

Strength Training

Introduction

The SPARK Strength Training Unit provides opportunities for students to develop and display safe strength training techniques in an enjoyable atmosphere focused on personal improvement. Strength training is an important part of a total fitness routine. However, often students are not provided an opportunity to learn and practice technique and etiquette in a fitness center environment.

Activities in this unit are designed to utilize small groups, few rules, and meaningful practice to maximize student engagement, skill and fitness development, and enjoyment. Use F.I.T.T. Reset suggestions to make games and activities less (“Rewind”) or more (“Fast Forward”) challenging to promote learning. Ultimately, the focus is on safety, successful participation, exercise technique, 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 *FUNctional Fitness 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 *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.

Strength Training

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 and what modifications could be made next time

SPARK Instructional Media:

- **Sample Unit Plan**
 - A 5-week sample unit plan provides an example for integrating this fitness unit into your teaching schedule. It includes activity sequencing and event scheduling. Use it as is or modified to meet 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.