SPARK K-2 PE (Sports, Play, and Active Recreation for Kids Kindergarten to Grade 2 Physical Education) Program

TARGET AUDIENCE

This program is for children who are in kindergarten through 2nd grade.

SUMMARY

SPARK™ K-2 PE (Sports, Play, and Active Recreation for Kids Kindergarten to Grade 2 Physical Education) Program, a school-based program, is designed to increase participants' physical activity during the school day.

EVIDENCE

No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS

The SPARK K-2 PE Program promotes health and wellness by increasing participants' physical activity during regular classroom time and their active exercise time during PE classes. The program is typically taught by classroom teachers and PE specialists and includes 10 instructional units with lesson plans that are aligned with the National Association for Sport and Physical Education National Standards.

Lessons include the following activities:

- Introduce warm-up with ASAPs (Active Soon As Possible);
- Increase cardiovascular fitness and build basic motor/sport skills (e.g., throwing, dribbling, jumping, dancing) activities;
- Distribute tips for academic, wellness, and home integrations;
- Discuss social skills themes; and
- Provide SPARK It Up! suggestions for varying activities and different challenges.

Inclusion strategies and adaptations for classrooms with limited space are also provided. In addition, participants receive Home Play Activities on the first day of each month to promote physical activity at home.

PREVIOUS USE

SPARK has been available since 1989 and has been used in over 100,000 schools worldwide. The Department of Defense Education Activity has adopted SPARK PE programs for use in four of their PE courses, which include Comprehensive PE Grade Level K-8, Grades 9-12 Lifetime Sports, Personal Fitness Grade Level 9-12, and Grades 9-12 Physical Activity and Nutrition.
TRAINING

Training is mandatory. SPARK K-2 PE Program workshops are offered by SPARK staff to train teachers to facilitate the program. Options include Premium training, which lasts 12 hours over 2 days for $4,700, or Standard training, which lasts 6 hours over 1 day for $2,700. Individuals who complete the Premium training are eligible for a unit of credit from San Diego University. In addition, SPARK trainer travel costs are $1,000. Up to 40 people can attend each training. Multiple schools or other agencies can be trained together to share training costs. Site training coordination requires 8 weeks. K-2 PE Institutes are also held annually in San Diego over 2 days. Costs to attend the institute range from $439 to $459 a person not including travel costs. Visit [www.sparkpe.org/physical-education/k-2/training/](http://www.sparkpe.org/physical-education/k-2/training/)

CONSIDERATIONS

Considerations for implementing this program include acquiring buy-in from school administration and teachers, understanding funding for the program and training could be necessary, ensuring teachers receive training, and finding time in an existing curriculum for teachers to prepare lessons and implement program activities.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing SPARK K-2 PE Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The curriculum is designed to be implemented in 1 school year. A sample yearly plan suggests covering one unit per month; however, implementation is flexible. ASAPs are 5 to 7 minutes; activities require at least 15 minutes.

Curriculum set options range from $200 to $400. The $200 digital edition set includes a complete e-manual, activity videos, music, assessment tools, and a 3 year membership to [SPARKfamily.org](http://SPARKfamily.org). The $300 set includes everything in the first set plus a printed manual and music CD. The $400 set includes everything listed in the $300 set plus SPARKfolio. For more information visit [www.sparkpe.org/physical-education/k-2/curriculum/](http://www.sparkpe.org/physical-education/k-2/curriculum/)

EVALUATION PLAN

To move the SPARK K-2 PE Program to the the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact The SPARK Programs by mail 438 Camino Del Rio South, Suite 110, San Diego, CA 92108, phone 1-619-293-7990 or 1-800-SPARK PE, fax 1-619-293-7992, email spark@sparkpe.org, or visit [www.sparkpe.org/about-us/contact-us/](http://www.sparkpe.org/about-us/contact-us/)

SOURCE

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