

## How to Use It

- As you teach, assess your students' comfort, interest, and capacity to perform the activity and adjust accordingly. If an activity is too easy, jump to the SPARK It Up extensions and add more difficulty. If it is too difficult, decrease the variables, simplify, and slow down.
- Use frequent heart rate checks to keep students focused on their own workout intensity and progress.
- Use the Integrations as background information during a lesson introduction or closure. Another option is to print all the unit Integrations from *SPARKfamily.org* and staple the entire set to a bulletin board in the sequenced order. Pull off the top Integration before the start of each new lesson.
- Review the assessment samples provided on *SPARKfamily.org*.
  - *The Fitness Self-Check* is a student-paced assessment, which can be used throughout the entire unit.
  - *Fitness Performance Rubrics* are observational assessments used to collect skill development data.
  - *Fitness Peer Coaching Task Cards* guide students in offering feedback to their partners for proper performance. Students take turns being the coach and the performer.
  - *The Fitness Written Test* provides students a chance to show off their new knowledge through a short, written test given at the end of the unit.
  - *Fitness Coulda, Shoulda, Woulda* scenarios allow students to reflect and respond to situations they are often faced with during physical education/physical activity settings. These make excellent homework assignments and topics to discuss with a partner or in small groups.
- Follow the sample Fitness Unit Plan (*SPARKfamily.org*), or use it as a guide to adjust and create your own unit plans which meet your particular instructional requirements.

## Safety

- Be sure the surface of the activity area is smooth, dry, and free of other equipment.
- Be alert to any health problems.
- Encourage students to self-monitor intensity with heart rate checks.
- Have students place pencils and task cards a safe distance from the exercise area.
- Provide adequate space for activities, keeping students from running into each other.
- Use anti-burst stability balls.
- Do not allow students to:
  - bounce high or jump on stability balls
  - throw medicine balls
  - "snap" resistance bands at one another
- Mark grid boundaries clearly and teach students how to stay in their own grids.

# Fitness

## Limited Equipment/ Large Class Ideas

- Mixed Fitness Circuit: Creating a circuit with stations focusing on a mix of fitness components allows you to use the equipment you do have in an efficient way. Use Fitness Skill Cards ([SPARKfamily.org](http://SPARKfamily.org)) to create the circuit.

## Sample Mixed Fitness Circuit

Fitness Stations	Equipment Needs
Medicine Ball Passing (chest endurance)	1 medicine ball per pair at the station (utility ball can be substituted)
Triceps Press (triceps strength)	1 resistance band per student at the station
Pec Stretch (pectorals flexibility)	none
Jump Rope (aerobic capacity)	1 jump rope per student at the station
Nutrition Talk (body composition)	none
Wall Sit (quadriceps strength)	wall
Supine Walk-out (abdominal endurance)	1 stability ball per student at the station
Biceps Curl (biceps strength)	1 resistance band per student at the station
Jogging (aerobic capacity)	none
Bent-Leg Hamstrings Stretch (hamstrings flexibility)	none
Forward Lunges (leg strength)	none
Nutrition Talk (body composition)	none
Curl-ups (abdominal endurance)	none
Bench Steps (aerobic capacity)	1 bench per student at the station (or stairs/bleachers)