

How to Use It

- Refer to the How to Use It section from the larger Group Fitness Unit for important background information.
- Review the assessment tools provided at SPARKfamily.org and identify the options that fit your students and teaching situation.
- As you teach, assess your students' comfort, interest, and capacity to perform the activity and adjust as needed using Rewind or Fast Forward suggestions in the Game Reset section.
- Utilize Long-Term Grouping (LTG) as an option for forming learning teams. Determine the number, size, and desired composition of teams. Then create teams considering each student's gender, size, skill, fitness, knowledge, and attitude. Utilize Personal Best Assessment data as well as teacher observation to form fair and equitable learning teams. (Learn more in the How to Use It section at the beginning of this manual.)
- Use a Team Points System to accentuate the cooperation-competition link. A consistent Team Points System helps students be more task-focused and goal-oriented and has been proven to improve class management and decrease behavior problems. (Learn more in the How to Use It section at the beginning of this manual.)
- Provide student roles throughout the unit to broaden the overall participation experience. Determine vital roles, expectations, and responsibilities at the start of the unit, then assign or allow students to volunteer for desired roles.

SPARK Fitness Instructor (SFI) Certification

- *Students earn certification by successfully completing the following four steps:*
 1. Mastering Basic Content – Assessed through Peer or Teacher Checklists of movement performances.
 2. Creating a Routine/Program – Completion of the provided Create Your Own Routine Task Cards.
 3. Demonstrating Leadership in Content – Completed through leading routines, judging ST events, or leading wellness walks.
 4. Passing Unit Test – Score 80% or higher on the Unit Test.

Safety

- Be sure the surface of the activity area is smooth, dry, and free of unnecessary equipment.
- Teach and maintain focus on safety, exercise form, and technique.
- Ensure student leaders are modeling proper form and are utilizing techniques learned in Basic Training sessions.
- Provide opportunities for students to hydrate.
- Allow students to progress at their own rate.

Limited Equipment/Large Class Ideas

- If equipment and/or space are in short supply, divide the class in half. While one participates in fitness activities, the other half participates in an organized game. On signal, switch roles.