

## How to Use It

- Use a Skill Builder for about 5 minutes at the beginning of the skills portion of your lesson. Skill Builders are designed to quickly get the students active and to reinforce that practice, practice, practice makes them better, better, better.
- Choose an Activity based on the skill level of most of your students. As you teach, assess their comfort, interest, and capacity to perform the activity, then adjust accordingly. If an activity is too easy, jump to the SPARK It Up! variations to add more challenge. If it is too difficult, decrease the variables, simplify, and slow down.
- Integrate the PACE Activities throughout the unit. Make copies prior to teaching. PACE Activities engage students in self-directed learning and provide you opportunities to gather assessment data.
- Review the assessment samples on the SPARKfamily.org website. The Student Self-Assessment is a student-paced assessment which can be administered throughout the entire unit. The Performance Rubric is an observational assessment you can use to collect skill development data. Ideally, you would take rubric observations at the beginning, middle and end of the unit.
- There is a sample unit plan on page 4 built on an instructional model of 3 PE classes per week. Use this guide to adjust and create a unit plan that meets your particular instructional requirements.
- Make copies of the Home Play Activity (SPARKfamily.org) and distribute 1 to each student after the first class.
- 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.

## Safety

- Substitute foam balls for harder balls in passing drills.
- Clear activity area of all obstacles (high and low).
- Make sure boundaries are well marked.
- Practice start/stop signals at the beginning of the first class and continue until learned. Instruct and reinforce SPARK "Whistle Cues."
  - 1 whistle = "Freeze and listen."
  - 2 whistles = "Come to me."