

What You Have

SPARK Manual:

- **Fitness ASAP**
 - Use the Fitness-Specific ASAP to safely warm-up routine prior to activity. In most units, this is followed by a unit-specific ASAP. This routine should be followed each day before and during roll-taking.
- **Unit-Specific ASAPs**
 - Use unit-specific ASAPs to engage students in relevant movement challenges designed to continue warming muscles while offering skill development and refinement.
- **ASAP Extensions**
 - Two ASAP Extensions are provided to challenge to students to be ready to advance. Monitor performance throughout the year and apply extensions when appropriate.
- **Personal Responsibility**
 - The Fitness ASAP places focus on fitness-based standards as well as those including personal responsibility and accepting challenges. It's a student's responsibility to quickly prepare for physical education class, move to an ASAP Card, and begin working. Further, the Fitness ASAP is a self-monitored activity. Students are responsible for hard work and self-challenge. Movement competence standards are addressed in each unit-specific ASAP (see units).
- **Inclusive Strategies**
 - Instructional tips and equipment suggestions to help meet the needs of all students.
- **Limited Equipment/Large Class Ideas**
 - Ideas for how to use the activities when faced with limited equipment or larger classes.

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."
- **Game Reset:** allows teachers to modify the activity and challenge students at their level.
- **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.
- **Teacher Reflection:** space to share how the lesson went and what modifications could be made next time.

SPARK Instructional Media:

- **Fitness ASAP Content Cards**
 - Eight Fitness ASAP Content Cards are provided at *SPARKfamily.org*. These cards are designed to fit in shoulder folders to be displayed on cones for easy access and readability. These cards are considered essential and are also included in the SPARKfolio.
- **Printable Instructional Media**
 - All the printable instructional media required for this unit is provided at *SPARKfamily.org*. These 8.5" X 11" sheets include ASAP Station Cards and Create Your Own Fitness ASAP Cards. Essential instructional media cards are also included in the SPARKfolio.