

What You Have

SPARK Manual:

- **Group Fitness Introduction**
 - Refer to the What You Have section from the larger Group Fitness Unit for important background information.
- **ASAPs**
 - Use a fitness-specific ASAP to safely warm-up prior to activity. Follow this routine each day before and during roll-taking.
- **Lessons**
 - This unit begins with a Basic Training experience designed to introduce fundamental skills and techniques.
 - The Create a Routine experience that follows the basic training session allows students of all skill and interest levels to safely participate and enjoy the Tabata experience.
 - These activities are designed to continue building confidence, knowledge, and skills in preparation for the participating in physical 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.
- **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:

- **Printable Instructional Media**
 - All the printable instructional media required for this unit is provided at SPARKfamily.org. These 8.5” x 11” sheets include Peer Checklists, SPARK Fitness Instructor Tracking Sheets, Unit Content Cards, and more. Essential instructional media cards are also included in the SPARKfolio.
- **Assessment Tools**
 - 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.