

## From the Principal

October 15, 2007

### Walk A Thon a Great Success

What a wonderful day! Thank you so much to the many, many volunteers who contributed enormous time and effort to make this day a very special one for each participant. In addition to the physical effort, I also observed and learned about exemplary respectful and teamwork actions taking place as children walked the course.

Please join me in expressing my sincere appreciation to Melissa DeA. and Risi V. for their leadership.

### Sparks

Over the past few weeks each of our Kindergarten through Grade Three teachers had an opportunity to be trained in The SPARKS physical education instructional program. This year, with the help of a State of California Physical Education Funding Grant, each school in Los Altos has moved to classroom teacher instruction in physical education. This instruction along with the LAEF funded physical education teacher program brings our children to the instructional time that they deserve and need for healthy growth.

The SPARK Physical Education Program is designed to encourage maximum participation during class time. Active participation and practice in a positive, non - threatening atmosphere, are the means for improving children's physical skills, fitness, social development, and personal enjoyment.

SPARK includes only activities that can be realistically implemented in a variety of school settings. Only activities that are manageable in diverse settings and produce substantial opportunities for children to actively engage in learning through *movement* are included.

<u>Instructional Units</u>	<u>Physical Parameters Developed</u>
Perceptual Power	Body and spatial awareness, directionality, non-locomotor and locomotor skills.
Great Games Beanbag Boogie Parachute Parade	Agility, locomotor skills, fleeing, chasing, dodging and small object manipulation, grasping, throwing, catching, non-locomotor and locomotor skills, strength, and creative movement.
Happy Hoops Jumping for Joy Having a Ball	Large object manipulation, and general coordination, rhythm and balance, strength, and endurance.
Let's Hit It Dance With Me Superkid Stunts	Striking a ball, hand eye coordination, rhythm, balance, creative movement, general coordination, agility, strength.

The Springer Staff has embraced the program. The enthusiasm of the staff will only create a more motivating program for each child at our school. Having the classroom teacher and their students work together in a physical environment enhances the personal and social connection between teacher and child.

We are pleased we can bring this program into our curriculum offerings.