

# SPARK

Physical Education Program

Physical  
Education  
Grades 3-6



SAMPLE

# WHAT YOU HAVE... and where to find it!

**Quick  
View**

## SPARK Manual

### Introductory Sections

- What You Have
- How to Use It
- Teaching SPARK PE

### Instructional Materials

- First 3 Lessons
- Focus on Fitness Units
  - ASAP
  - Aerobic Games
  - Chasing and Fleeing
  - Fitness Challenges
  - Fitness Circuits
  - Group Fitness
  - Jump Rope
  - Map Challenges
  - Movement Bands
  - Walk/Jog/Run
- Spotlight on Skills Units
  - Basketball
  - Cooperatives
  - Dance
  - Flying Disc
  - Football
  - Hockey
  - Recess Activities
  - Soccer
  - Softball
  - Stunts and Tumbling
  - Volleyball
- Personal Best Day
- Limited Space Activities

## SPARK Instructional Media CD

### Introductory Sections

- SPARK Teaching Strategies
- Pedometer Introduction
- Health-Related Fitness Introduction

### Instructional Materials

- Pedometer Activities
- Task Cards
- Skill Cards
- Assessment Samples
- Home Play Activities
- SPARK PE Expectation Cards

### Resource Materials

- Limited Equipment/Large Class Ideas
- Inclusionary Strategies
- Equipment Lists
- Parent Introductory Letter
- Expectation Cards
- Tournament Samples
- Yearly Plans
- Blank Activity Card
- Lesson Quality Checklists
- About SPARK
- Workshops and Resources
- Physical Education for the 21st Century