

# "SPARK's Greatest Hits"

Presented for  
**Oregon AHPERD**  
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**The SPARK Programs**  
(Sports, Play, and Active Recreation for Kids)  
**UCSD Teacher Education, SDSU Foundation**  
Corporate sponsor, **SPORTIME**

# Objectives

## **Attendees will:**

- Learn the significance of MVPA
- Witness examples of SPARK modifications
- Leave with at least 3 new activities or ideas to use in class
- Enjoy the process!

# Background

- Research-based organization of SDSU; creates, implements, and evaluates PA programs
- Over 45 publications proving SPARK's positive effects on Pre-K -12<sup>th</sup> grade students and their teachers since 1989

# MVPA

- Healthy People Goals 2010 Objective for Physical Education
- 5 min. MVPA daily = 25 week
- 100 month (10 month school year)
- 1,000 year
- 1,000 more minutes = 33 more 30 min. classes = 1.5+ more months of PE!

# Social Skills Encouragement

- Define the skill
- Solicit student input via t-chart
- Allocate time to reinforce and practice during class
- What is assessed is done!

# Active Warm Up

- Twist/Turn, Bend/Stretch – equipment choices
- Sequencing
- Add 1 4 Fun
- Reinforce SS and perform

# Activities

- Partner Ball Exchanges
  - Challenges
  - Scoot Back
- Squat and Stand
  - Levels
- 3 Catch Games

# SPARK Strategies

- Object is, do that by
- 80-20 Rule – Plumb
- Graduated Diff. Learning
- Add 1 4 Fun
- Principle of 3's

# Got Your Attention?

**I have no idea what you're talking about...**



**...so here's a bunny with a pancake on its head.**

[ebaumsworld.com](http://ebaumsworld.com)

# Next Steps

- Think MVPA: Use a stopwatch
- Use SPARK strategies (note: website calendar and handouts)
- Want more? Take 3 Steps with SPARK:
  1. Curriculum
  2. Workshops/Institutes
  3. Equipment

# Go Forth and Prosper!

“If you want to be successful,  
know what you are doing, love  
what you are doing, and believe  
in what you are doing.”

Will Rogers

**Thank You!**

**Visit me at our booth!**

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