

Fitness Challenges

Introduction

The fitness challenges in this unit provide students with a variety of fun and challenging activities that promote all 5 components of health-related fitness: aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. All are PACE (Physically Active Choices to Enjoy) and therefore, are student-directed. This changes your role to facilitator and encourager. Aligned with National PE Standards, grade-level outcomes and state content and performance standards, these 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

- **PACE (Physically Active Choices to Enjoy) Activities**
 - 8 activities designed to allow students to improve fitness, 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**
 - Provides instruction for each of the challenges in the unit. Print quantities recommended for each activity.
- **Assessment Samples**
 - Performance rubric and goal setting assessment samples to document and guide learning.
- **Limited Space/Large Class Ideas**
 - Ideas for how to use the activities when faced with limited equipment and/or more students than you expected.