

Integrating SPARKs into the Responsibility Unit.

As part of the responsibility unit students are to be responsible to oneself, family, school, community and earth.

One way to be responsible to oneself is to keep their body active and strong. How can we achieve this through **SPARK** activities?

- Students can learn, practice, and master a range of diverse skills and activities appropriate for youth.
- Opportunities for players to actively engage in moving and learning are included.
- Activities within each section are designed to be approximately 15-20 minutes in length.

It is expected that SPARK participants will:

- Enjoy and seek out physical activity
- Develop a variety of basic movement and manipulative skills, and learn to enjoy physical activity.
- Develop and maintain acceptable levels of physical fitness
- Develop the ability to get along with others in movement environments (e.g., share space and equipment, be a good sport, and show cooperative behavior)

Table of Contents

Modified SPARK Activities

Age	Activity	Responsibility to:
• All	• Clean your room	• Oneself/School/Community
• All	• Save the Planet	• Earth
• All	• The Recycler	• Earth
• 11-13	• Planter/Logger	• Earth

SPARK Activity w/no modifications

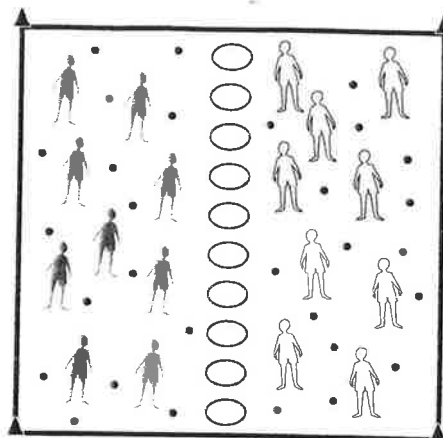
Age	Activity	Responsibility to:
• 5-11	• Oxygen Boogie	• Earth
• 5-7	• Frogs	• Earth
• All	• Balanced Breakfast	• Oneself
• 5-11	• Sugar & Fat	• Oneself
• 5-11	• Fire Safety Tag	• Community

Ready

- 4 cones (for boundaries)
- 5-10 hoops, spot markers or cones (to separate throwing sides)
- 1 or more yarnball(s) per player
- Music and player

Set

- Create a large (30X30 paces) activity area.
- Divide the activity area in half with the hoops or other method.
- Divide group in half; each on 1 side of the midline.
- Scatter yarnballs throughout each side.



GO!

1. Today's game is *Clean Your Room* where the object is to have the cleanest room by throwing yarnballs from your side to the other side of our area.
2. **Rules**
 - Begin throwing on the music.
 - Throw only 1 ball at a time. Balls must be thrown, not kicked.
 - Do not throw *at* others, but rather *over* them.
 - When music stops, stop and raise your hands overhead. Drop any balls.
3. (Play several rounds of 30-60 seconds each. Switch throwing challenges each round.)
4. Let's count the balls at the end of each round in a different way:
 - Which side has the most yarnballs?
 - Which side has an odd number?
 - Which side has the fewest (name a color) balls?
 - Which side has the most (name a color) balls?
5. **Challenges**
 - Can you throw it with your other hand?
 - Can you throw it under your leg?
 - Can you throw it underhand?
 - Can you "hike" it between your legs backward like a football?
6. **Character Matters**
 - Why is playing by the rules so important?
 - Does it matter if you cheat and no one sees it?

Safety First

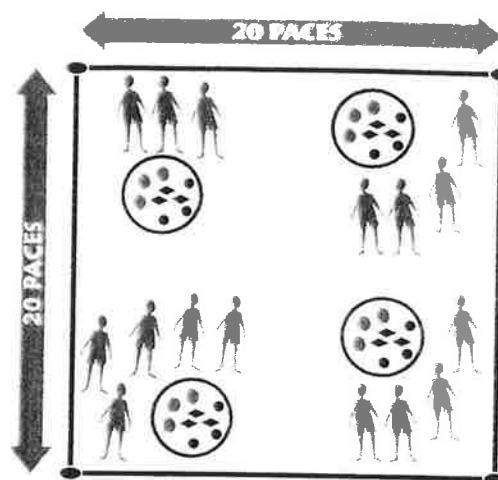
- Watch for others and for flying yarnballs!
- The best strategy is to throw the balls away from others, not near them.

Ready

- 4 cones (for boundaries)
- 1 hoop per 3-5 players
- 3 beanbags per 3-5 players
- 3 yarnballs per 3-5 players
- 3 utility balls per 3-5 players

Set

- Create a medium (20X20 paces) activity area with "plates" (hoops) scattered about. Place 3 of each type of tossable on each plate.
- Form groups of 3-5; each group at a hoop.



GO!

1. Today's game is **Save the Planet** where you collect "trees" (beanbags) and "water" (yarnballs) and try to get rid of "pollution" (utility balls) on your country in order to save the planet.
2. In our game, beanbags represent trees, yarnballs represent water, and utility balls represent pollution.
3. On signal, each player takes 1 pollution from their country and carries it to another group's country. While there, take home a tree or water. You may only carry 1 thing at a time.
4. On the stop signal, we will see whose country has the least amount of pollution and the most trees and water.
5. **Skill-it!**
 - You may only carry 1 item at a time. If not following this rule, return the item to where you got it and jog 1X around all the hoops before rejoining play.
6. **Food Facts**
 - Name some foods high in complex carbohydrates. Which foods are high in simple carbohydrates?
 - Which foods are high in protein? How can you get protein without a lot of fat?

Safety First

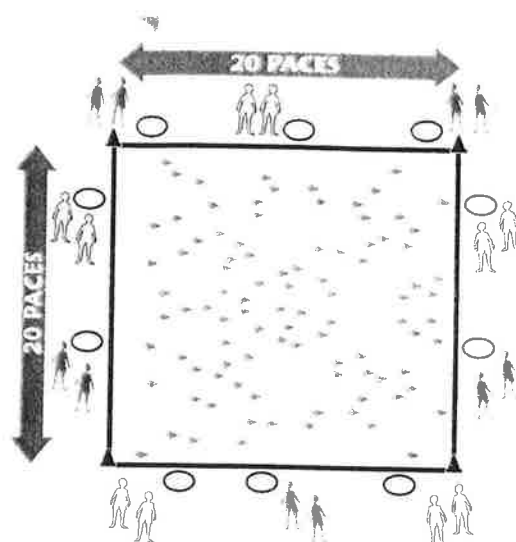
- Watch out for others as you move from hoop to hoop.

Ready

- 4 cones (for boundaries)
- 1 hoop per 2 players
- As many beanbags or other soft collectables as possible (at least 3 per player)

Set

- Create a medium (20X20 paces) activity area.
- Scatter all collectables throughout the area.
- Form pairs.
- For each pair, place 1 hoop on the perimeter.



GO!

1. Today's game is *The Recycler* where the object is to gather as many beanbags as possible.
2. On signal, the 1st player in your group moves to pick up a beanbag in the area and bring it to your hoop. They high-five their partner who repeats and high-fives the 1st player again.
3. Continue until all beanbags have been gathered. We will count the beanbags at the end of the round then play again.
4. **Skill-it!**
 - Pick up only 1 beanbag at a time.
5. **Challenges**
 - How quickly can we gather all the beanbags?
6. **Food Facts**
 - Have you ever heard of Hunter-Gatherers? They are people who get most or all of their food from wild plants and animals. After the invention of agriculture (farming) about 10,000 years ago there weren't nearly as many hunter-gatherers in the world. Can you think of why that was?

Safety First

- Watch for others as you gather.

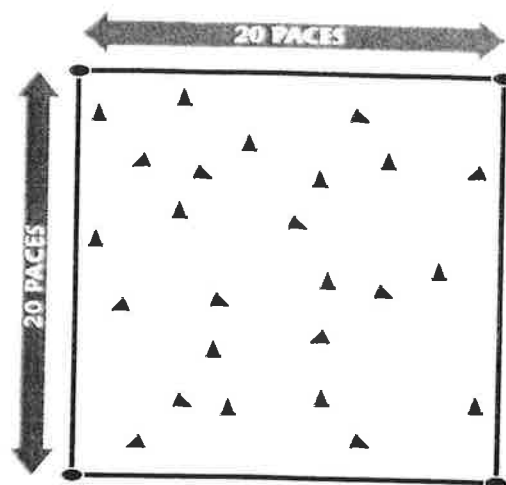
Planter / Logger

Ready

- 4 cones (for boundaries)
- 1 cone per player

Set

- Create a large (30X30 paces) activity area.
- Scatter cones throughout an area such that there are at least 2 paces between cones. Set half of them upright and half on their side.
- Pair participants.



GO!

1. Today's game is Planter/Logger. Decide which of you are a planter and which are a Logger first.
2. On signal, if you are a planter, right as many trees as possible (plant trees). If you are a logger, knock down (logging trees) as many as possible.
3. On the stop signal, we will count how many are up and how many are down. Then we will switch roles.
4. Have a discussion which takes more time to grow a tree (stack up) or to cut a tree (knock down).
5. Continue the activity by adding more planters than loggers.
6. Continue the discussion about why we need to plant (stack up) and reduce our need for trees (cutting down).

Safety First

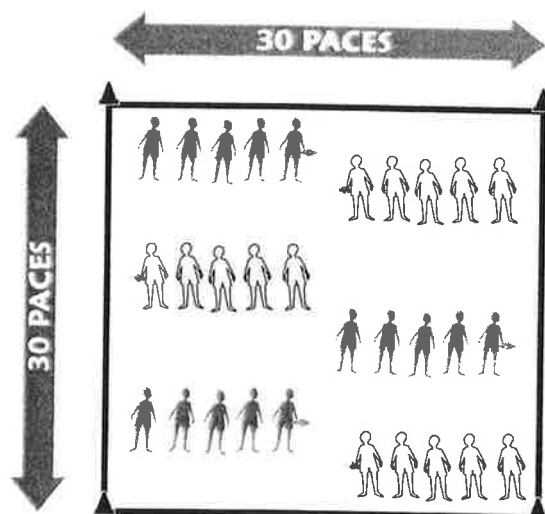
- Watch for others as you near each cone.

Ready

- 4 cones (for boundaries)
- 1 tossable per 5 players
- Music and player

Set

- Create a large (30X30 paces) activity area.
- Form groups of 5 in file lines and scatter throughout.
- Give 1 tossable (the oxygen) to the leader of each line.



GO!

1. Today's activity is *Oxygen Boogie* where the object is to pass the "oxygen" from the front of the line to the back without dropping it.
2. On music, leaders hand the tossable to the player directly behind them. Keep it moving overhead until the oxygen reaches the last in line who then runs it back to the front and becomes the new leader.
3. Continue until the music stops.
4. **Skill-it!**
 - Communicate and cooperate so the oxygen doesn't drop.
 - If the oxygen drops, pick it up and continue.
5. **Challenges**
 - Can your group pass the oxygen from front to back without a drop? (That is 1 round.)
 - How many rounds can your group complete in 1 minute?
6. **Fitness Focus**
 - Did you know the word "aerobic" means "with oxygen"? What kinds of aerobic activities do you like to do?

Safety First

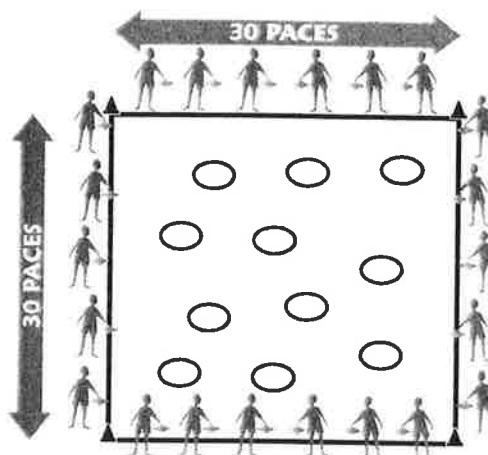
- Stay close together.

Ready

- 4 cones (for boundaries)
- 1 beanbag per player
- 1 hoop per 2 players
- Music and player

Set

- Create a large (30X30 paces) activity area.
- Scatter hoops randomly throughout area.
- Place players along perimeter; each with a beanbag.



GO!

1. Today's activity is *Frogs on the Lily Pads* where the object is to toss your "frog" (beanbag) onto a "lily pad" (hoop) to remove all the lily pads from the "pond."
2. On music, walk around the outside of the "pond". When music is off, stop and aim for a hoop. On "Throw," throw your frog aiming for a lily pad. On "Retrieve," jump (like a frog) to retrieve your beanbag then back to the perimeter to continue walking around the pond.
3. When 3 or more frogs land on the same lily pad they are so heavy that they "sink" the pad and it gets to be removed from the pond. So, work with other frogs to land on the same lily pad to try to sink it. Those with fewer than 3 frogs on them stay in the pond.
4. The object is to remove our lily pads from the pond in as few rounds as possible.
5. **Skill-it!**
 - Work with other frogs to aim for the same lily pads.
6. **Challenges**
 - How often can you land your frog on a lily pad?
7. **Character Matters**
 - What did it take to sink the lily pads? (*Teamwork and accuracy*)
 - How did you work together to do it?

Safety First

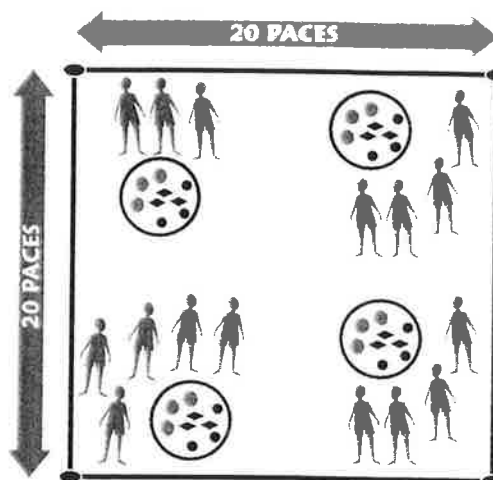
- Watch for others when retrieving your frog.

Ready

- 4 cones (for boundaries)
- 1 hoop per 3-5 players
- 3 beanbags per 3-5 players
- 3 yarnballs per 3-5 players
- 3 utility balls per 3-5 players

Set

- Create a medium (20X20 paces) activity area with “plates” (hoops) scattered about. Place 3 of each type of tossable on each plate.
- Form groups of 3-5; each group at a hoop.



GO!

1. Today's game is *Balanced Breakfast* where you collect “proteins” (beanbags) and “healthy carbohydrates” (yarnballs) and try to get rid of “fats” (utility balls) on your “plate” (hoop) in order to balance the foods in your “breakfast.”
2. The food you eat is divided into 3 major categories: Carbohydrates, found mostly in grains, fruits, and veggies; Proteins, found in meats, beans, and dairy products; and Fats, found in many meats, nuts, and oils. In our game, yarnballs represent carbohydrates, beanbags are proteins, and utility balls are fats.
3. On signal, each player takes 1 fat from their plate and carries it to another group's plate. While there, take home a protein or a carbohydrate. You may only carry 1 thing at a time.
4. On the stop signal, we will see whose breakfast has the fewest fats and is the most balanced between carbohydrates and proteins.
5. **Skill-it!**
 - You may only carry 1 item at a time. If not following this rule, return the item to where you got it and jog 1X around all the hoops before rejoining play.
6. **Food Facts**
 - Name some foods high in complex carbohydrates. Which foods are high in simple carbohydrates?
 - Which foods are high in protein? How can you get protein without a lot of fat?

Safety First

- Watch out for others as you move from hoop to hoop.

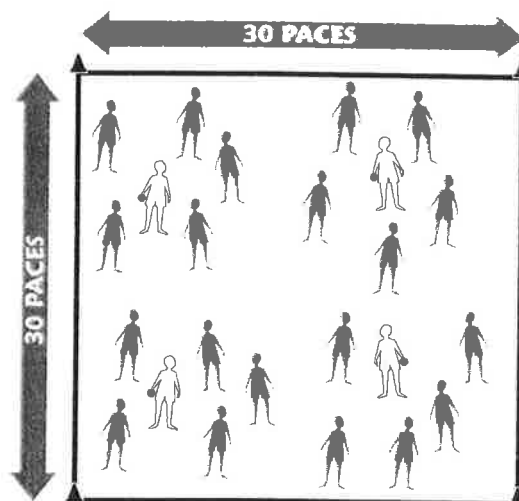
Ready

- 4 cones (for boundaries)
- 1 yarnball per 5 players

Set

- Create a large (30X30 paces) activity area.
- Select 1 in 5 players as "Its." They represent too much sugar and fat. Provide each with a yarnball.

GO!



1. Today's activity is *Sugar and Fat Tag* where the "Its" are called Sugar and Fat. We all want to avoid eating too much sugar and fat.
2. On "Go," fleers move throughout the area. On "Sugar and Fat Tag," "Its" may begin tagging using the yarnball and touching fleers between the waist and shoulders.
3. When tagged, jog in place until you have been rescued by another fleer who taps you on the shoulder and says either "Fruit" or "Vegetable." Tagged player needs to name a fruit or vegetable (to counteract the sugar and fat), then high-five each other and continue playing.
4. Every 2 minutes or so we will start a new round with new "Its" and new things to do when you are tagged (e.g., jumping jacks, imaginary jump rope, quadriceps stretch, etc.)
5. **Challenges**
 - Can you name a different fruit or veggie each time you're tagged? (*At the end of the activity, ask participants how many different foods they could name.*)
6. **Food Facts**
 - How hard was it to avoid Sugar and Fat today?
 - In your home life, how hard is it? What can you do to eat healthier?

Safety First

- Tag using the yarnball in your hands somewhere between the waist and shoulders.
- Move to open space to avoid others.

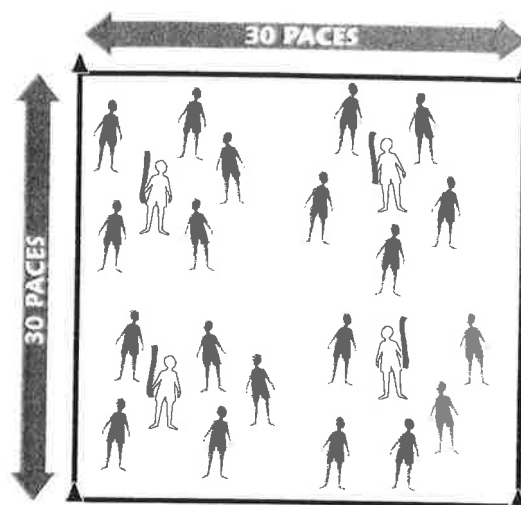
Ready

- 4 cones (for boundaries)
- 1 pool noodle (or other soft item) per 5 players

Set

- Create a large (30X30 paces) activity area.
- Designate 1 in 5 players as "It" and provide each with a noodle (or other item).

GO!



1. Today you'll play Fire Safety Tag. When tagged you must respond to the emergency in the right way to re-enter the game.
2. On "Go," fleers may move throughout the area. On "Fire Safety Tag!" "Its" begin moving and try to tag fleers. We'll begin at a fast, walking pace.
3. When tagged, freeze and put both hands up, signifying "fire". You are unfrozen when another flier comes along and says "Stop, drop, and roll." The frozen player stops moving, drops to the floor, and rolls like a log back and forth 3X, then they are free to go. The helper runs to the wall (phone) and pretends to dial 9-1-1, then they are free to get back in the game.
4. We will change "Its" on my signal every few minutes. (Play for a minute or 2, then stop.)
5. If you have not been "It" yet, raise your hand. "Its" hand your noodle to someone with their hand raised. (Continue until all have been "It." Increase the intensity of the locomotor skill used as you see players moving safely in activity area.)
6. **Skill-it!**
 - You may only tag after you hear "Fire Safety Tag!"
 - Stay in the boundaries unless dialing 9-1-1. Going out of bounds is the same as being tagged.
7. **Challenges**
 - How long can you go without getting tagged?
 - How many players can you help?
8. **Character Matters**
 - How does it feel to help others?

Safety First

- Tag softly somewhere between the waist and shoulders using the noodle in your hands.
- Move to open space.