

Introduction

Unlike the other SPARK Units, this section is designed to be used throughout the school year, ensuring that health-related fitness is an integral and ongoing component of the Physical Education routine.

The SPARK Fitness section provides an active tutorial on the 5 components of fitness: aerobic capacity, flexibility, muscular strength, muscular endurance, and body composition.

SPARK has created this unit to provide teachers with the tools they need to differentiate learning and foster individual fitness development. Extensions are provided to modify or add additional activities for each grade level (6th, 7th, and 8th). Aligned with the National PE standards and grade-level outcomes, SPARK Fitness Activities are designed to include and challenge all students' physical skills while maintaining enjoyable, health-promoting, moderate-to-vigorous physical activity during class. Additional circuits and exercises can be found in the SPARKfit Section of *SPARKfamily.org*.

What You Have

SPARK Manual

- **ASAPs**
 - Five Fitness ASAPs used for warm-ups prior to activities in this unit.
- **Lessons**
 - 20 Fitness Activities sequenced with five activities for each fitness component: aerobic capacity, muscular strength and endurance, flexibility, and body composition.
- **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:** content extensions that link lesson activities to wellness concepts, home activity challenges, technology tools, global, or multicultural themes. Each integration provides a brief set of facts written to challenge students and connect physical education to the world around them.
 - **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.
 - **Teacher Reflection:** space to share how the lesson went and what modifications could be made next time.

SPARK Instructional Media

- **Skill Cards**
 - Half-sheets with depictions of skills to create stations, use as visuals for learning, etc.
- **Task Cards**
 - These include instructions for Create a Routine, Basic Exercise Techniques, and Body Composition BINGO Activities.
- **Leveled Assessment Choices**
 - Assessment options include both cognitive and skill-based assessments along with suggestions for individual student portfolio development.
- **Limited Equipment/Large Class Ideas**
 - Ideas for how to use the activities when faced with limited equipment or large classes.