

# SPARK Physical Education

## BRIEF PROGRAM DESCRIPTION

SPARK Physical Education is a program designed to increase physical activity in youth between the ages of 4 - 14. The PE program is available for childcare centers, grades K - 2, grades 3 - 6, middle school and after school settings. The curriculum offers students an opportunity to learn, practice and master a range of developmentally appropriate movement concepts, sports, and fitness skills in a positive learning environment.

## SPECIFIC OUTCOMES

- Increased moderate to vigorous physical activity among students.
- Increased fitness achievement.
- Improved sport skills development

## AUDIENCE CHARACTERISTICS

<i>Age Range</i>	Youth ages 4 – 14
<i>Grade</i>	Pre-K – 8 <sup>th</sup>
<i>Gender</i>	Both Male and Female

## PROGRAM DETAILS

<i>Type of Program</i>	Physical Activity
<i>Audience Size</i>	Maximum 35
<i># of Lessons</i>	Between 300 – 500 activities
<i>Length of Sessions</i>	20 – 40 Minutes
<i>Duration of Implementation</i>	During regular PE Class or 1 – 3 times per week in after school and childcare settings

## HOW IT WORKS

The SPARK PE curriculum allows teachers to provide students with opportunities to learn, practice and master a wide range of developmentally appropriate diverse skills and activities. The SPARK manuals include dynamic instructional units and each curricular component is presented in scope and sequence via daily lesson plans that are aligned to NASPE National Standards. Activities are designed to provide an enjoyable warm-up before the main

lesson. The lessons are implemented during the normal PE class. Lessons range in length from 20 minutes for childcare settings – 2<sup>nd</sup> grade and up to 40 minutes for 3<sup>rd</sup> grade – 8<sup>th</sup> grade. The lessons are implemented during the normal PE class in school-based programs.

## IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Implement SPARK activities using the full scope and sequence of the curriculum.

## MATERIALS

SPARK K-2 PE Curriculum Manual and Instructional Media CD - \$149.99

SPARK 3 - 6 PE Curriculum Manual and Instructional Media CD - \$149.99

SPARK Middle School PE Curriculum Manual - \$96.99

SPARK After School Curriculum Manual - \$96.99

SPARK Early Childhood Curriculum Manual - \$96.99

## PROGRAM CONTACT

Nerissa Jack  
438 Camino Del Rio South,  
Suite 110  
San Diego, CA 92108  
Phone: (619) 293-7990 ext 2245  
Fax: (619) 293-7992  
[njack@sparkpe.org](mailto:njack@sparkpe.org)  
[www.sparkpe.org](http://www.sparkpe.org)



