

Introduction

The SPARK iRun Unit provides opportunities for students to develop an understanding of lifetime fitness and participate in authentic performance experiences to develop aerobic fitness, flexibility, and running form. Students will enjoy the physical challenges as well as learning functional fitness movements and running mechanics to improve their speed and technique.

Activities in this unit are designed to utilize small groups, few rules, and meaningful practice to maximize student engagement, skill development, and enjoyment. Use Game Reset suggestions to make the activities less (“Rewind”) or more (“Fast Forward”) challenging to promote learning. Ultimately, the focus is on successful participation, skill, tactical, and knowledge application – all while developing health-related fitness.

What You Have

SPARK Manual:

- **ASAPs**
 - Use a fitness-specific ASAP to safely warm-up prior to activity. Follow this routine each day before and during roll-taking.
- **Lessons**
 - The Personal Best Assessment activity to help students and teachers benchmark student fitness levels and set goals for personal improvement.
 - Use Personal Best Assessments to create learning teams for Long-Term Grouping throughout the unit.
 - The Basic Training experience is designed to introduce fundamental skills and techniques.
 - The Fun-day-mentals Jigsaw experience is designed to set the stage for successful participation.
 - Basic Training activities provide safe instruction focused on muscle groups while building an exercise repertoire needed for the SPARK Event.
 - The Create a Routine activity allows students of all skill and interest levels to safely participate and enjoy the iRun experience.
 - Learning teams work together to complete challenges in a highly active Adventure Race.
 - Additional activities are designed to continue building knowledge, skill, and tactical awareness to prepare for the SPARK Event experience as well as participation in activity outside of class.
- **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.”
- **F.I.T.T 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.