

SPARK: Sports, Play and Active Recreation for Kids



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SPARK MISSION:

In June 1989, a team of researchers and educators received funding from the Heart, Lung, and Blood Institute of the National Institutes of Health, to create, implement, and evaluate a physical education program that could eventually become a nationwide model.

SPARK is a research-based curriculum that teaches not only movement knowledge and motor skills, but healthy lifestyles and social and personal skills as well. It focuses on continuously active, small-group and non-competitive environments.

SPARK OBJECTIVES FOR STUDENTS:

- Enjoy and seek out physical activity.
- Develop and maintain acceptable levels of physical fitness.
- Develop a variety of basic movement and manipulative skills so they will experience success and feel comfortable during present and future physical activity pursuits.
- Develop the ability to get along with others in movement environments (e.g., share space and equipment, employ the "golden rule" of competition-be a good sport, and demonstrate cooperative behavior).



The **SPARK** curriculum is *the* intervention program in many important research studies and cited in the Surgeon General's Report as a "school-based solution to our nation's health care crisis."

PHYSICAL EDUCATION/ACTIVITY GOALS:

1. Improve physical education content offerings and instructional methodology of teachers.
2. Create physical education staff development sessions which motivate teachers to embrace new ideas and apply those ideas to their teaching.
3. Increase physical activity opportunities on campus throughout the school day (before school, during lunch, after school) for all students.
4. Modify the school environment to make it more conducive to physical activity promotion and facilitate lasting change.

SPARK aligns with both the National Association for Sport and Physical Education (NASPE) Standards and the North Carolina Standard Course of Study for Physical Education.



SPARK
Sports, Play & Active Recreation for Kids!

www.sparkpe.org

