



SPARKhome Tracking Form

Student's Name: _____ Teacher's Name: _____

It is important to seek out movement opportunities outside of school as part of an active lifestyle. Check off the activities you complete and share this form with your teacher to show your commitment to being healthy.

Home Plays

- Family Health
- Healthy Choices
- Heart Health
- Nutrition
- Lifetime Wellness

Fast Breaks

- Fast Breaks 1
- Fast Breaks 2
- Fast Breaks 3
- Fast Breaks 4
- Fast Breaks 5

Brain Boosters

- Knee Tag
- Grab the Apple
- Partner Stunts
- Push-Up Hockey
- Straddle and Kick

Individual Activities

- Catching and Throwing Circuit

Parent Name: _____

Parent Signature: _____