

Personal Best Day

Introduction

The SPARK Personal Best Day is designed to help students track their fitness progress over time. Three fitness challenges assess aerobic capacity, abdominal strength/endurance, and upper-body strength/endurance. They are designed to track individual improvement and promote fitness goal setting. Personal Best Day is aligned with standardized fitness testing, and provides both you and your students with specific data to gauge and monitor their fitness levels over the course of the year. Personal Best Day can be conducted in a single class period and challenges all students, regardless of their current fitness level and capacity.

What You Have

SPARK Manual

- **Lessons**
 - Personal Best Day – Fitness Challenge Activity (Curl-up Challenge, Push-up Challenge, and 9-Minute Run Challenge)
- **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.
 - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

SPARK Instructional Media

- **Fitness Challenge Prompt Pages**
 - Detailed instructions and cues for each of the 3 fitness challenges.
 - Curl-up Challenge, Push-up Challenge, and 9-Minute Run Challenge.
- **Record Keeping**
 - My Personal Best Progress and Goals Card.
 - Use 1 card per student to record individual scores and goals.
 - Excel Class Data Sheet. Use this downloadable spreadsheet for creating electronic class lists.