

Introduction

The SPARK Dance unit provides all students many opportunities to move to music and express themselves in ways other activities do not. The dances in this unit develop and enhance all students' rhythmic and movement skills, while maintaining enjoyable, health-promoting, moderate-to-vigorous, physical activity during class. To further encourage the development of social and personal skills, the dances included in this unit incorporate cooperation and teamwork in pairs, small groups, or with the entire class. Several dances also promote the understanding of diverse cultures and may be used as a tool to teach or reinforce cultural awareness.

What You Have

SPARK Manual

- **Lessons in this unit are presented in 3 categories:**
 - **Line Dances** – 8 dances designed to be done in line or scatter formation.
 - **Square Dances** – 2 square dances to introduce students to this fun and active American dance form.
 - **Cultural Dances** – 3 dances from around the world to introduce students to various cultures.
- **PACE (Physically Active Choices to Enjoy) Activities**
 - 3 activities designed to allow students to practice and teach dance skills, while they work at their own pace, with a partner, or in small groups.
- **Inclusive Strategies**
 - Tips on how to modify dances for special-needs 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 3, 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.
- **Assessment Samples**
 - Performance rubric and student self-check assessment samples to document and guide learning.
- **Prompt Pages**
 - 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.