

Introduction

The SPARK Wellness Walking Unit provides opportunities for students to explore walking as a lifetime activity and as a sport in an enjoyable atmosphere focused on social interaction, health-related fitness, and personal improvement. Wellness walking is one of the most popular physical activities in the world and is often prescribed to people of all ages as a way to increase physical activity minutes. Learning how to manage personal wellness with a walking program is an important skill set. This unit explores walking options while highlighting the social benefits of walking with others.

Activities in this unit are designed to utilize small groups, minimal equipment, and meaningful practice to maximize student engagement, 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, skill, and knowledge application – all while developing health-related fitness.

What You Have

SPARK Manual

- **ASAPs**
 - Use a fitness-specific ASAP, following 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. As an option, use Personal Best Assessments to create learning teams for Long-Term Grouping throughout the unit.
 - A Fun-day-mentals Jigsaw experience designed to review health-related fitness concepts.
 - Walking Circuits are designed to have learning teams work together to build fitness.
 - Walking Races provide teams an opportunity to experience the more athletic side of walking. These activities are designed to continue building confidence, knowledge, and skill in preparation for the final SPARK Event experience.
 - The *SPARK Event* is a multi-day experience that provides students with an opportunity to apply unit content in a real-world 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 presents an opportunity for teachers to 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.

Wellness Walking

- **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 Unit Content Cards, Practice Plans, Scorecards and more. Essential instructional media cards are also included in the SPARKfolio.
- **Leveled Assessment Choices**
 - To document and guide learning, teacher and student-based assessment options include cognitive, skill, and fitness-based assessments along with suggestions for individual student portfolio development.