# Introduction

The SPARK Group Fitness Unit provides opportunities for students to explore a variety of group fitness options in an enjoyable atmosphere focused on personal preference and improvement. Group fitness classes are one of the most popular forms of lifetime physical activity and offer total body conditioning in an engaging social setting. Providing students an opportunity to develop basic competence in a variety of group fitness options will build the confidence needed for future participation.

Activities in this unit are designed to utilize small groups and meaningful practice to maximize student engagement, skill and fitness development, and enjoyment. Use F.I.T.T. Reset suggestions to make activities less ("Rewind") or more ("Fast Forward") challenging to promote learning. Ultimately, the focus is on successful participation, and skill 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. This routine should be followed 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 *Create a Routine* experience that follows each basic training session allows students of all skill and interest levels to safely participate and enjoy the group fitness experience. These activities are designed to continue building confidence, knowledge, and skill in preparation for the SPARK Event experience.
  - The *SPARK Event* is a multi-day experience that provides students with an opportunity to apply unit content in an authentic context. As a meaningful destination, this culminating event inspires students to work cooperatively throughout the unit. It also promotes a spirit of unity within teams and helps teachers define healthy competition between teams.
- **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.

- **SEL Competencies:** Shows the lesson's alignment with CASEL's SEL competencies and related skills.
- **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

## SPARK Instructional Media

- **Sample Unit Plan**
  - A 4-week sample unit plan provides an example for fitness integration, ASAP selection, activity sequencing, and event scheduling. It can be used as is or modified to suit your needs.
- **Printable Instructional Media**
  - All the printable instructional media required for this unit is provided at SPARKfamily.org. These 8.5" X 11" sheets include Practice Plans, Jigsaw Cards, Adventure Racing Cards, Unit Content Cards, Scorecards, and more. Essential instructional media cards are also included in the SPARKfolio.
- **Leveled Assessment Choices**
  - To document and guide learning, teacher assessment options include both cognitive and skill-based assessments along with suggestions for individual student portfolio development.