

Fitness Challenges

How to Use It

- Before teaching each challenge, read through to be sure students have practiced these activities previously (in other fitness units). This is crucial to making these challenges more student-directed.
- Print Fitness Challenge Task Cards (SPARKfamily.org) and make copies for your students. For longevity, use card stock and laminate the cards. The BINGO card will be written on, so either use pens with ink that can be wiped off a laminated sheet or don't laminate. Use the following guide to determine the number of copies you will need:
 - Solo 1 per student
 - Partner 1 per pair
 - Group 1 per group size designated in activity
- Provide a Task Card for each student/pair/ group and pencils, where needed.
- Challenge students to complete all tasks in a specific time frame (e.g., 10 minutes) and watch them go!
- Review the assessment samples provided on the SPARKfamily.org website. The Goal Setting assessment should be used near the beginning of the unit and relates to fitness tests. See the Personal Best Day section in the SPARK Manual for information on how to administer the tests and how to interpret results. The Performance Rubric is an observational assessment you can use to collect skill and behavioral data.
- There is a sample unit plan on page 4, built on a 3 PE classes-per-week, instructional model. Use this as a guide to adjust and create a unit plan that meets your particular instructional requirements.
- 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.

Teaching Tips

- Your role as facilitator is to provide feedback, offer encouragement and help students problem-solve when necessary. As students complete their challenges, be available to help. However, don't spoon-feed any answers to the students. Problem-solving is 1 of the objectives, so let them work it out.
- Because students/pairs/groups will finish at different times, all Task Cards provide Closing Challenges to promote more activity for those who are finished earlier than others. You may offer a choice of several closing activities that are fun and help motivate students to complete the challenge efficiently.
- See Limited Equipment/Large Class Ideas (SPARKfamily.org) for tips to have groups work on different activities simultaneously, thus decreasing the amount of equipment you need.

Safety

- It is important for students to experience the activities prior to the challenge, to ensure they are capable of leading themselves throughout.
- Be sure your play area surface is conducive to the challenge. If only blacktop is available, provide carpet squares or mats for activities on the ground.