



Middle School
Physical Activity
and Nutrition

SAMPLE

TABLE OF CONTENTS

BUILDING A PHYSICAL EDUCATION FOUNDATION	PAGE
SPARK Background.....	1
Dissemination.....	1
SPARK Vision for Healthy Schools.....	2
PE Foundation.....	3
Curriculum Objectives.....	4
Rationale for SPARK Objectives.....	5
Curriculum Design.....	6
Yearly Plan.....	7
Sample Class Structure.....	8
Recommended Lesson Plans.....	8
"Super Starts".....	9
Roll Taking Strategies.....	10
Activity Format.....	11
Preparing to Teach.....	12
Criteria for Choosing Class Activities.....	12
Personal Best Day.....	12
Maintaining Appropriate Behavior.....	13
Teaching Social Skills.....	16
Inclusion.....	18
Overview Of Legislation.....	18
Education Code.....	19
Types of Physical Education.....	20
Federal Handicapping Conditions.....	21
Common Disabilities.....	23
Temporary Disabilities.....	25
Lesson Organization & Safety.....	25
Equipment.....	26
Teaching Techniques.....	27
Common Inclusion Concerns Addressed.....	28
Resources.....	29
References.....	31
Weather Extremes and Physical Activity.....	32
Hot Day Tips/Cold Day Tips.....	32
Sun Safety.....	33
Equipment Lists/Ordering Concerns.....	34
Equipment Adaptations.....	38
Obtaining Equipment and Supplies.....	38
Management Hints for Maintaining Equipment.....	38
Homemade Equipment/Suggestions.....	39
SPARK Research Papers.....	43
Resources.....	47

PROMOTING ACTIVITY OUTSIDE OF PHYSICAL EDUCATION

PAGE

Introduction..... 1
BOLT Background..... 1
Summary of BOLT Findings..... 2
BOLT Youth Focus Group Procedures..... 3
BOLT Youth Group Survey..... 4
BOLT Youth Group Survey (Spanish)..... 10
BOLT Field Test Survey..... 15
How Can Community Agencies Enhance Physical Activity...?..... 17
Volunteers in PE..... 18
Lunchtime Physical Activity Rules & Procedures..... 19
Student Sign-Up Form..... 22
Guidelines: Requesting Donations for Physical Activity Programs..... 23
Action Alert!..... 28

WARM-UP/COOL-DOWN

Safety Considerations..... 1
Sample Routine..... 1
Warm-Up/Cool-Down Activities..... 2

STRENGTH AND CONDITIONING EXERCISES

Rationale..... 1
Abdominal Exercises..... 2
Upper Body Exercises (Pulling)..... 3
Upper Body Exercises (Pushing)..... 4

PERSONAL BEST DAY

Rationale..... 1
Warm-Up..... 1
1 Minute Sit-Up Test..... 2
30 Second Push-Up Test..... 3
12 Minute Jog/Walk..... 4
Cool-Down..... 5
Personal Best Card Master..... 6



PHYSICAL EDUCATION UNITS

ALL-RUN GAMES
AEROBIC GAMES
BASKETBALL
COOPERATIVE GAMES
DANCE AND RHYTHMS
FIELD GAMES
FRISBEE
FUN AND FITNESS CIRCUITS
GOLF
HOCKEY
JUMP ROPE
POWER WALKING/JOGGING UNITS
SOCCER
SOFTBALL
TRACK AND FIELD
VOLLEYBALL
WALLBALL/HANDBALL

EXTRA EXTRA

PAGE

Teaching the "BASICS"	1
High Activity Skill Progression.....	2
Strategies to Increase Class Activity Levels.....	3
Tournaments.....	4
Baseball/Softball BINGO.....	5
Find Someone Who.....	6
SPARK Physical Activity Log (PAL).....	7
SPARK Action Plan.....	8
Endline Football Assessment.....	9
5 Person Hit and Run Softball.....	10
Basketball Standard 2 Motor Learning.....	11
Basketball Trick Skills Test.....	12
Basketball Maravich Drills.....	15
Basketball Circuit.....	18
Volleyball Unit-Underhand Serve.....	19
Volleyball Serve.....	20
Dance Assessment-"Pata Pata".....	24
Lesson Quality Assessment.....	25
Physical Activity Websites.....	26
Unique Concepts/Teaching Techniques.....	28
Information for Parents.....	29
How Can You Help Your Adolescent at School?	29
13 Ways Parents Can Help Children Be More Physically Active.....	30