep students motivated, moving, and having fun. Aligned with National PE Standards, grade-level outcomes 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

- **Activities**
 - 12 activities listed in order of complexity.
- **PACE (Physically Active Choices to Enjoy) Activities**
 - 2 activities designed to keep students moving 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.

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, a prompt page for teaching cues, etc. Print on card stock and laminate for durability.
- **Assessment Samples**
 - Performance rubric and student self-assessment samples to document and guide learning.