

SPARK

SPARK's Greatest Hits!

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The SPARK Programs
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“SPARK’s Greatest Hits”
(High Activity Solutions for a Low Activity World)

Presented in Banff for the HPE Conference in May 2009

Description: This presentation provides lessons learned from a 30-year career teaching, conducting research in physical education, and disseminating activity programs that are being used in thousands of schools nationwide. Concepts and methods that have been proven to improve students’ participation, activity levels, fitness, and sport related skills in “real-world” settings will be shared. Attendees will leave with at least three new ideas to use in their classes the very next day. Rated RR for Relevant and Really fun!

Three high activity solutions:

1. **Talk Less:** Studies of physical education have shown that oftentimes, teachers spend excessive time talking (e.g., giving lengthy instructions, asking for clarification questions, disseminating knowledge that doesn’t lead to movement, etc.). SPARK challenges teachers to try and use as few words as possible to facilitate student engagement. “Set the stage and get off.” Then, move to offer positive-specific feedback at least 3-1 over corrective statements.

Sample Activity: STRADDLEBALL:

Teaching points: Object is... do that by...; 80-20 rule, be a plumber and fix leaks; using “carrots” to influence behavior.

2. **Disguise and Differentiate:** Research has shown that student participation increases and they move at higher levels of MVPA (moderate to vigorous activity) if fitness is fun and “disguised” within an enjoyable game, dance, skill progression, etc. Additionally, because fitness development is approximately 70% genetically determined, physical educators should differentiate instruction (e.g., nice and easy, recreational, hard core) so students choose their level (challenge by choice) and experience success.

Sample Activity: GRAB THE APPLE

Teaching points: Disguising upper body fitness development, differentiating learning

3. **Modify Traditional Sports:** Most sports children play (e.g., soccer, baseball, football) do not align with physical education objectives and should be highly modified to increase activity levels and equalize participation.

Sample Activity: THROW AND RUN, STRIKE AND RUN GAMES

Teaching points: Boundary change, smaller groups, fewer rules, equalize play, component curriculum, higher MVPA

* See the SPARK website for resources:

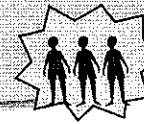
www.sparkpe.org

* Call SPARK to inquire about hosting a workshop or attending an Institute:

800sparkpe

* Write SPARK with any questions:

spark@sparkpe.org



Ready...

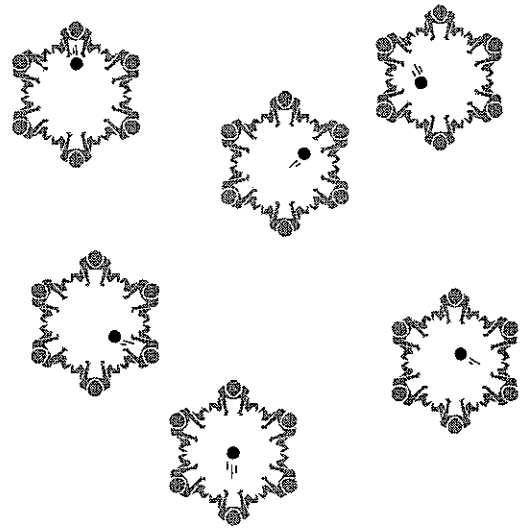
- 1 7-10" foam ball per 5-6 students

Set...

- Create groups of 5-6, standing in a circle; feet touching.
- 1 ball per group.

GO!

1. The object of the game is to score a goal by striking the ball through the legs of others around the circle.
2. Make your circle as wide as you can by spreading your legs very wide to touch the sides of the feet with the person next to you. The space between your feet is the "goal" you defend.
3. Bend your knees, and get low. Have the palms of your hands facing in towards the middle of the circle, and keep your fingers close to the ground.
4. On signal, try to send the ball through anyone's "goal" by striking it with an open palm and stiff wrist. Keep the ball low. You may protect your "goal" only with your hands.
5. If the ball goes outside your circle, the person who touched it last retrieves it.



CHALLENGES

- * How many goals can you score before the signal?
- * How few goals can you allow on your own goal?

CUES

- * Keep your knees bent.
- * Keep the ball low.

* SPARK™ IT UP!

* Have Another Ball

(Need 2-3 balls per group of 5-6.) Add a second ball to your group when you are ready. You may add a third ball for even more action.

* Turn it Around

Let's play with bodies facing out from the circle! Turn around, re-position your feet, and strike the ball backwards through your legs.

FUN FACT

Dick Fosbury won a gold medal in the high jump at the 1968 Olympic Games in Mexico City. He revolutionized the sport of high jumping with a new technique, which became known as the Fosbury Flop. Instead of the traditional straddle jump, Fosbury would fling his body backward over the bar and land on his back. Today, it is the only method used for competitive high jumping.

STANDARDS ADDRESSED

NASPE

#1, 2 Striking

#2, 6 Offensive game strategies

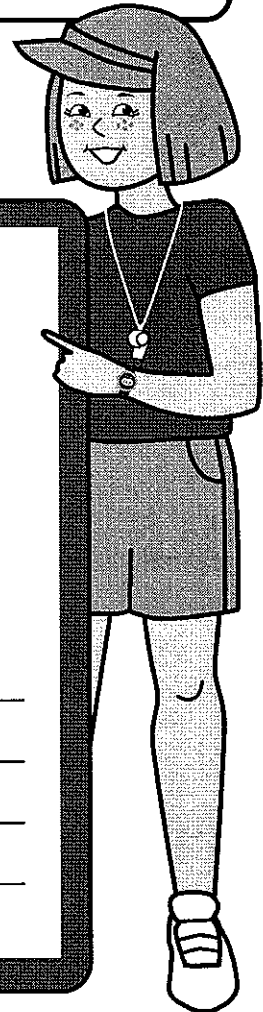
#5, 6 Cooperation, fair play

Your State (Write in here)

PAULA'S POINTERS

- Students will be at varied skill levels. Allow them to categorize themselves into several levels of play (e.g., "hard core," "casual," "nice and easy").

NOTES





Ready...

- 1 beanbag (or anything “grabable”) per 2 students
- Music and player

Set...

- Students in pairs, sitting cross-legged on floor, facing each other, hands on knees.
- Place beanbag between each pair.

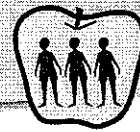
GO!

1. The object of the game is to grab the “apple” (beanbag) before your partner.
2. The music will play, and when it stops, try to grab the apple before your partner. I'll give you different things to do while the music plays.
3. First, hands on knees! When the music stops, grab the apple!
4. Now, try with your hands on shoulders.
5. *(Try with other challenging ways to grab the apple and be in ready position.)*
 - Lay back, knees bent, like a sit-up position. Can you do a sit-up to the beat of the music?
 - Can you start in push-up position?
 - Can you lift a back leg while in push-up position to the beat of the music?
 - Can you lift each hand in push-up position to the beat of the music?
 - Can you think of another way to start?

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*Push-up Hockey

While both are in push-up position, facing each other, try to score a goal by sliding the beanbag between your partner's hands.

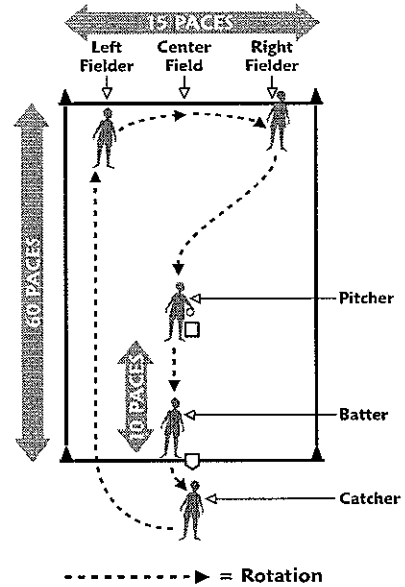


Ready...

- 1 ball (tennis or ragball) per group of 5
- 4 cones per group of 5 (for boundaries)
- 2 bases (or spot markers) per group of 5

Set...

- Create grids (15X60 paces) per group of 5.
- Place 1 base (home) in the middle of the baseline, and the other base 10 paces toward the opposite baseline. The Pitcher stands in front of this base, but is free to move forward or back to throw strikes.
- Groups of 5: 1 Thrower, 1 Pitcher with the ball, 1 Catcher standing 5 giant steps behind the Thrower, and 2 Fielders per field (3 if playing with 6 per group).
- Small games are spread out on fields with Catchers' backs to a fence or wall, if possible. Thrower throws into the field.



SOFTBALL

GO!

1. The object is for the Thrower (Batter) to score as many runs as possible.
2. Play begins with a pitch to the Thrower, who catches it and throws it anywhere in fair territory. Thrower then runs around the 2 bases as many times as possible.
3. Fielders, relay the ball to each person in group. Last person to catch it throws it home to the Catcher.
4. The Thrower has 3 chances to throw the ball fair, and it must travel at least as far as the pitcher. No "bunts" allowed. There are no fly-ball outs. The ball must be relayed to everyone on every play.
5. Catchers, when you catch the ball, touch a foot on home and shout, "Stop!" to stop the Thrower from running any further.
6. Throwers, keep circling the cones until you hear, "Stop!"
7. After each play, rotate in shape of a question mark: L Field to R Field to Pitcher to Batter to Catcher to L Field.

CHALLENGES

- ★ Fielders, can you throw the ball to all Fielders and back to the Catcher before the Runner has touched more than 2 bases?
- ★ How many times can each person in your group "bat?"

CUES

- ★ Fielders, it doesn't matter what order you catch in, only that everyone catches the ball once before the final throw to the Catcher.
- ★ Adjust for each Thrower; move right, left, in or out. Where do you think they might throw it?
- ★ The faster you rotate, the more turns at bat!

GRADES 3-6

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★ 5-Player Hit and Run

(Add a bat and batting tee to each field. Ensure Catchers are 5 giant paces behind the Batter every time.) Batter hits from the tee, and then runs. (Progress to allow Batters 3 choices: hit off tee, self-toss, or live pitch. Give Batters 3 chances to hit into fair territory.)

★ Line-up Relay

While 1 Fielder moves to the ball, the others position themselves in a straight line to home plate (remember, the shortest distance between 2 points is a straight line). Relay the ball in sequence from furthest away to the Catcher.

★ Ordered Relay

Number your fielders 1, 2, 3, and 4 (to include the Pitcher). Once the Batter hits the ball, you must throw to all Fielders in order. Whoever fields the ball throws it to the next number in sequence; e.g. 2 fields it, throws to 3, who throws to 4, who throws to 1, who gets it to the Catcher.



WELLNESS

Balanced Diet Relay - A balanced meal includes a variety of foods. Everyday, you should eat whole grains, lean protein, dairy and plenty of fruits and vegetables. When fielding, Throwers must name a healthy food before throwing. Listen carefully, because you can't use the same food group twice in 1 relay rotation. Think ahead, so you won't be stuck holding the ball thinking of a name of a healthy food while the Runner is scoring runs!

STANDARDS ADDRESSED

NASPE

- #1, 2 Pitching, throwing, fielding
- #3, 4 Cardiovascular fitness
- #5 Cooperation
- #6 Accepting challenges

Your State (Write in here)

TONY'S TIPS

- If you're concerned about the play at the plate, use a "phantom" base. Place another base 3 paces to the side of home plate. Throwers, run to the phantom base instead of the real home plate.

NOTES

