

# Personal Best Day

## How to Use It

- SPARK recommends completing 5 Personal Best Days throughout the year - 1 every other month. Conduct them in place of your regularly scheduled SPARK PE for the day.
- There is a sample My Personal Best Progress and Goals Card provided on SPARKfamily.org. Print (or create your own) and make copies for each student (preferably on card stock for durability). Provide pencils, so students can record their scores.
- Print and review the 3 Fitness Challenge Prompt Pages (Curl-up Challenge, Push-up Challenge, and the 9-Minute Run Challenge.)
- Alert students at least 1 day prior to conducting the Personal Best Day to come prepared (plenty of rest, a good breakfast, proper shoes, etc.).
- After completing the Personal Best Day, collect students' cards, and store them for next time.

## Teaching Tips

- Before your first Personal Best Day, share the My Personal Best Progress and Goals Card, and teach students how to fill it out.
- When conducting the fitness challenges, always finish with the 9-Minute Run Challenge, but switch the order of the Curl-up and Push-up Challenges each time.
- Each time you have a Personal Best Day, the class will run smoother. Students will be familiar with procedures, directions, and how to fill out their sheets. Conducting the 3 fitness challenges (including an ASAP Activity) should not take more than 30-40 minutes.
- After completing the challenges, discuss goal setting. Using fictitious fitness characters (Jamming Jim and Jumping Jean), make up scores, and write them on your overhead. Discuss, as a class, ways Jim or Jean could improve their scores and what types of goals would be appropriate.
- Spend time with students when they are coming up with goals. Continue the goal setting, if you like, to include journaling, and make this a language-arts and writing extension!
- SPARK recommends keeping individual fitness scores confidential and encouraging students to avoid comparing their scores to their classmates. Since it is called Personal Best Day, the goal is for each student to do their best and improve upon past performance.
- SPARK does not provide any standards or norms for these fitness challenges. The object is to improve each time and set personal goals for the future. For comparative standards or norms, go to SHAPE America's website or research your own state's recommendations.
- Teaching students to value the rationale for tracking their fitness motivates them to try their best, and to be honest when doing each challenge and recording the scores.
- Discuss fitness-related topics each time you complete the Personal Best Day. Sample topics include: heredity versus training effects, nutrition, body composition, benefits of improved aerobic capacity, etc.

## Safety

- For the Curl-up Challenge, ensure there is a soft surface under students' backs.
- For the 9-Minute Run Challenge, make sure students are hydrated and do not get overheated. If the weather is too hot, postpone to another day.