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Introduction

The SPARK Dance Unit provides opportunities for students to refine their rhythm and timing, display creative expression, and develop fitness. Dances in this unit were created to be inclusive and high energy, serving as a cardio-boost and mood enhancer.

While many students will enjoy dance from the start, others may be slower to get involved. Creating a positive learning environment is a critical first step. Use Game Reset suggestions to make dances less (“Rewind”) or more (“Fast Forward”) challenging to promote learning. Ultimately, the focus is on successful participation, skill development, rhythm, cooperation, and enjoyment – all while developing health-related fitness.

What You Have

SPARK Manual:

• ASAPs

- Use this unit’s ASAPs following the fitness-specific ASAP for dance-specific warm-up prior to activity. Dances already learned can be used as additional ASAPs. This routine should be followed each day before and during roll-taking.

• Lessons

- A *Personal Best* assessment activity is provided to help students and teachers benchmark student skill levels and goal-set for personal improvement. As an option, use *Personal Best Assessments* to create learning teams for Long-Term Grouping throughout the unit.
- The *Fun-day-mentals Hip Hop Jigsaw* is designed to develop the skills needed for successful participation.
- In the *Create a Hip Hop Routine*, learning teams must work together to create a routine that will be performed for an audience at the end of the unit.
- Line dances are designed to continue building dance skills 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 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 helps teachers define healthy competition between teams.

• Inclusive Strategies

- Instructional tips and equipment suggestions to help meet the needs of all students.

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.”
- **SPARK It Up:** variations provide extensions to address the developmental needs of students.
- **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, Score Cards, 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.
- **Limited Equipment/ Large Class Ideas**
 - Ideas for how to use the activities when faced with limited equipment or larger classes.