



ALIGNMENT WITH NATIONAL PHYSICAL EDUCATION STANDARDS

KINDERGARTEN (SPARK K-2 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Locomotor	Building a Foundation Rubric	Locomotor Skills, Levels, and Directions	Building a Foundation
		Pathways and Creative Moves	Building a Foundation
		Locomotor Grab Bag	ASAP
Locomotor	Jumping Rubric	Jumping and Landing	Balance, Stunts, and Tumbling
		Jumping and Landing Patterns	Jumping
		Jumping for Distance	Jumping
Locomotor	Dance Rubric	Tempos and Creative Moves	Building a Foundation
		The Bouncer	ASAP
		The Shoemaker's Dance	Dance
		I See, I See	ASAP

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Nonlocomotor (stability)	Balance, Stunts, and Tumbling Rubric	Body Management and Balance	Building a Foundation
		Static Balances	Balance, Stunts, and Tumbling
		Animal Balancing Act	Balance, Stunts, and Tumbling
Nonlocomotor (stability)	Building a Foundation Rubric	Body Management and Balance	Building a Foundation
		Basic Body Positions	Balance, Stunts, and Tumbling
Nonlocomotor (stability)	Balance, Stunts, and Tumbling Rubric	Weight Transfer and Rolls	Balance, Stunts, and Tumbling
Manipulative	Dribbling, Volleying, and Striking Rubric	Bounce and Catch Introduction	Dribbling, Volleying, and Striking
Manipulative	Catching and Throwing Rubric	Partner Throw and Catch	Catching and Throwing
Manipulative	Dribbling, Volleying, and Striking Rubric	Dribbling Introduction	Dribbling, Volleying, and Striking
Manipulative	Kicking and Trapping Rubric	Dribbling "Soccer Style"	Kicking and Trapping
		Control Dribble Around Obstacles	Kicking and Trapping
		Tunnel Dribble	Kicking and Trapping
Manipulative	Kicking and Trapping Rubric	Kicking for Distance	Kicking and Trapping
		Kicking for Accuracy	Kicking and Trapping
		Soccer Golf	Kicking and Trapping
Manipulative	Dribbling, Volleying, and Striking Rubric	Volleying and Striking Introduction	Dribbling, Volleying, and Striking
		Keep It Up	Dribbling, Volleying, and Striking
		Sheep Dogs	Dribbling, Volleying, and Striking

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	Dribbling, Volleying, and Striking Rubric	Striking with Paddles	Dribbling, Volleying, and Striking
		Paddle Circuit	Dribbling, Volleying, and Striking
		Dribbling, Volleying, and Striking Circuit	Dribbling, Volleying, and Striking
Locomotor	Jumping Rubric	Individual Rope Jumping I	Jumping
		Individual Rope Jumping II	Jumping
Locomotor	Jumping Rubric	Long Rope Jumping I	Jumping
		Long Rope Jumping II	Jumping

STANDARD2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Space	Building a Foundation Rubric	Orientation and Personal Space	Building a Foundation
		General Space and Creative Moves	Building a Foundation
Locomotor	Building a Foundation Rubric	Tempos and Creative Moves	Building a Foundation
		Alley Cat	ASAP
		The Bouncer	ASAP
Accepting feedback	Building a Foundation Rubric	Pathways and Creative Moves	Building a Foundation
		Pairs Combining Movement Concepts	Building a Foundation
Locomotor	Building a Foundation Rubric	Tempos and Creative Moves	Building a Foundation
		The Freeze	ASAP

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
Physical activity knowledge	Sample debrief question: What are some of your favorite physical activities to do outside of school?	Hopscotch (and Home Play)	Recess Activities
		Rock, Paper, Scissors Tag (and Home Play)	Recess Activities
		Switcheroo! (and Home Play)	Recess Activities
Engages in physical activity	Games Performance Rubric	Oxygen Boogie	Games
		Chasing and Fleeing	Building a Foundation
		The Good Ship SPARK	ASAP
Fitness knowledge	Fitness Introduction Wrap It Up (Building a Foundation)	Fitness Introduction	Building a Foundation
Nutrition	Sugar and Fat Tag Wrap It Up (Games)	Sugar and Fat Tag	Games
STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
Rules & etiquette	<ul style="list-style-type: none"> Parachute Rubric Games Rubric 	Changing Places	Parachute
		Frog Crossing	Games
		Grouping and Moving Together	Building a Foundation
Accepting feedback	Building a Foundation Rubric	Pairing and Moving Together	Building a Foundation
		Pairs Combining Movement Concepts	Building a Foundation
		Grouping and Making Bridges	Building a Foundation
Rules & etiquette	<ul style="list-style-type: none"> Building a Foundation Rubric Parachute Rubric 	Movement Concepts Using Hoops	Building a Foundation
		Space Mountain	Parachute
		Super Hero's Cape	Parachute

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
Accepting feedback	Building a Foundation Rubric	Line Boogie	Manipulatives
		Rolling and Catching with a Partner	Catching and Throwing
		Pairing and Moving Together	Building a Foundation
Space	• Building a Foundation Rubric • Parachute Rubric • Balance, Stunts, and Tumbling Rubric	Orientation and Personal Space	Building a Foundation
		Stunts Introduction	Balance, Stunts, and Tumbling
		Parachute Introduction	Parachute
Rules & etiquette	• Parachute Rubric • Balance, Stunts, and Tumbling Rubric	Changing Places	Parachute
		Stunts Introduction	Balance, Stunts, and Tumbling
		Parachute Introduction	Parachute
STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Fitness knowledge	Sample debrief question: Is being physically active good for your health?	Fitness Introduction	Building a Foundation
		Fitness Introduction (SPARK It Up!)	Building a Foundation
Manipulative	Sample debrief question: Name some activities that were difficult when you first tried them.	Weight Transfers and Rolls	Balance, Stunts, and Tumbling
		Partner Throw and Catch Challenges	Catching and Throwing
		Soccer Golf	Kicking and Trapping
Health	Sample debrief question: What are some of your favorite physical activities to do outside of school?	Home Play Activities	Various Units in SPARKfolio and/or SPARKfamily.org
		SPUD	Recess Activities



STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Working with others	Sample debrief question: Why is it fun to play with friends?	Partner Tag	ASAP
		Long Rope Jumping I & II	Jumping
		Frog Crossing	Games

1ST GRADE (SPARK K-2 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Locomotor	Building a Foundation Rubric	Locomotor Skills, Levels, and Directions	Building a Foundation
		Pathways and Creative Moves	Building a Foundation
		Locomotor Grab Bag	ASAP
Speed, direction, force	Jumping Rubric	Jumping and Landing	Balance, Stunts, and Tumbling
		Jumping and Landing Patterns	Jumping
		Jumping for Distance	Jumping
Locomotor	Dance Rubric	Tempos and Creative Moves	Building a Foundation
		Alley Cat	Dance
		Hawaiian Roller Coaster Ride	Dance
Nonlocomotor (stability)	Balance, Stunts, and Tumbling Rubric	Body Management and Balance	Building a Foundation
		Animal Balancing Act	Balance, Stunts, and Tumbling
		Static Balances	Balance, Stunts, and Tumbling
Nonlocomotor (stability)	Balance, Stunts, and Tumbling Rubric	Weight Transfer and Rolls	Balance, Stunts, and Tumbling
		Stunts Add-On	Balance, Stunts, and Tumbling
Nonlocomotor (stability)	Balance, Stunts, and Tumbling Rubric	Weight Transfer and Rolls	Balance, Stunts, and Tumbling
Alignment and muscular tension	Balance, Stunts, and Tumbling Rubric	Flexibility	Building a Foundation
		Twist and Turn/Bend and Stretch	Manipulatives
		Stunts Introduction	Balance, Stunts, and Tumbling

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	Catching and Throwing Rubric	Throwing Underhand to Targets	Catching and Throwing
		Partner Throw and Catch	Catching and Throwing
		Partner Throw and Catch Challenges	Catching and Throwing
Manipulative	Catching and Throwing Rubric	Self-Toss and Catch	Catching and Throwing
		Partner Throw and Catch	Catching and Throwing
		Partner Throw and Catch Challenges	Catching and Throwing
Manipulative	Dribbling, Volleying, and Striking Rubric	Dribbling Introduction	Dribbling, Volleying, and Striking
		Squirrels and Acorns	Dribbling, Volleying, and Striking
Speed, direction, force	Kicking and Trapping Rubric	Dribbling Soccer Style	Kicking and Trapping
		Control Dribble around Obstacles	Kicking and Trapping
Manipulative	Kicking and Trapping Rubric	Kicking for Distance	Kicking and Trapping
		Soccer Golf	Kicking and Trapping
		Kickback	Recess Activities
Manipulative	Dribbling, Volleying, and Striking Rubric	Volleying and Striking Introduction	Dribbling, Volleying, and Striking
		Keep It Up	Dribbling, Volleying, and Striking
		Sheep Dogs	Dribbling, Volleying, and Striking
Manipulative	Dribbling, Volleying, and Striking Rubric	Striking with Paddles	Dribbling, Volleying, and Striking
		Paddle Circuit	Dribbling, Volleying, and Striking

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Locomotor	Jumping Rubric	Individual Rope Jumping I	Jumping
		Individual Rope Jumping II	Jumping
		Long Rope Jumping I	Jumping
		Long Rope Jumping II	Jumping

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Locomotor	<ul style="list-style-type: none"> • Building a Foundation Rubric • Dance Rubric 	Tempos and Creative Moves	Building a Foundation
		Create a Dance	Dance
		Alley Cat	ASAP
Locomotor	Building a Foundation Rubric	Locomotor Skills, Levels, and Directions	Building a Foundation
		Movement Concepts Using Hoops	Building a Foundation
		Beanbag Exploration	Manipulatives
Accepting feedback	Building a Foundation Rubric	Tempos and Creative Moves	Building a Foundation
		Pairs Combining Movement Concepts	Building a Foundation
		Grouping and Moving Together	Building a Foundation

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Alignment and muscular tension	Sample debrief question: What are some benefits that you get from exercising?	Fitness Introduction	Building a Foundation
		Fitness Introduction (SPARK It Up!)	Building a Foundation
		Flexibility	Building a Foundation

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Engages in physical activity	Games Performance Rubric	Oxygen Boogie	Games
		Chasing and Fleeing	Building a Foundation
		The Good Ship SPARK	ASAP
Engages in physical activity	Sample debrief question: What happens to your heart when you exercise?	Oxygen Boogie	Games
		Fitness Introduction	Building a Foundation
		The Good Ship SPARK	ASAP

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Space	Building a Foundation Rubric	Orientation and Personal Space	Building a Foundation
		Stunts Introduction	Balance, Stunts, and Tumbling
		Parachute Introduction	Parachute
Space	Building a Foundation Rubric	Orientation and Personal Space	Building a Foundation
Manipulative	Specific Unit Rubric	Throwing Underhand to Targets	Catching and Throwing
		Stunts Circuit	Balance, Stunts, and Tumbling
Personal responsibility OR Challenge	Building a Foundation Rubric	Circuit Introduction	Building a Foundation
		Stunts Circuit	Balance, Stunts, and Tumbling
		Dribbling, Volleying, and Striking Circuit	Dribbling, Volleying, and Striking
Alignment and muscular tension	Building a Foundation Rubric	Orientation and Personal Space	Building a Foundation
		Stunts Introduction	Balance, Stunts, and Tumbling
		Parachute Introduction	Parachute

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Health	Sample debrief question: What are some things you need to do to achieve good health?	Fitness Introduction	Building a Foundation
		Fitness Introduction (SPARK It Up!)	Building a Foundation
		Parachute Fitness	Parachute
Physical activity knowledge	Sample debrief question: How do you feel when you complete a challenging physical activity?	Scarf Juggling Lead-up	Manipulatives
		Partner Throw and Catch Challenges	Catching and Throwing
		Houdini Hoops	Games
Engages in physical activity	Sample debrief question: Why do you enjoy participating in physical activities?	Emotion Motion	ASAP
		Cookie Monster Tag	Games
		The Good Ship SPARK	Games

2ND GRADE (SPARK K-2 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Locomotor	Building a Foundation Rubric	Locomotor Skills, Levels, and Directions	Building a Foundation
		Pathways and Creative Moves	Building a Foundation
		Locomotor Grab Bag	ASAP
Locomotor	Jumping Rubric	Jumping and Landing	Balance, Stunts, and Tumbling
		Jumping and Landing Patterns	Jumping
		Jumping for Distance	Jumping
Locomotor	Dance Rubric	Tempos and Creative Moves	Building a Foundation
		Alley Cat	Dance
		Hawaiian Roller Coaster Ride	Dance
Nonlocomotor (stability)	Balance, Stunts, and Tumbling Rubric	Body Management and Balance	Building a Foundation
		Animal Balancing Act	Balance, Stunts, and Tumbling
		Static Balances	Balance, Stunts, and Tumbling
Nonlocomotor (stability)	Balance, Stunts, and Tumbling Rubric	Weight Transfer and Rolls	Balance, Stunts, and Tumbling
		Stunts Add-On	Balance, Stunts, and Tumbling
Nonlocomotor (stability)	Building a Foundation Rubric	Body Management and Balance	Building a Foundation
		Basic Body Positions	Balance, Stunts, and Tumbling
Nonlocomotor (stability)	Balance, Stunts, and Tumbling Rubric	Stunts Add-On	Balance, Stunts, and Tumbling
		Showtime	Balance, Stunts, and Tumbling

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	Catching and Throwing Rubric	Throwing Underhand to Targets	Catching and Throwing
		Partner Throw and Catch	Catching and Throwing
		Partner Throw and Catch Challenges	Catching and Throwing
Manipulative	Catching and Throwing Rubric	Overhand Throw for Distance	Catching and Throwing
		Clean Your Room	Catching and Throwing
Manipulative	Catching and Throwing Rubric	Self-Toss and Catch	Catching and Throwing
		Partner Throw and Catch	Catching and Throwing
		Partner Throw and Catch Challenges	Catching and Throwing
Manipulative	Dribbling, Volleying, and Striking Rubric	Dribbling Introduction	Dribbling, Volleying, and Striking
		Squirrels and Acorns	Dribbling, Volleying, and Striking
Manipulative	Kicking and Trapping Rubric	Dribbling Soccer Style	Kicking and Trapping
		Control Dribble around Obstacles	Kicking and Trapping
Manipulative	Kicking and Trapping Rubric	Kicking for Distance	Kicking and Trapping
		Soccer Golf	Kicking and Trapping
		Kickback	Recess Activities
Manipulative	Dribbling, Volleying, and Striking Rubric	Volleying and Striking Introduction	Dribbling, Volleying, and Striking
		Keep It Up	Dribbling, Volleying, and Striking
		Sheep Dogs	Dribbling, Volleying, and Striking
Manipulative	Dribbling, Volleying, and Striking Rubric	Striking with Paddles	Dribbling, Volleying, and Striking
		Paddle Circuit	Dribbling, Volleying, and Striking
Manipulative	Dribbling, Volleying, and Striking Rubric	Batter Up!	Dribbling, Volleying, and Striking

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Locomotor	Jumping Rubric	Individual Rope Jumping I	Jumping
		Individual Rope Jumping II	Jumping
		Long Rope Jumping I	Jumping
		Long Rope Jumping II	Jumping

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Locomotor	<ul style="list-style-type: none"> • Building a Foundation Rubric • Dance Rubric 	Tempos and Creative Moves	Building a Foundation
		Create a Dance	Dance
		Alley Cat	ASAP
Locomotor	Building a Foundation Rubric	Locomotor Skills, Levels, and Directions	Building a Foundation
		Stunts Add-On	Balance, Stunts, and Tumbling
		Create a Dance	Dance
Locomotor	Building a Foundation Rubric	Tempos and Creative Moves	Building a Foundation
		Pairs Combining Movement Concepts	Building a Foundation
		Grouping and Moving Together	Building a Foundation

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Health	Sample debrief question: What are some of your favorite physical activities to do outside of school?	Home Play Activities	Various Units in SPARKfolio and/or SPARKfamily.org
		Wallball	Recess Activities
Engages in physical activity	Games Rubric	Oxygen Boogie	Games
		Chasing and Fleeing	Building a Foundation
		The Good Ship SPARK	ASAP

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Health	Debrief question: What are some activities that help to make you fit?	Fitness Introduction	Building a Foundation
		Fitness Introduction (SPARK It Up!)	Building a Foundation
		Parachute Fitness	Parachute
Nutrition	Sugar and Fat Tag Wrap It Up (Games)	Sugar and Fat Tag	Games

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Personal responsibility OR Challenge	Building a Foundation Rubric	Circuit Introduction	Building a Foundation
		Stunts Circuit	Balance, Stunts, and Tumbling
		Dribbling, Volleying, and Striking Circuit	Dribbling, Volleying, and Striking
Space	Building a Foundation Rubric	Orientation and Personal Space	Building a Foundation
		Stunts Introduction	Balance, Stunts, and Tumbling
		Parachute Introduction	Parachute
Manipulative	Specific Unit Rubric	Stunts Circuit	Balance, Stunts, and Tumbling
		Catching and Throwing Circuit	Catching and Throwing
		Jumping and Landing Circuit	Jumping
Manipulative	Building a Foundation Rubric	Pairs Combining Movement Concepts	Building a Foundation
		Grouping and Moving Together	Building a Foundation
		Partner Throw and Catch	Catching and Throwing
Strategies and tactics	Games Rubric	Chute Shapes	Parachute
		Frog Crossing	Games
		Houdini Hoops	Games

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Space	Building a Foundation Rubric	Orientation and Personal Space	Parachute Building a Foundation
		Stunts Introduction	Balance, Stunts, and Tumbling
STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Nutrition	Sugar and Fat Tag Wrap It Up (Games)	Sugar and Fat Tag	Games
Physical activity knowledge	Sample debrief question: Name some challenging physical activities that build your confidence.	Scarf Juggling Lead-up	Manipulatives
		Partner Throw and Catch Challenges	Catching and Throwing
		Houdini Hoops	Games
Self-expression & enjoyment	Sample debrief question: Name some physical activities that allow you to express yourself.	Create a Dance	Dance
		Showtime	Balance, Stunts, and Tumbling
		Showtime	Manipulatives

3RD GRADE (SPARK 3-6 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Pathways, shapes, levels	Specific Unit Performance Rubrics	Perimeter Move	ASAP
		Stunts and Tumbling Circuit	Stunts and Tumbling
		Create a Routine	Stunts and Tumbling
Locomotor	Walk, Jog, Run Performance Rubric	Track and Field	Aerobic Games
		Moving Around the Track	Map Challenges
		Walk/Jog Switcheroo	Walk, Jog, Run
Locomotor	Stunts and Tumbling Performance Rubric	Track and Field	Aerobic Games
		Look, Learn, and Leave	Stunts and Tumbling
		Stunts and Tumbling Circuit	Stunts and Tumbling
Locomotor	Dance Performance Rubric	5-6-7-8	Dance
		Mambo #5	Dance
		Cotton-Eyed Joe	Dance
Locomotor	Specific Unit Performance Rubrics	Louisiana Saturday Night	Dance
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Create a Routine	Jump Rope
		Aerobic Dance	Group Fitness
Pathways, shapes, levels	Stunts and Tumbling Performance Rubric	Look, Learn, and Leave	Stunts and Tumbling
		Stunts and Tumbling Circuit	Stunts and Tumbling
		Stunt Stories and Tumbling Tales	Stunts and Tumbling

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Pathways, shapes, levels	Stunts and Tumbling Performance Rubric	Those Tricky Transitions	Stunts and Tumbling
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Create a Routine	Stunts and Tumbling
Locomotor	Create a Dance Performance Rubric	Create a Routine	Dance
		Aerobic Dance	Group Fitness
		Create a Routine	Movement Bands
Locomotor	Softball Performance Rubric	Create a Routine	Dance
		Aerobic Dance	Group Fitness
		Create a Routine	Movement Bands
Manipulative	Softball Performance Rubric	Out at Home!	Softball
		Corner to Corner Give and Go	Softball
		Beat the Ball	Softball
Manipulative	Softball Performance Rubric	Partner Throw and Catch	Softball
Manipulative	Basketball Performance Rubric	Dribbling Drills	Basketball
		Add 'Em Up	Basketball
		Around the Court	Basketball
Manipulative	Softball Performance Rubric	Dribbling Drills	Soccer
		Soccer Hoopla	Soccer
		Rainforest	Soccer
Speed, direction, force	Softball Performance Rubric	Passing Drills	Soccer
		Trap, Pass, and Follow	Soccer
		Corner to Corner Give and Go	Soccer

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Speed, direction, force	Soccer Performance Rubric	Shooting Drills	Soccer
		5-Player Kickball	Aerobic Games
		3 Flies Up	Recess Activities
Manipulative	<ul style="list-style-type: none"> Volleyball Performance Rubric Racquets and Paddles Performance Rubric 	Serving Challenges	Volleyball
		Paddle 2-Square	Racquets and Paddles
		Introduction to Badminton	Racquets and Paddles
Manipulative	Racquets and Paddles Performance Rubric	Paddle 2-Square	Racquets and Paddles
		Stroke and Catch	Racquets and Paddles
		Paddle Call Ball	Racquets and Paddles
Speed, direction, force	Specific Unit Performance Rubrics	Batting Practice	Softball
		Open Base	Softball
		Shooting Drills	Hockey
Challenge	Jump Rope Performance Rubric	Mirror, Mirror	Jump Rope
		Jump Rope Add-On	Jump Rope
		Group Jump Rope Challenge	Jump Rope

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Speed, direction, force	Specific Unit Performance Rubrics	Tunnel Tag	Chasing and Fleeing
		3-Catch Game	Aerobic Games
		Air It Out	Football
Locomotor	Specific Unit Performance Rubrics	Sports Moves Aerobics	Group Fitness
		Introduction to Movement Bands	Movement Bands
		Bench Step Basics	Group Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Speed, direction, force	Specific Unit Performance Rubrics	Sports Moves Aerobics	Group Fitness
		Create a Routine	Stunts and Tumbling
		Create a Routine	Group Fitness
Pathways, shapes, levels	<ul style="list-style-type: none"> Dance Performance Rubric Stunts and Tumbling Performance Rubric 	Create a Dance	Dance
		Those Tricky Transitions	Stunts and Tumbling
Engages in physical activity	Chasing and Fleeing Performance Rubric	Basic Tag	Chasing and Fleeing
		Hospital Tag	Chasing and Fleeing
		Partner Tag	Chasing and Fleeing

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Engages in physical activity	<ul style="list-style-type: none"> Walk/Jog/Run Performance Rubric Map Challenges Mileage Chart 	Aerobic Capacity Circuit	Fitness Circuits
		Moving for Time	Map Challenges
		Figure-8 Walk/Jog	Walk, Jog, Run Activities
Fitness knowledge	Fitness Challenges Self-Check	Body Composition Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Alignment and muscular tension	Sample debrief question: What are the five components of health-related fitness? Can you give an example of each? Fitness Circuits Think About...	Body Composition Circuit	Fitness Circuits
		Muscular Strength and Endurance Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Aerobic Capacity Circuit	Fitness Circuits

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Fitness knowledge	Sample debrief question: What is the reason for doing a warm-up before participating in a physical activity?	Daily Dozen	Stunts and Tumbling
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Alignment and muscular tension	Fitness Circuits Think About...	Body Composition Circuit	Fitness Circuits
		Muscular Strength and Endurance Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Aerobic Capacity Circuit	Fitness Circuits
Nutrition	Sample debrief question: Name some foods that are helpful to eat before you exercise. After?	Body Composition BINGO	Fitness Challenges
		Body Composition Circuit	Fitness Circuits

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Rules & etiquette	Cooperatives Performance Rubric	Orientation to SPARK PE	The First 3 Lessons
		Establishing Basics	First 3 Lessons
		Cooperation and Trust	The First 3 Lessons
Engages in physical activity	Specific Unit Performance Rubric	Solo Aerobic Fitness	Fitness Challenges
		Moving Around the Track	Map Challenges
		Look, Learn, and Leave	Stunts and Tumbling
Manipulation	Specific Unit Performance Rubric	Basketball Skills Stations	Basketball
		Flying Disc Stations	Flying Disc
		Passing and Receiving Drills	Football

Challenge	Cooperatives Self-Check	Soccer Group Challenge	Soccer
		Group Jump Rope Challenge	Jump Rope
		Survivor Challenge	Fitness Challenges
Rules & etiquette	Sample debrief question: Why do we have rules when playing with others?	Virginia Reel	Dance
		Hot Time	Dance
		Parachute Play (Small Group)	Cooperatives
Engages is physical activity	Specific Unit Performance Rubric	Look, Learn, and Leave	Stunts and Tumbling
		Flying Disc Stations	Flying Disc
		Solo Aerobic Fitness	Fitness Challenges

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Alignment and muscular tension	Wellness Integration: Body Composition BINGO	Body Composition BINGO	Fitness Challenges
		Mixed Fitness Circuit	Fitness Circuits
		Fitness Grab Bag	Fitness Challenges
Working with others	Sample debrief question: Is it easy to learn a new skill or physical activity? How do you feel when you master the challenge?	Survivor Challenge	Fitness Challenges
		Roll the Dice	Fitness Circuits
		Soccer Group Challenge	Soccer
Manipulative	Sample debrief question: Why do you enjoy certain physical activities?	5-Player Kickball	Aerobic Games
		Beat the Ball	Softball
		3-Catch Basketball	Basketball
Social interaction	Sample debrief question: What positive interactions did you have with your group mates in the activity?	Group Juggling	Cooperatives
		Stepping Stones	Cooperatives
		Parachute Play (Small Group)	Cooperatives

4TH GRADE (SPARK 3-6 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Pathways, shapes, levels	Specific Unit Performance Rubrics	Cotton-Eyed Joe	Dance
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Mini-Soccer	Soccer
Engages in physical activity	Walk, Jog, Run Performance Rubric	Inside/Outside Walk/Jog	Walk, Jog, Run
		Moving Around the Track (Counting Laps)	Map Challenges
		Moving Around the Track (Counting Minutes)	Map Challenges
Pathways, shapes, levels	Stunts and Tumbling Performance Rubric	Look, Learn, and Leave	Stunts and Tumbling
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Create a Routine	Stunts and Tumbling
Self-expression & enjoyment	Create a Dance Performance Rubric	Create a Dance	Dance
		Create a Routine	Group Fitness
Manipulative	Specific Unit Performance Rubrics	5-Player Shoot and Dribble	Hockey
		5-Player Throw/Hit and Run	Softball
		5-Player Kick and Dribble	Soccer
Nonlocomotor (stability)	Balance addressed in Stunts and Tumbling Unit; apparatus not included		
Self-expression & enjoyment	Create a Routine Performance Rubric	Create a Dance	Dance
		Create a Routine	Group Fitness
Pathways, shapes, levels	Stunts and Tumbling Performance Rubric	Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Create a Routine	

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	Specific Unit Performance Rubric	Partner Throw and Catch	Softball
		Beat the Ball	Softball
		Passing and Receiving Drills	Football
Speed, direction, force	Specific Unit Performance Rubric	Air It Out	Football
		Grid Passing	Basketball
		Corner to Corner Give and Go	Softball
Manipulative	Basketball Performance Rubric	Dribbling Drills	Basketball
		Add 'Em Up	Basketball
		Basketball Skills Stations	Basketball
Manipulative	Soccer Performance Rubric	Dribbling Drills	Soccer
		Soccer Hoopla	Soccer
		Rainforest	Soccer
Manipulative	Soccer Performance Rubric	Dribbling Drills	Soccer
		Soccer Hoopla	Soccer
		Rainforest	Soccer
Speed, direction, force	Soccer Performance Rubric	Trap, Pass, and Follow	Soccer
		Corner to Corner Give and Go	Soccer
		5-Player Kick and Dribble	Soccer
Manipulative	<ul style="list-style-type: none"> Soccer Performance Rubric Basketball Performance Rubric 	Mini-Soccer	Soccer
		Mini-Basketball	Basketball
		5-Player Kick and Dribble	Soccer

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	<ul style="list-style-type: none"> Soccer Performance Rubric Football Performance Rubric 	Soccer Golf	Soccer
		Punting Drills	Football
		3 Flies Up	Recess Activities
Manipulative	Specific Unit Performance Rubrics	4-Square Volleyball	Volleyball
		Paddle 2-Square	Racquets and Paddles
		2-Square	Recess Activities
Manipulative	Volleyball Performance Rubric	Introduction to Overhead Pass	Volleyball
		Setting Pairs	Volleyball
		Cooperative Countdown	Volleyball
Manipulative	Racquets and Paddles Performance Rubric	Paddle 2-Square	Racquets and Paddles
		Stroke and Catch	Racquets and Paddles
		Paddle Call Ball	Racquets and Paddles
Manipulative	Specific Unit Performance Rubrics	Introduction to Badminton	Racquets and Paddles
		Batting Practice	Softball
		Pass and Follow	Hockey
Manipulative	Specific Unit Performance Rubrics	5-Player Shoot and Dribble	Hockey
		5-Player Throw/Hit and Run	Softball
		5-Player Kick and Dribble	Soccer
Self-expression & enjoyment	Create a Routine Performance Rubric	Create a Routine	Jump Rope

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 2: The physically literate individual applies knowledge of concepts,principles, strategies and tactics related to movement patterns.			
Manipulative	Specific Unit Performance Rubrics	Keep Away (2 on 1)	Basketball
		Keep Away (3 on 1)	Soccer
		Mini-Basketball	Basketball
Pathways, shapes, levels	Specific Unit Performance Rubrics	Cotton-Eyed Joe	Dance
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Mini-Soccer	Soccer
Manipulative	Specific Unit Performance Rubrics	Inside-Outside Walk/Jog	Walk, Jog, Run
		Moving Around the Track (Counting Laps)	Map Challenges
		Paddle 2-Square	Racquets and Paddles
Games & sports: Invasion games	Specific Unit Performance Rubrics	VIP Tag	Chasing and Fleeing
		Offense/Defense	ASAP
		Quick-Play Mini-Football	Football
STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
Engages in physical activity	• Walk/Jog/Run Performance Rubric • Map Challenges Mileage Chart	Aerobic Capacity Circuit	Fitness Circuits
		Moving for Time	Map Challenges
		Figure-8 Walk/Jog	Walk, Jog, Run Activities
Fitness knowledge	Fitness Challenges Self-Check	Body Composition Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Health	<ul style="list-style-type: none"> • Sample debrief question: What are the 5 components of health-related fitness? Can you give an example of each? • Fitness Circuits Think About... 	Body Composition Circuit	Fitness Circuits
		Muscular Strength and Endurance Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Aerobic Capacity Circuit	Fitness Circuits
Fitness knowledge	Sample debrief question: What is the reason for doing a warm-up before participating in a physical activity?	Daily Dozen	Stunts and Tumbling
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Assessment and program planning	<ul style="list-style-type: none"> • Personal Best Day: My Personal Best Progress and Goals Card • Fitness Circuits Think About... 	Personal Best Day	Personal Best Day
		Pedometer Activity	Map Challenges
		Mixed Fitness Circuit	Fitness Circuits
Engages in physical activity	Sample debrief question: Why is it important to stay hydrated when you are performing physical activities? What is the best drink to choose?	Aerobic Capacity Circuit	Fitness Circuits
		Moving for Time	Map Challenges
		Figure-8 Walk/Jog	Walk, Jog, Run Activities

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Challenge	Cooperatives Performance Rubric	Group Basketball Hunt	Basketball
		Flying Disc Group Challenge	Flying Disc
		Hockey Group Challenge	Hockey

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Challenge	Cooperatives Self-Check	Group Jump Rope Challenge	Jump Rope
		Group Juggling	Cooperatives
		Stepping Stones	Cooperatives
Challenge	Cooperatives Self-Check	Basketball Skills Stations	Basketball
		Flying Disc Stations	Flying Disc
		Passing and Receiving Drills	Football
Challenge	Cooperatives Self-Check	Soccer Group Challenge	Soccer
		Group Jump Rope Challenge	Jump Rope
		Survivor Challenge	Fitness Challenges
Rules & etiquette	Sample debrief question: Why do we have rules when playing with others?	Virginia Reel	Dance
		Hot Time	Dance
		Parachute Play (Small Group)	Cooperatives
Games & sports: Fielding/striking games	Specific Unit Performance Rubric	Partner Switcheroo Stunt Hunt	Stunts and Tumbling
		Under Pressure	Football
		Mini-Hockey	Hockey

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Nutrition	Wellness Integration: Body Composition BINGO	Body Composition BINGO	Fitness Challenges
		Mixed Fitness Circuit	Fitness Circuits
		Fitness Grab Bag	Fitness Challenges

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Working with others	Sample debrief question: Is it enjoyable to participate in challenging activities? How do you feel when you master the challenge?	Survivor Challenge	Fitness Challenges
		Roll the Dice	Fitness Circuits
		Soccer Group Challenge	Soccer
Manipulative	Sample debrief question: What are your favorite physical activities? Least favorite?	5-Player Kickball	Aerobic Games
		Beat the Ball	Softball
		3-Catch Basketball	Basketball
Social interaction	Sample debrief question: What positive interactions did you have with your group mates in the activity?	Group Juggling	Cooperatives
		Stepping Stones	Cooperatives
		Parachute Play (Small Group)	Cooperatives

5TH GRADE (SPARK 3-6 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Pathways, shapes, levels	Specific Unit Performance Rubrics	Cotton-Eyed Joe	Dance
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Mini-Soccer	Soccer
Engages in physical activity	Walk, Jog, Run Performance Rubric	Inside/Outside Walk/Jog	Walk, Jog, Run
		Moving Around the Track (Counting Laps)	Map Challenges
		Moving Around the Track (Counting Minutes)	Map Challenges
Locomotor	Dance Performance Rubric	Alunelul	Dance
		Cotton-Eyed Joe	Dance
		Pata Pata	Dance
Pathways, shapes, levels	Stunts and Tumbling Performance Rubric	Those Tricky Transitions	Stunts and Tumbling
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Create a Routine	Stunts and Tumbling
Self-expression & enjoyment	Create a Dance Performance Rubric	Create a Dance	Dance
		Create a Routine	Group Fitness
Pathways, shapes, levels	Create a Routine is addressed in Stunts and Tumbling Unit; apparatus not included		
Manipulative	Specific Unit Performance Rubrics	Pitch and Catch	Softball
		SPARK Softball	Softball
Manipulative	Specific Unit Performance Rubrics	Partner Throw and Catch	Softball
		Passing Receiving Drills	Football

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Space	Specific Unit Performance Rubrics	Corner to Corner Give and Go	Softball
		4-Zone Football	Football
		Quidditch	Aerobic Games
Manipulative	Softball Performance Rubric	5-Player Throw/Hit and Run	Softball
		All-Run Softball	Softball
		Open Base	Softball
Physical activity knowledge	Basketball Performance Rubric	Partner Basketball Activity Challenge	Basketball
		Basketball Skills Stations	Basketball
Manipulative	Soccer Performance Rubric	Soccer Grab Bag	Soccer
		Rainforest	Soccer
Manipulative	<ul style="list-style-type: none"> Basketball Performance Rubric Soccer Performance Rubric 	Mini-Basketball	Basketball
		Mini-Soccer	Soccer
Manipulative	<ul style="list-style-type: none"> Basketball Performance Rubric Soccer Performance Rubric 	Mini-Basketball	Basketball
Manipulative	<ul style="list-style-type: none"> Soccer Performance Rubric Football Performance Rubric 	Soccer Golf	Soccer
		Punting Drills	Football
		3 Flies Up	Recess Activities
Manipulative	Volleyball Performance Rubric	Introduction to Overhead Pass	Volleyball
		Setting Pairs	Volleyball
		Cooperative Countdown	Volleyball

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	Racquets and Paddles Performance Rubric	Paddle 2-Square	Racquets and Paddles
		Stroke and Catch	Racquets and Paddles
		Paddle Call Ball	Racquets and Paddles
Games & sports: Fielding/striking games	Specific Unit Performance Rubrics	Batting Practice	Softball
		Mini-Hockey	Hockey
		Open Base	Softball
Manipulative	Specific Unit Performance Rubrics	Mini-Soccer	Soccer
		Mini-Hockey	Hockey
		Mini-Basketball	Basketball
Self-expression & enjoyment	Create a Routine Performance Rubric	Create a Routine	Jump Rope

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Self-expression & enjoyment	Specific Unit Performance Rubric	Create a Routine	Stunts and Tumbling
		Create a Routine	Group Fitness
		Create a Routine	Movement Bands
Nonlocomotor (stability)	Specific Unit Self-Check	Look, Learn, and Leave	Stunts and Tumbling
		Flying Disc	Flying Disc Golf
		Volleyball Tag Team Traveling Challenge	Volleyball
Games & sports: Fielding/striking games	Hockey Self-Check	Keep Away (3 on 1)	Hockey
		3-Trap Hockey	Hockey
		Mini-Hockey	Hockey

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Strategies and tactics	Specific Unit Performance Rubric	Offense/Defense	ASAP
		Mini-Soccer	Soccer
		Defense!	Hockey

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Engages in physical activity	<ul style="list-style-type: none"> Walk/Jog/Run Performance Rubric Map Challenges Mileage Chart 	Aerobic Capacity Circuit	Fitness Circuits
		Moving for Time	Map Challenges
		Figure-8 Walk/Jog	Walk, Jog, Run Activities
Fitness knowledge	Fitness Challenges Self-Check	Body Composition Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Health	Sample debrief question: What are the five components of health-related fitness? Skill-related fitness? What is the difference between these 2 types of fitness components?	Body Composition Circuit Muscular Strength and Endurance Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Aerobic Capacity Circuit	Fitness Circuits
Fitness knowledge	Sample debrief question: What is the reason for doing a warm-up before participating in a physical activity?	Daily Dozen	Stunts and Tumbling
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Assessment and program planning	<ul style="list-style-type: none"> Personal Best Day: My Personal Best Progress and Goals Card Fitness Circuits Think About... 	Personal Best Day	Personal Best Day
		Pedometer Activity	Map Challenges
		Mixed Fitness Circuit	Fitness Circuits
Nutrition	Sample debrief question: How can the foods you choose to eat impact your performance in sports and physical activities?	Body Composition BINGO	Fitness Challenges
		Body Composition Circuit	Fitness Circuits

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior the respects self and others.

Social interaction	Cooperatives Self-Check	Stick with Me!	Cooperatives
		Stepping Stones	Cooperatives
		Log Jam	Cooperatives
Safety	Cooperatives Self-Check	Mini-Basketbal	Basketball
		4-Zone Football	Football
		5-Player Kickball	Aerobic Games
Physical activity knowledge	Cooperatives Self-Check	Partner Throw and Catch	Softball
		Passing Drills	Basketball
		Passing and Receiving	Football
Challenge	Cooperatives Self-Check	Soccer Group Challenge	Soccer
		Group Jump Rope Challenge	Jump Rope
		Survivor Challenge	Fitness Challenges

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Safety	Sample debrief question: Why do we have rules when playing with others?	Mini-Soccer	Soccer
		Mini-Hockey	Hockey
		Mini-Basketball	Basketball
Safety	Specific Unit Performance Rubric	Partner Switcheroo Stunt Hunt	Stunts and Tumbling
		Under Pressure	Football
		Mini-Hockey	Hockey

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Assessment and program planning	Wellness Integration: Body Composition BINGO	Body Composition BINGO	Fitness Challenges
		Mixed Fitness Circuit	Fitness Circuits
		Fitness Grab Bag	Fitness Challenges
Self-expression & enjoyment	Sample debrief question: Name a physical activity that you enjoy doing on a regular basis. Why is that a favorite?	Create a Dance	Dance
		Create a Routine	Group Fitness
		Create a Routine	Movement Bands
Fitness knowledge	Sample debrief question: What are your favorite physical activities? Least favorite? Most challenging? Least challenging?	Survivor Challenge	Fitness Challenges
		Solo Aerobic Fitness	Fitness Challenges
		Partner Muscular Strength and Endurance	Fitness Challenges
Social interaction	Sample debrief question: What positive interactions did you have with your groupmates in the activity?	Group Juggling	Cooperatives
		Stepping Stones	Cooperatives
		Parachute Play (Small Group)	Cooperatives

6TH GRADE (SPARK 3-6 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Locomotor	Dance Performance Rubric	5-6-7-8	Dance
		Alunelul	Dance
		Create a Dance	Dance
Manipulative	Softball Performance Rubric	Out at Home!	Softball
		Triangle Fielding	Softball
		Beat the Ball	Softball
Speed, direction, force	Specific Unit Performance Rubrics	Air It Out	Football
		Grid Passing	Basketball
		Corner to Corner Give and Go	Softball
		Flying Disc 3-Catch Game	Flying Disc
Games & sports: Invasion games	Specific Unit Performance Rubrics	Mini-Basketball	Basketball
		Mini-Soccer	Soccer
		Quick-Play Mini-Football	Football
Physical activity knowledge	Specific Unit Performance Rubrics	Air It Out!	Football
		Hoop to Hoop	Flying Disc
		Grid Passing	Basketball
Speed, direction, force	Specific Unit Performance Rubrics	Keep Away (2 on 1)	Basketball
		3-Catch Basketball	Basketball
		Keep Away (3 on 1)	Flying Disc

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Speed, direction, force	Specific Unit Performance Rubrics	Pivoting Drills	Basketball
		Corner to Corner Give and Go	Flying Disc
		2-Minute Drill	Football
Manipulative	Basketball Performance Rubric	Dribbling Drills	Basketball
		Add 'Em Up	Basketball
		Around the Court	Basketball
Manipulative	<ul style="list-style-type: none"> Soccer Performance Rubric Hockey Performance Rubric 	Dribbling Partner Tag	Soccer
		Soccer Hoopla	Soccer
		Round Up	Hockey
Speed, direction, force	<ul style="list-style-type: none"> Soccer Performance Rubric Hockey Performance Rubric 	Shooting Drills	Soccer
		Mini-Soccer	Soccer
		Shooting Drills	Hockey
		Mini-Hockey	Hockey
Strategies and tactics	Basketball Performance Rubric	Keep Away (2 on 1)	Basketball
		3-Catch Basketball	Basketball
		Mini-Basketball	Basketball
Games & sports: Net/wall games	Volleyball Performance Rubric	Introduction to Underhand Serve	Volleyball
		Serving Challenges	Volleyball
		Serving Shower	Volleyball

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	<ul style="list-style-type: none"> Volleyball Performance Rubric Racquets and Paddles Performance Rubric 	Introduction to Overhead Pass	Volleyball
		Cooperative Countdown	Volleyball
		Crossover	Volleyball
		Introduction to Badminton	Racquets and Paddles
Manipulative	Racquets and Paddles Performance Rubric	Paddle 2-Square	Racquets and Paddles
		Stroke and Catch	Racquets and Paddles
		Paddle Call Ball	Racquets and Paddles
Manipulative	Volleyball Performance Rubric	Introduction to Overhead Pass	Volleyball
		Cooperative Countdown	Volleyball
		Crossover	Volleyball
Manipulative	Aerobic Games Performance Rubric	Aerobic Bowling	Aerobic Games
		Disc Bocce (Flying Disc Group Challenge Home Play)	Flying Disc
Games & sports: Fielding/striking games	Softball Performance Rubric	Batting Practice	Softball
		Whack-O	Softball
		5-Player Throw/Hit and Run	Softball
Manipulative	Specific Unit Performance Rubrics	Air It Out	Football
		Grid Passing	Basketball
		Corner to Corner Give and Go	Softball
		Flying Disc 3-Catch Game	Flying Disc
Outdoor pursuits	Specific Unit Performance Rubrics	Football Grab Bag	Football
		Flying Disc Grab Bag	Flying Disc

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Pathways, shapes, levels	Stunts and Tumbling Performance Rubric	Look, Learn, and Leave	Stunts and Tumbling
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Create a Routine	Stunts and Tumbling

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Strategies and tactics	Specific Unit Performance Rubrics	Keep Away (2 on 1)	Basketball
		Keep Away (3 on 1)	Soccer
		2-Minute Drill	Football
Speed, direction, force	Specific Unit Performance Rubrics	Quidditch	Aerobic Games
		Mini-Basketball	Basketball
		Mini-Hockey	Hockey
Space	Specific Unit Performance Rubrics	Mini-Soccer	Soccer
		4-Zone Football	Football
		Flying Disc 3-Catch Game	Flying Disc
Games & sports: Invasion games	Specific Unit Performance Rubrics	Mini-Hockey	Hockey
		Quick-Play Mini-Football	Football
		Mini-Basketball	Basketball
Manipulative	Specific Unit Performance Rubrics	Under Pressure	Football
		3-Catch Basketball	Basketball
		Flying Disc 3-Catch Game	Flying Disc
Manipulative	Specific Unit Performance Rubrics	Mini-Soccer	Soccer
		Mini-Basketball	Basketball
		Mini-Hockey	Hockey

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	Racquets and Paddles Performance Rubric	Paddle 2-Square	Racquets and Paddles
		Stroke and Catch	Racquets and Paddles
		Paddle Call Ball	Racquets and Paddles
Games & sports: Fielding/striking games	<ul style="list-style-type: none"> • Specific Unit Performance Rubrics • Hockey Self-Check 	Keep Away (3 on 1)	Hockey
		3-Trap Hockey	Hockey
		Mini-Hockey	Hockey
Strategies and tactics	Specific Unit Performance Rubrics	Offense/Defense	ASAP
		Mini-Soccer	Soccer
		Defense	Hockey
Pathways, shapes, levels	Stunts and Tumbling Performance Rubric	Look, Learn, and Leave	Stunts and Tumbling
		Partner Switcheroo Stunt Hunt	Stunts and Tumbling
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
Strategies and tactics	Cooperatives Teacher Rubric	Stick With Me!	Cooperatives
		Beat the Clock	Cooperatives
		Partner Stunts	Stunts and Tumbling

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Fitness knowledge	Sample debrief question: How can being physically active lead to a healthy body?	Body Composition Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Engages in physical activity	Map Challenges Mileage Chart	Moving for Time	Map Challenges
		Figure-8 Walk/Jog	Walk, Jog, Run Activities

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Engages in physical activity	Personal Best Day: My Personal Best Progress and Goals Card	Aerobic Dance	Group Fitness
		Sports Moves Aerobics	Group Fitness
		Bench Step Basics	Group Fitness
Locomotor	Dance technology not addressed in this curriculum		
Engages in physical activity	Personal Best Day: My Personal Best Progress and Goals Card	Mini-Volleyball	Volleyball
		Aerobic Dance	Group Fitness
		Flying Disc Golf	Flying Disc
Engages in physical activity	Personal Best Day: My Personal Best Progress and Goals Card	Solo Aerobic Fitness Challenge	Fitness Challenges
		Aerobic Capacity Circuit	Fitness Circuits
		Aerobic Dance	Group Fitness
Fitness knowledge	Sample debrief question: What are the components of skill-related fitness?	Agility Run	Walk/Jog/Run
Assessment and program planning	Personal Best Day: My Personal Best Progress and Goals Card Fitness CircuitsThink About...	Personal Best Day	Personal Best Day
Health	Specific Unit Performance Rubric	Flexibility Circuit	Fitness Circuits
		Fun and Flexibility	Fitness Challenges
Fitness knowledge	Sample debrief question: Describe the difference between muscular strength and muscular endurance?	Muscular Strength and Endurance Circuit	Fitness Circuits
		Partner Muscular Strength and Endurance	Fitness Challenges
		Resistance Band Workout	Group Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Fitness knowledge	Sample debrief question: Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?	Body Composition Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Fitness knowledge	Sample debrief question: What is the reason for doing a warm-up before participating in a physical activity?	Daily Dozen	Stunts and Tumbling
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Fitness knowledge	Sample debrief question: What are some ways you can monitor your heart rate?	Solo Aerobic Fitness Challenge	Fitness Challenges
		Aerobic Capacity Circuit	Fitness Circuits
		Aerobic Dance	Group Fitness
Fitness knowledge	Sample debrief question: Name the muscle you worked with each exercise you completed.	Muscular Strength and Endurance Circuit	Fitness Circuits
		Partner Muscular Strength and Endurance	Fitness Challenges
		Resistance Band Workout	Group Fitness
Assessment and program planning	Personal Best Day: My Personal Best Progress and Goals Card	Personal Best Day	Personal Best Day
		Pedometer Activity	Map Challenges
Nutrition	Sample debrief question: Name some foods in each of the food groups.	Body Composition Circuit	Fitness Circuits
		Body Composition BINGO	Fitness Challenges
Stress management	Sample debrief question: Name some positive ways one can deal with stress. Negative choices?	Partner Walk/Jog and Talk	Walk/Jog/Run

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
Rules & etiquette	Cooperatives Performance Rubric	Orientation to SPARK PE	The First 3 Lessons
		Establishing Basics	The First 3 Lessons
		Cooperation and Trust	The First 3 Lessons
Engages in physical activity	Cooperatives Self-Check	Solo Aerobic Fitness	Fitness Challenges
		Moving Around the Track (Counting Laps)	Map Challenges
		Resistance Band Workout	Group Fitness
Personal responsibility	Specific Unit Self-Check	Basketball Skills Stations	Basketball
		Flying Disc Stations	Flying Disc
		Passing and Receiving Drills	Football
Challenge	Cooperatives Self-Check	Soccer Group Challenge	Soccer
		Group Jump Rope Challenge	Jump Rope
		Survivor Challenge	Fitness Challenges
Rules & etiquette	Sample debrief question: Why do we have rules when playing with others?	Virginia Reel	Dance
		Hot Time	Dance
		Parachute Play (Small Group)	Cooperatives
Personal responsibility	Specific Unit Performance Rubric	Medicine Ball Madness	Group Fitness
		Partner Stunts	Stunts and Tumbling
		Survivor Challenge	Fitness Challenges

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Fitness knowledge	Sample debrief question: How can being physically active lead to a healthy body?	Body Composition Circuit	Fitness Circuits
		Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Social interaction	Sample debrief question: How can physical activities provide opportunities to interact with others?	Group Juggling	Cooperatives
		Stepping Stones	Cooperatives
		Parachute Play (Small Group)	Cooperatives
Challenge	Sample debrief question: How can you handle challenges in a positive way?	Look, Learn, and Leave	Stunts and Tumbling
		Partner Switcheroo Stunt Hunt	Stunts and Tumbling
Pathways, shapes, levels	Sample debrief question: How can mastering a physical skill make you happy?	Those Tricky Transitions	Stunts and Tumbling
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
		Create a Routine	Stunts and Tumbling
Self-expression & enjoyment	Sample debrief question: How can you use creativity in a physical activity to express yourself?	Create a Dance	Dance
		Create a Routine	Group Fitness
		Create a Routine	Movement Bands
Rules & etiquette	Cooperative Self-Check	Mini-Basketball	Basketball
		Mini-Soccer	Soccer
		Cooperative Countdown	Volleyball

6TH GRADE (SPARK MIDDLE SCHOOL PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Dance & rhythms	Dance Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Create an Aerobic Capacity Routine	Fitness
		Durango Boot	Flying Disc
		Create a 4-Wall Line Dance	Dance
		The Korobushka Jigsaw	Dance
		Merengue Mixer	Dance
Manipulative	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Throw for Accuracy and Distance	Flying Disc
		Fly Out, Throw Out	Softball
		Partner Passing	Basketball
Physical activity knowledge	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Partner Passing	Basketball
		Backhand Throw and Clap Catch	Flying Disc
		Forehand Throw and 2-Handed C Catch	Flying Disc
		Passing and Receiving	Football
		Pitching	Football
		Fly Out, Throw Out	Softball
Strategies and tactics	Specific Unit: <ul style="list-style-type: none"> • Skill Rubric 	Keep Away (2-on-1)	Basketball
		Defense	Football
		Modified Team Handball	World Games
Games & sports: Invasion & field games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Receiver Patterns	Football
		Ultimate Flying Disc	Flying Disc
		2-Minute Drill	Football

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Speed, direction, force	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Ready Position and the Pivot	Basketball
		Moving to Open Space	Basketball
		Corner to Corner Pass and Go	Flying Disc
Speed, direction, force	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Give and Go	Basketball
		Give and Go	Flying Disc
		Ready Position and the Pivot	Basketball
Speed, direction, force	Basketball: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Final Four Dribble Drill	Basketball
		Dribbling to Open Space	Basketball
		Ready Position and the Pivot	Basketball
Speed, direction, force	Hockey, Soccer: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Dribbling Drills	Hockey
		First to 4	Hockey
		Dribbling Drills	Soccer
		Collect 'Em All	Soccer
Speed, direction, force	Hockey, Soccer: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Shooting Drills	Hockey
		Shooting and Goaltending	Soccer
Strategies and tactics	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Defensive Challenge	Basketball
		Zone and Player-to-Player Defenses	Basketball
		Keep Away (2 on 1)	Basketball
Games & sports: Net/wall games	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	Underhand Serve	Volleyball
		Serving Challenges	Volleyball
		Introduction to the Serve	Handball
		Introduction to the Serve and Serve Reception	Racquets and Paddles

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Games & sports: Net/wall games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Overhead Pass (Set)	Volleyball
		Introduction to the Overhand Stroke	Handball
		Introduction to the Lob	Racquets and Paddles
Games & sports: Net/wall games	Racquets and Paddles: • Peer Coaching • Self-Check • Skill Rubric	Introduction to the Forehand Stroke	Racquets and Paddles
		Introduction to the Backhand Stroke	Racquets and Paddles
		Extreme Rally	Racquets and Paddles
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Serve, Return, Catch	Racquets and Paddles
		Target Ball	Racquets and Paddles
		Batting Practice	Softball
Games & sports: Net/wall games	Racquets and Paddles: • Peer Coaching • Self-Check • Skill Rubric	Introduction to the Forehand Stroke	Racquets and Paddles
		Extreme Rally	Racquets and Paddles
		One Wall Paddleball	Racquets and Paddles
Games & sports: Net/wall games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	KinBall 4-Square	World Games
		Volleyball Skills Circuit	Volleyball
		Volley Tennis	Volleyball
		Moon Ball	Cooperatives
Games & sports: Target games	Bowling, Bocce, Horseshoes not addressed in Middle School curriculum		
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Batting Practice	Softball
		Tee, Jump, Field (Cricket)	World Games
		Modified Cricket	World Games

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Games & sports: Fielding/striking games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Partner Passing	Basketball
		Backhand Throw and Clap Catch	Flying Disc
		Forehand Throw and 2-Handed C Catch	Flying Disc
		Passing and Receiving	Football
		Pitching	Football
		Fly Out, Throw Out	Softball
Outdoor pursuits	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Putting to Targets	Golf
		Introduction to Chipping	Golf
		Introduction to Pitching	Golf
Individual-performance activities	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Shot Put	Track and Field
		Self-Guided Tour	Stunts and Tumbling
		Hurdles	Track and Field

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Speed, direction, force	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Ready Position and the Pivot	Basketball
		Moving to Open Space	Basketball
		Corner to Corner Pass and Go	Flying Disc
Strategies and tactics	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Moving to Open Space	Basketball
		Ultimate Flying Disc	Flying Disc
		Zone and Player-to-Player Defenses	Soccer

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Strategies and tactics	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Zone Defense	Hockey
		Defensive Challenge	Basketball
		Defense	Football
Strategies and tactics	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Zone and Player-to-Player Defenses	Basketball
		Under Pressure	Football
		Keep Away (3-on-1)	Flying Disc
Manipulative	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	3-on-3 Basketball	Basketball
		Mini-Soccer	Soccer
		Mini-Hockey	Hockey
Games & sports: Net/wall games	Racquets and Paddles: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	One Wall Paddleball	Racquets and Paddles
		Team Paddleball	Racquets and Paddles
Games & sports: Invasion games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	3-on-3 Basketball	Basketball
		Modified Team Handball	World Games
		Zone and Player-to-Player Defenses	Basketball
Games & sports: Target games	Golf: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	A Round of Golf	Golf
		Chip and Putt Course	Golf
Games & sports: Fielding/striking games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Mini-Volleyball	Volleyball
		T-Ball Derby	Softball
		2-Pitch Stickball	Softball
Games & sports: Fielding/striking games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	7V7 Modified Softball	Softball
		Modified Cricket	World Games
		Quick-Play Mini-Football	Football

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Individual-performance activities	Stunts and Tumbling Teacher Rubric	Self-Guided Tour	Stunts and Tumbling
		Creating Combinations	Stunts and Tumbling
		Stunts and Tumbling Buffet	Stunts and Tumbling
Safety	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Partner Stunts Circuit	Stunts and Tumbling
		Under Pressure	Football
		A Round of Golf	Golf

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Health	Sample debrief question: How can being physically active lead to a healthy body?	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
Individual-performance activities	• Pedometer Log • Home Integrations	Introduction to Pilates	Fitness
		Introduction to Yoga	Fitness
		Create Your Own Muscular Strength and Endurance Routine	Fitness
		Aerobic Capacity Fitness Circuit	Fitness
		Heart Rate Highway	Fitness
Engages in physical activity	• Heart Rate Monitor Log • Create an Aerobic Capacity Routine	Gotta Have Heart	Fitness
		Aerobic Capacity Circuit	Fitness
		Heart Rate Highway	Fitness
Locomotor	Dance Dance Revolution®, Wii Fit® not included in SPARK curriculum		

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Individual-performance activities, dance & rhythms	<ul style="list-style-type: none"> Pedometer Log Create a Hip Hop Routine 	Introduction to Pilates	Fitness
		Introduction to Yoga	Fitness
		Create a Hip Hop Routine	Dance
Engages in physical activity	<ul style="list-style-type: none"> Heart Rate Monitor Log Pedometer Log Home Integrations 	Aerobic Capacity Circuit	Fitness
		Cardio Dance Day	Dance
		SPARK Event: International Jump Rope Camp	Jump Rope
Individual-performance activities	What are the components of skill-related fitness? Which components did you use in the activity today?	Sprints and Jumps Circuit	Track and Field
		Shot Put	Track and Field
		Flag Pulling	Football
Engages in physical activity	<ul style="list-style-type: none"> Heart Rate Monitor Log Pedometer Log Home Integrations 	Create Your Own Muscular Strength and Endurance Routine	Fitness
		Aerobic Capacity Fitness Circuit	Fitness
		Heart Rate Highway	Fitness
Health	Fitness: <ul style="list-style-type: none"> Peer Coaching Self-Check Skill Rubric 	Aerobic Capacity Fitness Circuit	Fitness
		Heart Rate Highway	Fitness
		Introduction to Yoga	Fitness
Fitness knowledge	Sample debrief question: Describe the difference between muscular strength and muscular endurance.	Create an Aerobic Capacity Routine	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Fitness knowledge	Sample debrief question: Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
Fitness knowledge	Sample debrief question: What is the reason for doing a warm-up before participating in a physical activity?	Range of Motion	Fitness
		Individual Warm-Up Routines	Jump Rope
		Partner Warm-Up Routines	Jump Rope
Fitness knowledge	Sample debrief question: What are some ways you can monitor your heart rate?	Gotta Have Heart	Fitness
		Aerobic Capacity Circuit	Fitness
		Heart Rate Highway	Fitness
Fitness knowledge	Sample debrief question: Name the muscle you worked with each exercise you completed.	Resistance Band Workout	Fitness
		Strength Ball Workout	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness
Assessment and program planning	Create Your Own Muscular Strength and Endurance Routine	Create an Aerobic Capacity Routine	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness
Assessment and program planning	<ul style="list-style-type: none"> Heart Rate Monitor Log Pedometer Log MVPA Wellness Journal 	SPARKfit Fitness Lab Assessments	SPARKfamily.org

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Nutrition	Sample debrief question: Name some foods in each of the food groups.	Body Composition Circuit	Fitness
		Body Composition BINGO	Fitness
		Build a Pyramid	Fitness
		Nutrition Challenge	Fitness
		Fruit Smoothie	Fitness
Stress management	Sample debrief question: Name some positive ways one can deal with stress. Negative choices?	Introduction to Yoga	Fitness

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Rules & etiquette	Specific Unit: • Self-Check • Skill Rubric	Advanced Progressions	Stunts and Tumbling
		Partner Stunts	Stunts and Tumbling
		<i>Merengue</i> Etiquette and Basics	Dance
		Swing Etiquette and Basics	Dance
Health	Fitness Unit: • Coulda, Woulda, Shoulda	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
Personal responsibility	Specific Unit • Peer Coaching	Self-Guided Tour	Stunts and Tumbling
		Individual Trick Circuit	Jump Rope
		Individual Juggling	World Games
		Putting to Targets	Golf

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Challenge	All Units: • Coulda, Woulda, Shoulda	Acceptance and Super Grouping	First 5 Lessons
		Problem-SolverAdventure Race	Cooperatives
		Corridor Challenges	Cooperatives
Challenge	Skill Rubric, Self Check (Cooperatives) Coulda, Woulda, Shoulda (Various Units)	Problem-SolverAdventure Race	Cooperatives
		Adventure Racing 101	Cooperatives
		Hoopla Adventure Race	Cooperatives
Rules & etiquette	Dance • Self Check • Skill Rubric	Merengue Etiquette and Basics	Dance
		Swing Etiquette and Basics	Dance
Personal responsibility	Specific Unit: • Self-Check • Skill Rubric	Strength Ball Workout	Fitness
		Shot Put	Track and Field
		Introduction to Stick-Handling	Hockey

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Fitness knowledge	Sample debrief question: How can being physically active lead to a healthy body?	Fun and Fitness Circuit	ASAP
		Combined Circuit (Aerobic Capacity and Flexibility)	Fitness
		Fitness in the Middle	Fitness
Social interaction	Sample debrief question: How can physical activities provide opportunities to interact with others?	Introduction to Yoga	Fitness
		Cross the Pond	Cooperatives
		A Round of Golf	Golf

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Challenge	Sample debrief question: How can you handle challenges in a positive way?	Shooting Drills	Basketball
		Shot Put	Track
		Distance and Accuracy	Flying Disc
		Individual Juggling	World Games
		Putting to Targets	Golf
Pathways, shapes, levels	Sample debrief question: How can mastering a physical skill make you happy?	Disc Throwing Stations	Flying Disc
		Stunts and Tumbling Buffet	Stunts and Tumbling
		Individual Juggling	World Games
		Putting to Targets	Golf
		Volleyball Stations	Volleyball
		Extreme Rally	Racquets and Paddles
		Passing and Receiving	Football
		Bullseye and Long Shot	Soccer
		Shooting Drills	Hockey
Self-expression & enjoyment	Sample debrief question: How can you use creativity in a physical activity to express yourself?	Create a Routine (Aerobic Capacity)	Fitness
		Create Your Own Swing Moves	Dance
		Create a Hip Hop Routine	Dance
Rules & etiquette	Cooperatives: • Self-Check • Skill Rubric	Flag Grab	Cooperatives
		Centipede Pass	Cooperatives
		Radioactive River	Cooperatives

7TH GRADE (SPARK MIDDLE SCHOOL PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Dance & rhythms	Dance Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Create an Aerobic Capacity Routine	Fitness
		Durango Boot	Flying Disc
		Create a 4-Wall Line Dance	Dance
		The Korobushka Jigsaw	Dance
		Merengue Mixer	Dance
Manipulative	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Throw for Accuracy and Distance	Flying Disc
		Fly Out, Throw Out	Softball
		Partner Passing	Basketball
Physical activity knowledge	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Partner Passing	Basketball
		Backhand Throw and Clap Catch	Flying Disc
		Forehand Throw and 2-Handed C Catch	Flying Disc
		Passing and Receiving	Football
		Pitching	Football
		Fly Out, Throw Out	Softball
Speed, direction, force	Soccer: <ul style="list-style-type: none"> • Self-Check • Skill Rubric 	Corner to Corner Pass and Go	Soccer
		Zone and Player-to-Player Defenses	Soccer
		Mini-Soccer	Soccer

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Games & sports: Invasion games	Specific Unit: • Self-Check • Skill Rubric	Pitching	Football
		Up the Valley	Softball
		Modified Team Handball	World Games
Speed, direction, force	Specific Unit: • Self-Check • Skill Rubric	3-on-3 Basketball	Basketball
		Mini-Hockey	Hockey
		Mini-Soccer	Soccer
Speed, direction, force	Specific Unit: • Self-Check • Skill Rubric	Give and Go	Basketball
		Give and Go	Flying Disc
		3-on-3 Basketball	Basketball
Speed, direction, force	Basketball: • Self-Check • Skill Rubric	Final Four Dribble Drill	Basketball
		Dribbling to Open Space	Basketball
		Ready Position and the Pivot	Basketball
Manipulative	Hockey, Soccer: • Peer Coaching • Self-Check • Skill Rubric	Dribbling Drills	Hockey
		First to 4	Hockey
		Dribbling Drills	Soccer
		Collect 'Em All	Soccer
Speed, direction, force	Hockey, Soccer: • Peer Coaching • Self-Check • Skill Rubric	Shooting Drills	Hockey
		Shooting and Goaltending	Soccer
Strategies and tactics	Specific Unit: • Self-Check • Skill Rubric	Defensive Challenge	Basketball
		Zone and Player-to-Player	Basketball
		Defenses	Basketball
		Keep Away (2-on-1)	Basketball

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Games & sports: Net/wall games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Underhand Serve	Volleyball
		Serving Challenges	Volleyball
		Introduction to the Serve	Handball
		Introduction to the Serve and Serve Reception	Racquets and Paddles
Games & sports: Net/wall games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Overhead Pass (Set)	Volleyball
		Introduction to the Overhand Stroke	Handball
		Introduction to the Lob	Racquets and Paddles
Games & sports: Net/wall games	Racquets and Paddles: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Introduction to the Forehand Stroke	Racquets and Paddles
		Introduction to the Backhand Stroke	Racquets and Paddles
		Extreme Rally	Racquets and Paddles
Games & sports: Net/wall games	Racquets and Paddles: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Introduction to the Forehand Stroke	Racquets and Paddles
		Extreme Rally	Racquets and Paddles
		One Wall Paddleball	Racquets and Paddles
Games & sports: Net/wall games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	KinBall 4-Square	World Games
		Volleyball Skills Circuit	Volleyball
		Volley Tennis	Volleyball
		Moon Ball	Cooperatives
Games & sports: Target games	Bowling, Bocce, Horseshoes not addressed in Middle School curriculum		
Games & sports: Fielding/striking games	Golf: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Bocce Golf	Golf
		Chip and Putt Course	Golf
		A Round of Golf	Golf

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Batting Practice	Softball
		Tee, Jump, Field (Cricket)	World Games
		Modified Cricket	World Games
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Partner Passing	Basketball
		Backhand Throw and Clap Catch	Flying Disc
		Forehand Throw and 2-Handed C Catch	Flying Disc
		Passing and Receiving	Football
		Pitching	Football
		Fly Out, Throw Out	Softball
Outdoor pursuits	Specific Unit: • Self-Check • Skill Rubric	Putting to Targets	Golf
		Introduction to Chipping	Golf
		Introduction to Pitching	Golf
Individual-performance activities	Specific Unit: • Self-Check • Skill Rubric	Shot Put	Track and Field
		Self-Guided Tour	Stunts and Tumbling
		Hurdles	Track and Field

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Speed, direction, force	Specific Unit: • Self-Check • Skill Rubric	Defensive Challenge	Basketball
		Moving to Open Space	Basketball
		Corner to Corner Pass and Go	Flying Disc
Speed, direction, force	Specific Unit: • Self-Check • Skill Rubric	Moving to Open Space	Basketball
		Ultimate Flying Disc	Flying Disc
		Corner to Corner Pass and Go	Soccer

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Strategies and tactics	Specific Unit: • Self-Check • Skill Rubric	Zone Defense	Hockey
		Defensive Challenge	Basketball
		Defense	Football
Strategies and tactics	Specific Unit: • Self-Check • Skill Rubric	Zone and Player-to-Player Defenses	Basketball
		Under Pressure	Football
		Keep Away (3-on-1)	Flying Disc
Manipulative	Specific Unit: • Self-Check • Skill Rubric	3-on-3 Basketball	Basketball
		Mini-Soccer	Soccer
		Mini-Hockey	Hockey
Manipulative	Hockey: • Self-Check • Skill Rubric	Corner to Corner Pass and Go	Hockey
		3-Trap Hockey	Hockey
		Mini-Hockey	Hockey
Speed, direction, force	Specific Unit: • Self-Check • Skill Rubric	Mini-Volleyball	Volleyball
		T-Ball Derby	Softball
		2-Pitch Stickball	Softball
		Shooting Drills	Hockey
Speed, direction, force	Specific Unit: • Self-Check • Skill Rubric	T-Ball Derby	Softball
		2-Pitch Stickball	Softball
		Shooting Drills	Hockey
Games & sports: Fielding/striking games	Specific Unit: • Self-Check • Teacher Rubric	7V7 Modified Softball	Softball
		Modified Cricket	World Games
		2-Pitch Stickball	Softball

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Strategies and tactics	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Skill Rubric 	7V7 Modified Softball	Softball
		Modified Cricket	World Games
		Quick-Play Mini-Football	Football
Individual-performance activities, dance & rhythms	Sample debrief question: Name some principles used in sports that relate to Newton's Laws of Motion (mechanics. Force, projectiles, stability.)	Create a Hip Hop Routine	Dance
		Receiver Patterns	Football
		Shot Put	Track and Field
Safety	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Skill Rubric 	Partner Stunts Circuit	Stunts and Tumbling
		Under Pressure	Football

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Assessment and program planning	Fitness Coulda, Shoulda, Woulda	SPARKfit: Fitness Lab: Be Positive!	SPARKfamily.org
Engages in physical activity	<ul style="list-style-type: none"> • Pedometer Log • MVPA Journal Pages 	SPARKfit: Fitness Lab	SPARKfamily.org
Alignment and muscular tension	<ul style="list-style-type: none"> • Create a Pilates Routine 	Introduction to Pilates	Fitness
		Basic Exercise Techniques	Fitness
		Resistance Band Workout	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
Alignment and muscular tension	<ul style="list-style-type: none"> • Create a Muscular Strength and Endurance Routine 	Introduction to Pilates	Fitness
		Basic Exercise Techniques	Fitness
		Resistance Band Workout	Fitness
		Stability Ball and Medicine Ball Workout	Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Lifetime activities	• Home Integration	Introduction to the Lob	Racquets and Paddles
		Introduction to Yoga	Fitness
		Merengue Mixer	Dance
		A Round of Golf	Golf
		Singles/Doubles Game Play	Handball
Health	• MVPA Wellness Journal	Resistance Band Workout	Fitness
		Strength Ball Workout	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness
Fitness knowledge	Sample debrief question: What are the components of health-related fitness? Skill-related fitness?	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
		Sprints and Jumps Circuit	Track and Field
		Shot Put	Track and Field
Engages in physical activity	Create an Aerobic Capacity Routine	Create an Aerobic Capacity Routine	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness
Fitness knowledge	Sample debrief question: What is the difference between a static and a dynamic stretch?	Flexibility Circuit	Fitness
		Finding Balance Circuit	Fitness
		Introduction to Yoga	Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Nutrition	Sample debrief question: How do exercise and proper nutrition contribute to weight management?	Body Composition Circuit	Fitness
		Body Composition BINGO	Fitness
		Build a Pyramid	Fitness
		Nutrition Challenge	Fitness
		Fruit Smoothie	Fitness
Fitness knowledge	Sample debrief question: Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
Assessment and program planning	Sample debrief question: Name some appropriate warm-up activities for your selected activity.	Individual Warm-Up Routines	Jump Rope
		Partner Warm-Up Routines	Jump Rope
Health	Sample debrief question: How can you use the scale of perceived exertion to monitor your workout intensity?	Gotta Have Heart	Fitness
		Aerobic Capacity Circuit	Fitness
		Heart Rate Highway	Fitness
Fitness knowledge	Sample debrief question: How do muscles and bones work together to create movement?	Resistance Band Workout	Fitness
		Strength Ball Workout	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness
Assessment and program planning	Fitness Activity Challenge: Home Fitness Circuit (sparkfamily.org)	Create an Aerobic Capacity Routine	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Engages in physical activity	<ul style="list-style-type: none"> Heart Rate Monitor Log Pedometer Log MVPA Wellness Journal 	SPARKfit: Fitness Lab	SPARKfamily.org
Nutrition	SPARKfit MVPA Wellness Journal(sparkfamily.org)	Body Composition Circuit	Fitness
		Body Composition BINGO	Fitness
		Build a Pyramid	Fitness
		Nutrition Challenge	Fitness
		Fruit Smoothie	Fitness
Stress management	SPARKfit Portfolio: The Right Answers(sparkfamily.org)	Introduction to Yoga	Fitness

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior the respects self and others.

Working with others	Cooperatives Unit: <ul style="list-style-type: none"> Skill Rubric Self Check Various Units: <ul style="list-style-type: none"> Coulda, Woulda, Shoulda 	Acceptance and Super Grouping	The First 5 Lessons
		Problem-Solver Adventure Race	Cooperatives
		Adventure Racing 101	Cooperatives
		Hoopla Adventure Race	Cooperatives
Working with others	Specific Unit: <ul style="list-style-type: none"> Peer Coaching 	Partner Stunts	Stunts and Tumbling
		Partner Trick Circuit	Jump Rope
		Target Ball	Handball
Rules & etiquette	Cooperatives Unit: <ul style="list-style-type: none"> Skill Rubric Self Check Various Units: <ul style="list-style-type: none"> Coulda, Woulda, Shoulda 	Royal Court Tournament	Handball
		Volleyball Xtreme (Create a Game)	Volleyball
		Team Paddleball	Racquets and Paddles

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Social interaction	Cooperatives Unit: • Skill Rubric • Self Check Various Units: • Coulda, Woulda, Shoulda	Problem-Solver Adventure Race	Cooperatives
		Adventure Racing 101	Cooperatives
		Hoopla Adventure Race	Cooperatives
Rules & etiquette	Cooperatives Unit • Skill Rubric • Self Check Various Units • Coulda, Woulda, Shoulda	Royal Court Tournament	Handball
		Volleyball Xtreme (Create a Game)	Volleyball
		Team Paddleball	Racquets and Paddles
		Merengue Etiquette and Basics	Dance
		Swing Etiquette and Basics	Dance
Individual-performance activities	Specific Unit: • Self Check • Skill Rubric	Strength Ball Workout	Fitness
		Shot Put	Track and Field
		Introduction to Stick-Handling	Hockey

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Health	Sample debrief question: What are the 5 health-related components of fitness? Name an activity that addresses each one.	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
Health	Sample debrief question: What are some emotional and mental benefits you can gain from participating in a variety of physical activities?	Introduction to Yoga	Fitness
		Cross the Pond	Cooperatives
		A Round of Golf	Golf

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Social interaction	Cooperatives Unit: • Skill Rubric • Self Check Various Units: • Coulda, Woulda, Shoulda	Problem-Solver Adventure Race	Cooperatives
		Adventure Racing 101	Cooperatives
		Hoopla Adventure Race	Cooperatives
Individual-performance activities	Sample debrief question: Why do physical activities you choose give you enjoyment?	Individual Juggling	World Games
		Putting to Targets	Golf
		Introduction to Yoga	Fitness
Self-expression & enjoyment	Sample debrief question: How can you use creativity in a physical activity to express yourself? How can that lead to lifelong enjoyment of the activity?	Create a Routine (Aerobic Capacity)	Fitness
		Create Your Own Swing Moves	Dance
		Create a Hip Hop Routine	Dance
Social interaction	Cooperatives Unit: • Skill Rubric • Self Check Various Units: • Coulda, Woulda, Shoulda	Acceptance and Super Grouping	The First 5 Lessons
		Problem-Solver Adventure Race	Cooperatives
		Corridor Challenges	Cooperatives

8TH GRADE (SPARK MIDDLE SCHOOL PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Dance & rhythms	Dance: • Self-Check • Skill Rubric	Create a 4-Wall Line Dance	Dance
		Create a Hip Hop Routine	Dance
		Create Your Own Swing Moves	Dance
Speed, direction, force	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Quick-Play Mini-Football	Football
		3-Catch Disc	Flying Disc
		2-Pitch Stickball	Softball
Games & sports: Fielding/striking games	Hockey: • Peer Coaching • Self-Check • Skill Rubric	Mini-Hockey	Hockey
		3-Trap Hockey	Hockey
		National Hockey League All-Star Dream Event	Hockey
Speed, direction, force	Basketball: • Peer Coaching • Self-Check • Skill Rubric	Give and Go	Basketball
		Corner to Corner Pass and Go	Basketball
		Mini-Basketball	Basketball
Speed, direction, force	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Give and Go with Post Player	Basketball
		Moving to Open Space	Basketball
		Corner to Corner Pass and Go	Flying Disc

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Speed, direction, force	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Give and Go	Basketball
		Give and Go	Flying Disc
		3-Catch with a Post Player	Basketball
Manipulative	Basketball: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Final Four Dribble Drill	Basketball
		Dribbling to Open Space	Basketball
		Mini-Basketball	Basketball
Manipulative	Hockey, Soccer: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Mini-Hockey	Hockey
		First to 4	Hockey
		Mini-Soccer	Soccer
		Collect 'Em All	Soccer
Games & sports: Invasion & field games	Hockey: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Mini-Hockey	Hockey
		3-Trap Hockey	Hockey
		National Hockey League All-Star Dream Event	Hockey
Movement concepts, principles & knowledge	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Zone and Player-to-Player Defenses	Basketball
		Zone and Player-to-Player Defenses	Soccer
		Zone and Player-to-Player Defenses	Flying Disc
Games & sports: Net/wall games	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Volley Tennis	Volleyball
		Mini-Volleyball	Volleyball
		Royal Court Tournament	Handball
		One Wall Paddleball	Racquets and Paddles

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Games & sports: Net/wall games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Royal Court	Volleyball
		Extreme Rally	Handball
		Paddle Power Rally	Racquets and Paddles
Games & sports: Net/wall games	Racquets and Paddles: • Peer Coaching • Self-Check • Skill Rubric	Team Paddleball	Racquets and Paddles
		One Wall Paddleball	Racquets and Paddles
		Paddle Power Rally	Racquets and Paddles
Games & sports: Net/wall games	Racquets and Paddles: • Peer Coaching • Self-Check • Skill Rubric	Introduction to the Backhand Stroke	Racquets and Paddles
Games & sports: Net/wall games	Volleyball: • Peer Coaching • Self-Check • Skill Rubric	Volley Tennis	Volleyball
		Mini-Volleyball	Volleyball
		Royal Court	Volleyball
Games & sports: Target games	Bowling, Bocce, not addressed in Middle School curriculum		
Games & sports: Target games	Golf: • Peer Coaching • Self-Check • Skill Rubric	Bocce Golf	Golf
		Target Golf	Golf
		A Round of Golf	Golf
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	2-Pitch Stickball	Softball
		7V7 Modified Softball	Softball
		Tee, Jump, Field (Cricket)	World Games
		Modified Cricket	World Games
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	2-Pitch Stickball	Softball
		7V7 Modified Softball	Softball

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Outdoor pursuits	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Putting to Targets	Golf
		Introduction to Chipping	Golf
		Introduction to Pitching	Golf
Individual-performance activities	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Shot Put	Track and Field
		Self-Guided Tour	Stunts and Tumbling
		Hurdles	Track and Field

STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Speed, direction, force	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Give and Go with Post Player	Basketball
		Moving to Open Space	Basketball
		Corner to Corner Pass and Go	Flying Disc
Speed, direction, force	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Give and Go	Basketball
		Corner to Corner Pass and Go	Soccer
		Mini-Basketball	Basketball
Strategies and tactics	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Zone Defense	Hockey
		Defensive Challenge	Basketball
		Defense	Football
Strategies and tactics	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Skill Rubric 	Zone and Player-to-Player Defenses	Basketball
		Under Pressure	Football
		Keep Away (3-on-1)	Flying Disc

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	Specific Unit: • Self-Check • Skill Rubric	3-on-3 Basketball	Basketball
		Mini-Soccer	Soccer
		Mini-Hockey	Hockey
Games & sports: Net/wall games	Hockey: • Self-Check • Skill Rubric	Corner to Corner Pass and Go	Hockey
		3-Trap Hockey	Hockey
		Mini-Hockey	Hockey
Games & sports: Net/wall games	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Volley Tennis	Volleyball
		Mini-Volleyball	Volleyball
		Royal Court Tournament	Handball
		One Wall Paddleball	Racquets and Paddles
Speed, direction, force	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Royal Court Tournament	Handball
		One Wall Paddleball	Racquets and Paddles
		A Round of Golf	Golf
		Shooting Drills	Hockey
		Volley Tennis	Volleyball
Working with others	Sample debrief question: When would it be appropriate to make a sacrifice to advance a teammate?	2-Pitch Stickball	Softball
		7V7 Modified Softball	Softball
		Event: Softball World Championships	Softball
Working with others	Specific Unit: • Peer Coaching • Self-Check • Skill Rubric	Mini-Hockey	Hockey
		3-on-3 Basketball	Basketball
		Modified Team Handball	World Games
		Mini-Soccer	Soccer

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Individual-performance activities	Specific Unit: <ul style="list-style-type: none"> • Peer Coaching • Self-Check • Skill Rubric 	Stunts and Tumbling Buffet	Stunts and Tumbling
		Throws and Sprints Circuit	Track and Field
		Introduction to Pitching	Golf
Safety	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Skill Rubric 	A Round of Golf	Golf

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Health	Fitness: <ul style="list-style-type: none"> • Peer Coaching • Self Check • Skill Rubrics Sample debrief question: Name the 5 components of health- related fitness. What are some activities that are effective in improving each of the health-related physical fitness components?	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
Assessment and program planning	SPARKfit SPARKfamily.org	Create an Aerobic Capacity Routine	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness
Engages in physical activity	<ul style="list-style-type: none"> • Pedometer Log • SPARKfit: MVPA Wellness Journal 	SPARKfit	SPARKfamily.org
Health	<ul style="list-style-type: none"> • Heart Rate Monitor Log • Pedometer Log • SPARKfit: MVPA Wellness Journal 	Aerobic Capacity Circuit	Fitness
		Cardio Dance Day	Dance
		SPARK Event: International Jump Rope Camp	Jump Rope

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Health	Sample debrief question: Name the 5 components of health-related fitness. What do they have in common? How are they different?	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
Assessment and program planning	Heart Rate Monitor Log	Create a Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors	Fitness
Health	Fitness: • Peer Coaching • Self-Check • Skill Rubric	Range of Motion Circuit	Fitness
		Flexibility Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
Health	Sample debrief question: What is the role of flexibility in preventing injury?	Range of Motion Circuit	Fitness
		Flexibility Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
Fitness knowledge	Sample debrief question: How would you apply the principle of overload in preparing a personal workout?	Create an Aerobic Capacity Routine	Fitness
		Create a Muscular Strength and Endurance Routine	Fitness
Health	Sample debrief question: Name some appropriate warm-up activities for your selected activity.	Individual Warm-Up Routines	Jump Rope
		Partner Warm-Up Routines	Jump Rope
Health	Sample debrief question: How can you use the scale of perceived exertion to monitor your workout intensity?	Gotta Have Heart	Fitness
		Aerobic Capacity Circuit	Fitness
		Heart Rate Highway	Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Fitness knowledge	Sample debrief question: How do body systems interact during physical activity?	Gotta Have Heart	Fitness
		Aerobic Capacity Circuit	Fitness
		Heart Rate Highway	Fitness
Assessment and program planning	Fitness Activity Challenge: Home Fitness Circuit (sparkfamily.org)		
Nutrition	Sample debrief question: How does what you eat affect your health now? How does it affect your long-term health?	Body Composition Circuit	Fitness
		Body Composition BINGO	Fitness
		Build a Pyramid Build a Pyramid	Fitness
		Nutrition Challenge	Fitness
		Fruit Smoothie	Fitness
Stress management	Fitness Self-Check	Introduction to Yoga	Fitness

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Personal responsibility	• SPARKfit: Fitness Lab: Be Postive!	SPARKfit Fitness Lab (sparkfamily.org)	
Engages in physical activity	• Heart Rate Monitor Log • Pedometer Log • MVPA Wellness Journal	SPARKfit Fitness Lab (sparkfamily.org)	
Working with others	Specific Unit Peer Coaching	Partner Stunts	Stunts and Tumbling
		Partner Trick Circuit	Jump Rope
		Target Ball	Handball
Rules & etiquette	Cooperatives Unit: • Skill Rubric • Self Check Various Units: • Coulda, Woulda, Shoulda	Royal Court Tournament	Handball
		Volleyball Xtreme (Create a Game)	Volleyball
		Team Paddleball	Racquets and Paddles

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Social interaction	Cooperatives Unit: • Skill Rubric • Self Check Various Units: • Coulda, Woulda, Shoulda	Problem-Solver Adventure Race	Cooperatives
		Adventure Racing 101	Cooperatives
		Hoopla Adventure Race	Cooperatives
Rules & etiquette	Cooperatives Unit: • Skill Rubric • Self Check Various Units: • Coulda, Woulda, Shoulda	Royal Court Tournament	Handball
		Volleyball Xtreme (Create a Game)	Volleyball
		Team Paddleball	Racquets and Paddles
		Merengue Etiquette and Basics	Dance
		Swing Etiquette and Basics	Dance
Individual-performance activities	Specific Unit: • Self Check • Skill Rubric	Strength Ball Workout	Fitness
		Shot Put	Track and Field
		Introduction to Stick-Handling	Hockey

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Health	Fitness: • Peer Coaching • Self Check • Skill Rubrics Sample debrief question: Name the 5 components of health-related fitness. What are some activities that are effective in improving each of the health-related physical fitness components?	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
		Range of Motion Circuit	Fitness
		Balancing Strength and Flexibility Circuit	Fitness
		Body Composition Circuit	Fitness
Health	Sample debrief question: How does participation in physical activities inspire you and give you courage?	Introduction to Pilates	Fitness
		Introduction to Yoga	Fitness
		Stability Ball and Medicine Ball Workout	Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Personal responsibility	SPARKfit (SPARKfamily.org)	Wellness Challenge: Avoiding Barriers to Wellness	SPARKfit (SPARKfamily.org)
Individual-performance activities	Sample debrief question: How could you increase your enjoyment in physical activity?	Individual Juggling	World Games
		Putting to Targets	Golf
		Introduction to Yoga	Fitness
Self-expression & enjoyment	Sample debrief question: How can you use creativity in a physical activity to express yourself?	Create a Routine (Aerobic Capacity)	Fitness
		Create Your Own Swing Moves	Dance
		Create a Hip Hop Routine	Dance
Social interaction	Cooperatives Unit: <ul style="list-style-type: none"> • Skill Rubric • Self Check Various Units: <ul style="list-style-type: none"> • Coulda, Woulda, Shoulda 	Acceptance and Super Grouping	The First 5 Lessons
		Problem-Solver Adventure Race	Cooperatives
		Corridor Challenges	Cooperatives

HIGH SCHOOL LEVEL 1 (SPARK HIGH SCHOOL PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Movement concepts, principles & knowledge	Specific Unit: • Personal Best Assessment	Badminton Personal Best	Badminton
		Cooperatives: Orienteering Personal Best	Cooperatives: Orienteering
		Flying Disc: Ultimate Personal Best	Flying Disc
		Softball Personal Best	Softball
		Volleyball Personal Best	Volleyball
Dance & rhythms	Dance: • Personal Best Assessment	Waltzing Royalty Mixer	Dance
		Cotton Eyed Joe Jigsaw	Dance
		Cha-Cha Challenge	Dance
Health	Specific Unit: • Personal Best Assessment	Walk-Jog-Run	Wellness Walking
		Cardio Kickboxing	Group Fitness
		iFreestyle Aerobics	Group Fitness
		HIIT Basic Training	Group Fitness
		iYoga	Group Fitness
STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.			
Physical activity knowledge	Specific Unit: • Fun-day-mentals Jigsaw Notes • Personal Best Assessment • Unit Tests	Fun-day-mentals Jigsaw	Flying Disc: Ultimate
		Fun-day-mentals Jigsaw	Hockey
		Fun-day-mentals Jigsaw	Softball

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Movement concepts, principles & knowledge	Specific Unit: <ul style="list-style-type: none"> Fun-day- mentals Jigsaw Notes Personal Best Assessment Sample debrief question: Explain the use of the principles of biomechanics (leverage, force, inertia, rotary motion, opposition, and buoyancy) in a selected skill.	Badminton Personal Best	Badminton
		Dive In: Front Crawl	Aquatics (online unit)
		Dive In: Breaststroke	Aquatics (online unit)
		Event: Dance Olympics	Dance
		Create Your Own ST Program	Strength Training
Movement concepts, principles & knowledge	Personal Fitness Program Development Specific Unit: <ul style="list-style-type: none"> Fun-day- mentals Jigsaw Notes Personal Best Assessment 	Fun-day-mentals Jigsaw	Flying Disc: Ultimate
		Fun-day-mentals Jigsaw	Hockey
		Fun-day-mentals Jigsaw	Softball
		Basketball Personal Best	Basketball
		Football Personal Best	Football
		Hockey Personal Best	Hockey
Self-expression & enjoyment	Dance Personal Best Assessment	Hip Hop Jigsaw	Dance
		Stutter Stomp	Dance
		Waltzing Royalty Mixer	Dance

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical activity knowledge	Walk and Talk (Wellness Walking)	Personally Fit SPARKfit (SPARKfamily.org)	
Fitness activities	<ul style="list-style-type: none"> Heart Rate Monitor Logs Pedometer Logs MVPA Wellness Journal 	Walk-Jog-Run	Wellness Walking
		Cardio Kickboxing	Group Fitness
		iFreestyle Aerobics	Group Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Fitness knowledge	Strength Training Personal Best Assessment	Create Your Own ST Program	Strength Training
		Basic Training: FUNctional Fitness Jigsaw	Strength Training
		Strength in Numbers	Strength Training
Nutrition	Personal Fitness Program Development	SPARKfit (SPARKfamily.org)	
Fitness activities	Strength Training: • Fun-day-mentals Jigsaw Notes • Personal Best Assessment	Basic Training: Shoulders	Strength Training
		Basic Training: Arms	Strength Training
		Basic Training: Legs	Strength Training
Assessment and program planning	Heart Rate Monitor Log	HIIT Basic Training	Group Fitness
		Cardio Kickboxing Basic Training	Group Fitness
		Aerobics Basic Training	Group Fitness
Stress management	Walk and Talk (Wellness Walking)	Yoga Basic Training	Group Fitness
		Walk and Talk Fun-day-mentals Jigsaw	Wellness
		iCardio Kickboxing	Group Fitness

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Assessment and program planning	Fitness Personal Best Assessment	Basic Training: FUNctional Fitness Jigsaw	Strength Training
		iHIIT (High Intensity Interval Training)	Group Fitness
		Create Your Own ST Program	Strength Training
Rules & etiquette	Character Matters Assessments	SPARK Event 101	SPARK HS PE 101
		Strength Training Adventure Race	Strength Training
		Event: Dance Olympics	Dance

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Working with others	Character Matters Assessments	Fun-day-mentals Jigsaw	World Games: Cricket
		Cricket Adventure Race	World Games: Cricket
		Fun-day-mentals Jigsaw	Flying Disc: Ultimate
Lifetime activities	Cooperatives: Orienteering Fun-day-mentals Jigsaw Notes	Score More!	Cooperatives: Orienteering
		1-2-3's	Cooperatives: Orienteering
		Event: The Navigational Invitational	Cooperatives: Orienteering
Safely	SPARK HS PE 101 Character Matters Assessment (Game Day 101 Debrief)	Game Day 101	SPARK HS PE 101

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Health	Dance Personal Best Think About...	Dance Personal Best	Dance
Self-expression and enjoyment	Dance: • Personal Best Assessment	Event: Dance Olympics	Dance
		Create a Hip Hop Routine	Dance
		Waltzing Royalty Jigsaw	Dance
Social interaction	Dance Fun-day-mentals Jigsaw Notes	Hip Hop Jigsaw	Dance
		Cotton Eyed Joe Jigsaw	Dance
		Waltzing Royalty Jigsaw	Dance

HIGH SCHOOL LEVEL 2 (SPARK HIGH SCHOOL PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			
Movement concepts, principles & knowledge	Specific Unit: • Personal Best Assessment	Badminton Personal Best	Badminton
		Cooperatives: Orienteering Personal Best	Cooperatives: Orienteering
		Flying Disc: Ultimate Personal Best	Flying Dis
		Softball Personal Best	Softball
		Volleyball Personal Best	Volleyball
Dance & rhythms	Dance Routine Rubric	Event: Dance Olympics	Dance
		Create a Hip Hop Routine	Dance
Health	Specific Unit: • Personal Best Assessment	Walk-Jog-Run	Wellness Walking
		Cardio Kickboxing	Group Fitness
		iFreestyle Aerobics	Group Fitness
		HIIT Basic Training	Group Fitness
		iYoga	Group Fitness
STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.			
Physical activity knowledge	World Games: • Character Matters Assessments	The Cricket World Cup	World Games
		Waltzing Royalty Jigsaw (Mixer)	Dance
		iYoga	Group Fitness
Movement concepts, principles & knowledge	Specific Unit Personal Best Assessments	Win the Point (Singles Royal Court)	Badminton
		Fun-day-mentals Jigsaw	Hockey
		Throw the Game	Softball

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Physical activity knowledge	Specific Unit: Fun-day-mentals Jigsaw Notes	Fun-day-mentals Jigsaw	World Games: Cricket
		Fun-day-mentals Jigsaw	Flying Disc: Ultimate
		Fun-day-mentals Jigsaw	Football
Self-expression & enjoyment	Dance Routine Rubric	Hip Hop Jigsaw	Dance
		Cotton Eyed Joe Jigsaw	Dance
		Waltzing Royalty Jigsaw	Dance

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Nutrition	Wellness Walking Go The Distance Think About...	Personally Fit SPARKfit (SPARKfamily.org)	
Engages in physical activity	<ul style="list-style-type: none"> Heart Rate Monitor Logs Pedometer Logs 	Walk-Jog-Run	Wellness Walking
		Cardio Kickboxing	Group Fitness
		iFreestyle Aerobics	Group Fitness
Fitness activities	Wellness Walking Go the Distance Think About...	Go the Distance	Wellness Walking
		Walk-Jog-Run	Wellness Walking
		iCardio Kickboxing	Group Fitness
Assessment and program planning	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Assessment and program planning	Personal Fitness Program Development	Create Your Own ST Program	Strength Training
		Basic Training: FUNctional Fitness Jigsaw	Strength Training
		Strength in Numbers	Strength Training
Physical activity knowledge	Group Fitness, Wellness Walking: <ul style="list-style-type: none"> Self-Check Fun-day-mentals Jigsaw Notes Performance Rubric 	Race Walking	Wellness Walking
		iFreestyle Aerobics	Group Fitness
		iCardio Kickboxing	Group Fitness

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Physical activity knowledge	Group Fitness, Wellness Walking: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	Race Walking	Wellness Walking
		Aerobics Basic Training	Group Fitness
		Cardio Kickboxing Basic Training	Group Fitness
		Create Your Own ST Program	Strength Training
Engages in physical activity	<ul style="list-style-type: none"> • Heart Rate Monitor Logs • Pedometer Logs 	Walk-Jog-Run	Wellness Walking
		Cardio Kickboxing	Group Fitness
		iFreestyle Aerobics	Group Fitness
Fitness activities	Walk and Talk (Wellness Walking)	Yoga Basic Training	Group Fitness
		Walk and Talk Fun-day-mentals Jigsaw	Wellness
		iCardio Kickboxing	Group Fitness

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Rules & etiquette	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments 	Big D (4-on-4)	Basketball
		D-Fence (5-on-5 Royal Field)	Football
		A Strong Side	Football
Social interaction	Walking Circuits Think About...	Walking Circuits	Wellness Walking
		Orienteering Adventure Race	Cooperatives: Orienteering
		Event: Dance Olympics	Dance
Working with others	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments 	Fun-day-mentals Jigsaw	World Games: Cricket
		Cricket Adventure Race	World Games: Cricket
		Fun-day-mentals Jigsaw	Flying Disc: Ultimate

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Fitness Activities	Personal Fitness Program Development	Strength Training	Group Fitness
		Strength Training	Strength Training
		Strength Training	Wellness Walking
Self-expression & enjoyment	Dance: • Routine Rubric	Event: Dance Olympics	Dance
		Create a Hip Hop Routine	Dance
		Waltzing Royalty Jigsaw	Dance
Social interaction	Dance Fun-day-mentals Jigsaw Notes	Hip Hop Jigsaw	Dance
		Cotton Eyed Joe Jigsaw	Dance
		Waltzing Royalty Jigsaw	Dance

The National Physical Education Standards are provided by SHAPE America, and are available online at www.shapeamerica.org/standards/pe/.