

## Introduction

The SPARK Football Unit provides activities for students to practice, develop, and apply sport specific skills such as throwing, receiving, pitching, ball carrying, punting, and flag pulling; as well as offensive and defensive strategies required for successful game play. SPARK does not believe the traditional game of football should be played in a middle school physical education class. That game is too exclusive, complicated, and is rarely played beyond high school. Therefore, this unit teaches the fundamentals of football and progresses to game play, but those games have been highly modified to be more inclusive, active, and enjoyable for middle school age students.

This unit incorporates the SPARK High Activity Skills Progression, which has been shown to improve throwing, catching, and kicking skills more rapidly than non-SPARK approaches. A unit-culminating special event is provided to generate enthusiasm and extend learning opportunities. Additional football activities may be found at [SPARKfamily.org](http://SPARKfamily.org).

## What You Have

### SPARK Manual

- **ASAPs**
  - One Football ASAP used for warmups prior to activities in this unit.
- **Activities**
  - 11 Football Activities sequenced by level of difficulty.
- **SPARK Event Experience**
  - The SPARK Football Event is a multi-day experience designed to extend student learning opportunities through enjoyable and meaningful context.
- **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**

- **Sample Unit Plan**
  - A grade level specific 15-day sample Unit Plan is provided for 6th, 7th, and 8th grades and can be used as written or modified to suit our needs.
- **Skill Cards**
  - Half-sheets with depictions of skills to create stations, use as visuals for learning, etc.
- **Task Cards**
  - These include instructions for the Adventure Race activity.
- **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.