

#### ALIGNMENT WITH NATIONAL PHYSICAL EDUCATION STANDARDS

#### **KINDERGARTEN (SPARK K-2 PE)**

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The ph of motor skills and m		ual demonstrates comp	etency in a variety
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

<b>STANDARD2</b> : The physically literate individual applies knowledge of concepts, principles strategies and tactics related to movement patterns.				
Space	Building a Foundation Orientation and Personal Building a Foundation Space			

	Rubric	Space	
		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
	ysically literate individu a health-enhancing lev		
Physical activity knowledge	Sample debrief question: What are some of	Hopscotch (and Home Play)	Recess Activities
	your favorite physical activities to do outside	Rock, Paper, Scissors Tag (and Home Play)	Recess Activities
	of school?	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 a	nd social
behavior that respects self and others.	

behavior that respects self and others.				
Rules & etiquette	Parachute Rubric     Games Rubric	Changing Places	Parachute	
		Frog Crossing	Games	
		Grouping and Moving Together	Building a Foundation	
Accepting feedback	cepting 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	Building a Foundation Rubric	Movement Concepts Using Hoops	Building a Foundation	
Parachute Rubric	Space Mountain	Parachute		
		Super Hero's Cape	Parachute	





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 4: The ph behavior that respect	ysically literate individu s self and others.	al exhibits responsible	personal and social
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	<ul> <li>Building a Foundation Rubric</li> <li>Parachute Rubric</li> <li>Balance, Stunts, and Tumbling Rubric</li> </ul>	Orientation and Personal Space	Building a Foundation
		Stunts Introduction	Balance, Stunts, and Tumbling
		Parachute Introduction	Parachute
Rules & etiquette	Parachute Rubric     Balance, Stunts, and	Changing Places	Parachute
Tumbling Rubric	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.				
	Sample debrief question: Is being physically	Fitness Introduction	Building a Foundation	
	active good for your health?	Fitness Introduction (SPARK It Up!)	Building a Foundation	
Manipulative	Sample debrief question: Name some activities	Weight Transfers and Rolls	Balance, Stunts,and Tumbling	
	that were difficult when you first tried them.	Partner Throw and Catch Challenges	Catching and Throwing	
		Soccer Golf	Kicking and Trapping	
Health	Sample debrief question: What are some of your favorite physical	Home Play Activities	Various Units in SPARKfolio and/or SPARKfamily.org	
	activities to do outside of school?	SPUD	Recess Activities	





# ALIGNMENT WITH NATIONAL PHYSICAL EDUCATION STANDARDS KINDERGARTEN (SPARK K-2 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Working with others	Sample debrief question: Why is it fun to play	Partner Tag	ASAP
	with friends?	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 phy motor skills and move		ial demonstrates comp	etency in a variety of
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 (sta- bility)	Balance, Stunts, and Tumbling Rubric	Weight Transfer and Rolls	Balance, Stunts, and Tumbling
-	, and the second	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
tension	rumbing Rubric	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
	Rublic	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	ed, 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	
	Rublic	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	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, pr	inciples,
strategies and tactics related to movement patterns.	

strategies and tactic	s related to movement p	patterns.	
Locomotor	Building a Foundation Rubric	Tempos and Creative Moves	Building a Foundation
	Dance Rubric	Rubric 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.

Aligi	nment and muscular	Sample debrief question:	Fitness Introduction	Building a Foundation
tens	ion	What are some benefits		
		that you get from exercising?	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	Oxygen Boogie	Games
heart when you		Fitness Introduction	Building a Foundation
	0.0.0001	The Good Ship SPARK	ASAP

<b>STANDARD 4:</b> 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	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
	vsically literate individu challenge, self-expres		
Health	Sample debrief question: What are some things	Fitness Introduction	Building a Foundation
	you need to do to achieve good health?	Fitness Introduction (SPARK It Up!)	Building a Foundation
	uomoto geou mammi	Parachute Fitness	Parachute
Physical activity knowledge	Sample debrief question: How do you feel	Scarf Juggling Lead-up	Manipulatives
	when you complete a challenging physical	Partner Throw and Catch Challenges	Catching and Throwing
	activity?	Houdini Hoops	Games
Engages in physical activity	Sample debrief question: Why do you enjoy	Emotion Motion	ASAP
participating in physical activities?	Cookie Monster Tag	Games	
	The Good Ship SPARK	Games	





### 2ND GRADE (SPARK K-2 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT	
<b>STANDARD 1:</b> 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	Body Management and Balance	Building a Foundation	
-	Rubric	Animal Balancing Act	Balance, Stunts, and Tumbling	
		Static Balances	Balance, Stunts, and Tumbling	
Nonlocomotor (stability)	Balance, Stunts, and Tumbling	Weight Transfer and Rolls	Balance, Stunts, and Tumbling	
	Rubric	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	Stunts Add-On	Balance, Stunts, and Tumbling	
(	Rubric	Showtime	Balance, Stunts, and Tumbling	





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
	Catching and Throwing	Throwing Underhand to Targets	Catching and Throwing
	Rubric	Partner Throw and Catch	Catching and Throwing
		Partner Throw and Catch Challenges	Catching and Throwing
Manipulative	Catching and Throwing	Overhand Throw for Distance	Catching and Throwing
	Rubric	Clean Your Room	Catching and Throwing
Manipulative	Catching and Throwing	Self-Toss and Catch	Catching and Throwing
	Rubric	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.

strategies and tactics related to movement patterns.				
Locomotor	Building a Foundation Rubric	Tempos and Creative Moves	Building a Foundation	
	Dance Rubric	Create a Dance	Dance	
		Alley Cat	ASAP	
Locomotor	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	comotor 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 Wallball	Various Units in SPARKfolio and/or SPARKfamily.org Recess Activities
Engages in physical Games Rubric activity		Oxygen Boogie	Games
		Chasing and Fleeing The Good Ship SPARK	Building a Foundation  ASAP





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Health	Debrief question: What are some	Fitness Introduction	Building a Foundation
	activities that help to make you fit?	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

<b>STANDARD 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.				
Personal responsibility OR	Building a Foundation Rubric	Circuit Introduction	Building a Foundation	
Challenge	•	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, andTumbling	
		Parachute Introduction	Parachute	
Manipulative	ipulative Specific UnitRubric	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	





### ALIGNMENT WITH NATIONAL PHYSICAL EDUCATION STANDARDS 2ND GRADE (SPARK K-2 PE)

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.

for fleatth, enjoyment, chattenge, sett-expression and/or social interaction.				
Nutrition	Sugar and Fat Tag Wrap It Up (Games)	Sugar and Fat Tag	Games	
Physical activity knowl-	Sample debrief question: Name some challenging	Scarf Juggling Lead-up	Manipulatives	
	physical activities that build your confidence.	Partner Throw and Catch Challenges	Catching and Throwing	
	-	Houdini Hoops	Games	
Self-expression & enjoy- ment	- Sample debrief question: Name some physical	Create a Dance	Dance	
activities that allow you to express yourself.	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	
	Performance Rubiics	Stunts and Tumbling Circuit	Stunts and Tumbling	
		Create a Routine	Stunts and Tumbling	
Locomotor	Walk, Jog, Run Performance Rubric	Track and Field	Aerobic Games	
	T crioimande Rabito	Moving Around the Track	Map Challenges	
		Walk/Jog Switcheroo	Walk, Jog, Run	
Locomotor	Stunts and Tumbling Performance Rubric	Track and Field	Aerobic Games	
	Performance Rubric	Look, Learn, and Leave	Stunts and Tumbling	
		Stunts and Tumbling Circuit	Stunts and Tumbling	
Locomotor	Dance Performance Rubric	5-6-7-8	Dance	
	Rublic	Mambo #5	Dance	
		Cotton-Eyed Joe	Dance	
Locomotor	Specific Unit Performance Rubrics	Louisiana Saturday Night	Dance	
	1 chomane rubites	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	
	. C.	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	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	Volleyball Performance Rubric	Serving Challenges	Volleyball
	Racquets and Paddles     Performance Rubric	Paddle 2-Square	Racquets and Paddles
	T CHOIMANGE RADIO	Introduction to Badminton	Racquets and Paddles
Manipulative	Racquets and Paddles Performance Rubric	Paddle 2-Square	Racquets and Paddles
	T offormation Rushio	Stroke and Catch	Racquets and Paddles
		Paddle Call Ball	Racquets and Paddles
Speed, direction, force	Specific Unit Performance Rubrics	Batting Practice	Softball
	Tomornation Rubitos	Open Base	Softball
		Shooting Drills	Hockey
Challenge	Jump Rope Performance Rubric	Mirror, Mirror	Jump Rope
	Kubiic	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.

strategies and tactics related to movement patterns.				
Speed, direction, force Specific Unit Performance Rubrics	•	Tunnel Tag	Chasing and Fleeing	
	Performance Rubrics	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
	T GITGITHUM TO TRUSTICE	Create a Routine	Stunts and Tumbling
		Create a Routine	Group Fitness
Pathways, shapes, levels	<ul> <li>Dance Performance         <ul> <li>Rubric</li> <li>Stunts and Tumbling</li></ul></li></ul>	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	Walk/Jog/Run     Performance Rubric     Map Challenges     Mileage Chart	Aerobic Capacity Circuit  Moving for Time  Figure-8 Walk/Jog	Fitness Circuits  Map Challenges  Walk, Jog, Run Activities
Fitness knowledge	Fitness Challenges Self- Check	Body Composition Circuit  Fun and Flexibility with a	Fitness Circuits Fitness Challenges
		Friend	Titiloos offalleriges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Alignment and muscular tension	Sample debrief question: What are the five	Body Composition Circuit	Fitness Circuits
	components of health- related fitness? Can	Muscular Strength and Endurance Circuit	Fitness Circuits
	you give an example of each?	Fun and Flexibility with a Friend	Fitness Challenges
	Fitness Circuits Think About	Aerobic Capacity Circuit	Fitness Circuits





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

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





### ALIGNMENT WITH NATIONAL PHYSICAL EDUCATION STANDARDS

Challenge	Cooperatives Self-Check	Soccer Group Challenge	Soccer
		Group Jump Rope Challenge	Jump Rope
		Survivor Challenge	Fitness Challenges
Rules & etiquette	Sample debrief quetion: Why do we have rules when playing with others?	Virginia Reel	Dance
		Hot Time	Dance
	Guidio.	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	Body Composition BINGO	Fitness Challenges	
	BINGO	Mixed Fitness Circuit	Fitness Circuits
		Fitness Grab Bag	Fitness Challenges
Working with others	Sample debrief question: Is it easy to learn a	Survivor Challenge	Fitness Challenges
	new skill or physical activity? How do you	Roll the Dice	Fitness Circuits
	feel when you master the challenge?	Soccer Group Challenge	Soccer
Manipulative	Sample debrief question: Why do you enjoy	5-Player Kickball	Aerobic Games
	certain physical activities?	Beat the Ball	Softball
	uonvinos.	3-Catch Basketball	Basketball
Social interaction	Social interaction  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
<b>STANDARD 1</b> : The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.			etency in a variety of
Pathways, shapes, levels	Specific Unit Performance Rubrics	Cotton-Eyed Joe	Dance
	renormance Rubines	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
donvity	T CHOIMANGE KUSHC	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
	T GITGITHUNGS INABITO	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; a	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
	Traditio	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
	rabilo	Soccer Hoopla	Soccer
		Rainforest	Soccer
Speed, direction, force	Soccer Performance Rubric	Trap, Pass, and Follow	Soccer
	RUDIIC	Corner to Corner Give and Go	Soccer
		5-Player Kick and Dribble	Soccer
Manipulative	Soccer Performance     Rubric	Mini-Soccer	Soccer
	Basketball     Performance Rubric	Mini-Basketball	Basketball
		5-Player Kick and Dribble	Soccer



STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	ve • Soccer Performance Rubric	Soccer Golf	Soccer
	Football Performance     Rubric	Punting Drills	Football
	Rubito	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
	T GITGITHANGE TRABILISE	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
	vsically literate individurelated to movement p	ial applies knowledge o patterns.	f concepts,principles,
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
	renormance Rubiics	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
mvacion games	renormance Rubiics	Offense/Defense	ASAP
		Quick-Play Mini-Football	Football
		ual demonstrates the kn	
Engages in physical	Walk/Jog/Run	Aerobic Capacity Circuit	Fitness Circuits

Engages in physical activity	<ul> <li>Walk/Jog/Run         Performance Rubric     </li> <li>Map Challenges         Mileage Chart     </li> </ul>	Aerobic Capacity Circuit  Moving for Time  Figure-8 Walk/Jog	Fitness Circuits  Map Challenges  Walk, Jog, Run Activities
Fitness knowledge	ritness 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	Sample debrief question: What are	Body Composition Circuit	Fitness Circuits
	the 5 components of health-related fitness?	Muscular Strength and Endurance Circuit	Fitness Circuits
	Can you give an example of each?	Fun and Flexibility with a Friend	Fitness Challenges
	Fitness Circuits Think     About	Aerobic Capacity Circuit	Fitness Circuits
Fitness knowledge	Sample debrief question: What is the reason for	Daily Dozen	Stunts and Tumbling
	doing a warm-up before participating in a physical activity?	Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Assessment and program planning	Personal Best Day:     My Personal Best	Personal Best Day	Personal Best Day
	Progress and Goals Card	Pedometer Activity	Map Challenges
	Fitness Circuits Think     About	Mixed Fitness Circuit	Fitness Circuits
Engages in physical activity	Sample debrief question: Why is it important to	Aerobic Capacity Circuit	Fitness Circuits
-	stay hydrated when you are performing physical activities? What is the best drink to choose?	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 Jump Rope Challenge	Jump Rope
		Survivor Challenge	Fitness Challenges
Rules & etiquette	Sample debrief question: Why do we have rules	Virginia Reel	Dance
	when playing with others?	Hot Time	Dance
	others:	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	Body Composition	Body Composition BINGO	Fitness Challenges
	BINGO	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	Survivor Challenge	Fitness Challenges
	to participate in challenging activities?	Roll the Dice	Fitness Circuits
	How do you feel when you master the challenge?	Soccer Group Challenge	Soccer
Manipulative	Sample debrief question: What are your favorite	5-Player Kickball	Aerobic Games
	physical activities?  Least favorite?	Beat the Ball	Softball
	Louist tavolitio.	3-Catch Basketball	Basketball
Social interaction	Sample debrief question: What positive	Group Juggling	Cooperatives
interactions did you	Stepping Stones	Cooperatives	
	have with your group mates in the activity?	Parachute Play (Small Group)	Cooperatives



### 5TH GRADE (SPARK 3-6 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT		
	<b>STANDARD 1:</b> 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		
	T GITGITH ATTENDED	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		
uouni,	. Grisimanos italiano	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 address included	ssed in Stunts and Tumblin	g Unit; apparatus not		
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
	Rubiic	Rainforest	Soccer
Manipulative	Basketball     Performance Rubric	Mini-Basketball	Basketball
	Soccer Performance     Rubric	Mini-Soccer	Soccer
Manipulative	<ul> <li>Basketball         Performance Rubric     </li> <li>Soccer Performance         Rubric     </li> </ul>	Mini-Basketball	Basketball
Manipulative	Soccer Performance     Rubric	Soccer Golf	Soccer
	Football Performance	Punting Drills	Football
	Rubric	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
Trefully/striking games	T GITGITHUING TRUBINGS	Mini-Hockey	Hockey
		Open Base	Softball
Manipulative	Specific Unit Performance Rubrics	Mini-Soccer	Soccer
Terrormance Rubries		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	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
	renormance Rubiic	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><li>Walk/Jog/Run Performance Rubric</li><li>Map Challenges</li></ul>	Aerobic Capacity Circuit  Moving for Time	Fitness Circuits  Map Challenges
	Mileage Chart	Figure-8 Walk/Jog	Walk, Jog, Run Activities
Fitness knowledge	Fitness Challenges Self- Check	Body Composition Circuit	Fitness Circuits
	<b>CHOO</b> N	Fun and Flexibility with a Friend	Fitness Challenges
		Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance Group Fitness	Group Fitness
Health	Sample debrief question: What are the five components of health-	Body Composition Circuit Muscular Strength and Endurance Circuit  Fitness Circuits	Fitness Circuits
	related fitness? Skill- related fitness? What is	Fun and Flexibility with a Friend	Fitness Challenges
	the difference between these 2 types of fitness components?	Aerobic Capacity Circuit	Fitness Circuits
Fitness knowledge	Sample debrief question: What is the reason	Daily Dozen	Stunts and Tumbling
	for doing a warm-up before participating in a	Fun and Flexibility with a Fitness Challeng	Fitness Challenges
	physical activity?	Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Assessment and program planning	Personal Best Day:     My Personal Best	Personal Best Day	Personal Best Day
	Progress and Goals Card	Pedometer Activity	Map Challenges
	Fitness Circuits Think     About	Mixed Fitness Circuit	Fitness Circuits
Nutrition	Sample debrief question: How can the foods you	Body Composition BINGO	Fitness Challenges
	choose to eat impact your performance in sports and physical activities?	Body Composition Circuit	Fitness Circuits

<b>STANDARD 4:</b> 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

<b>STANDARD 5:</b> 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	Body Composition BINGO	Fitness Challenges	
,	BINGO	Mixed Fitness Circuit	Fitness Circuits	
		Fitness Grab Bag	Fitness Challenges	
Self-expression & enjoyment	Sample debrief question: Name a physical activity	Create a Dance	Dance	
	that you enjoy doing on a regular basis. Why is	Create a Routine	Group Fitness	
	that a favorite?	Create a Routine	Movement Bands	
Fitness knowledge	Sample debrief question: What are your favorite	Survivor Challenge	Fitness Challenges	
	physical activities? Least favorite? Most	Solo Aerobic Fitness	Fitness Challenges	
	challenging?	Partner Muscular Strength and Endurance	Fitness Challenges	
Social interaction	Sample debrief question: What positive	Group Juggling	Cooperatives	
	interactions did you have with your	Stepping Stones	Cooperatives	
	groupmates in the activity?	Parachute Play (Small Group)	Cooperatives	



### 6TH GRADE (SPARK 3-6 PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT		
<b>STANDARD 1</b> : 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
	- onomiano Razino	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	Soccer Performance Rubric	Dribbling Partner Tag	Soccer
	Hockey Performance     Rubric	Soccer Hoopla	Soccer
		Round Up	Hockey
Speed, direction, force	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
	1.00110	3-Catch Basketball	Basketball
		Mini-Basketball	Basketball
Games & sports: Net/ wall games	Volleyball Performance Rubric	Introduction to Underhand Serve	Volleyball
<b>3</b>		Serving Challenges	Volleyball
		Serving Shower	Volleyball





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Manipulative	• Volleyball Performance Rubric	Introduction to Overhead Pass	Volleyball
	Racquets and Paddles     Performance Rubric	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
	T OTTOTIMATION TRADITO	Disc Bocce (Flying Disc Group Challenge Home Play)	Flying Disc
Games & sports: Fielding/striking games	Softball Performance Rubric	Batting Practice	Softball
riolanig,ounting gamoo	T.C.	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
	i enormance rubiles	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
	T CHOIMANCE RUBIC	Stunt Stories and Tumbling Tales	Stunts and Tumbling
	Create a Routine	Stunts and Tumbling	

		J.				
	<b>STANDARD 2</b> : 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			
	Tonomanoo Razinoo	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			
	T GITGITH ALL TO THE STATE OF T	4-Zone Football	Football			
		Flying Disc 3-Catch Game	Flying Disc			
Games & sports: Invasion games	Specific Unit Performance Rubrics	Mini-Hockey	Hockey			
James Games		Quick-Play Mini-Football	Football			
		Mini-Basketball	Basketball			
Manipulative	Specific Unit Performance Rubrics	Under Pressure	Football			
	Tonomanoo Razinoo	3-Catch Basketball	Basketball			
		Flying Disc 3-Catch Game	Flying Disc			
Manipulative	Specific Unit Performance Rubrics	Mini-Soccer	Soccer			
	i Giloimance Rubitos	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	Specific Unit     Performance Rubrics	Keep Away (3 on 1)	Hockey
Tionang, ou ming gamos	Hockey Self-Check	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 PerformanceRubric	Look, Learn, and Leave	Stunts and Tumbling
	Terrormancercubite	Partner Switcheroo Stunt Hunt	Stunts and Tumbling
		Stunt Stories and Tumbling Tales	Stunts and Tumbling
Strategies and tactics	Strategies and tactics Cooperatives Teacher Rubric	Stick With Me!	Cooperatives
TABLES .		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	tness knowledge  How can being physically active lead to a healthy body?	Body Composition Circuit  Fun and Flexibility with a Friend	Fitness Circuits 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
uonvity onart	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	Aerobic Dance	Group Fitness
	and Goals Card	Sports Moves Aerobics	Group Fitness
		Bench Step Basics	Group Fitness
Locomotor	Dance techr	ology not addressed in thi	s curriculum
Engages in physical activity	Personal Best Day: My Personal Best Progress	Mini-Volleyball	Volleyball
uouvity	and Goals Card	Aerobic Dance	Group Fitness
		Flying Disc Golf	Flying Disc
Engages in physical activity	Personal Best Day: My Personal Best Progress	Solo Aerobic Fitness Challenge	Fitness Challenges
	and Goals Card	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
	. Criomanoc Rabito	Fun and Flexibility	Fitness Challenges
Fitness knowledge	Sample debrief question: Describe the difference	Muscular Strength and Endurance Circuit	Fitness Circuits
	between muscular strength and muscular	Partner Muscular Strength and Endurance	Fitness Challenges
	endurance?	Resistance Band Workout	Group Fitness



STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Fitness knowledge	Sample debrief question: Describe the principles	Body Composition Circuit	Fitness Circuits
	of training (F.I.T.T.) How would you apply them	Fun and Flexibility with a Friend	Fitness Challenges
	to improve aerobic endurance? Muscular	Muscular Strength and Endurance	Fitness Circuits
	strength? Muscular endurance? Flexibility? Body composition?	Aerobic Dance	Group Fitness
Fitness knowledge	Sample debrief question: What is the reason for	Daily Dozen	Stunts and Tumbling
	doing a warm-up before participating in a physi-	Fun and Flexibility with a Friend	Fitness Challenges
	cal activity?	Muscular Strength and Endurance	Fitness Circuits
		Aerobic Dance	Group Fitness
Fitness knowledge	Sample debrief question: What are some ways you	Solo Aerobic Fitness Challenge	Fitness Challenges
	can monitor your heart rate?	Aerobic Capacity Circuit	Fitness Circuits
		Aerobic Dance	Group Fitness
Fitness knowledge	Sample debrief question: Name the muscle you	Muscular Strength and Endurance Circuit	Fitness Circuits
	worked with each exercise you completed.	Partner Muscular Strength and Endurance	Fitness Challenges
		Resistance Band Workout	Group Fitness
Assessment and program planning	Personal Best Day: My Personal Best Progress	Personal Best Day	Personal Best Day
program paramig	and Goals Card	Pedometer Activity	Map Challenges
Nutrition	Sample debrief question: Name some foods in	Body Composition Circuit	Fitness Circuits
	each of the food groups.	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 ph behavior that respect	ysically literate individu s self and others.	al exhibits responsible	personal and social
Rules & etiquette	Cooperatives Perfor- mance Rubric	Orientation to SPARK PE	The First 3 Lessons
	manos rabile	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
uotivity		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	Virginia Reel	Dance
	when playing with	Hot Time	Dance
	others?	Parachute Play (Small Group)	Cooperatives
Personal responsibility	Specific Unit Performance Rubric	Medicine Ball Madness	Group Fitness
	renormance Kubric	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	Body Composition Circuit	Fitness Circuits			
	physically active lead to a healthy body?	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	Group Juggling	Cooperatives			
	activities provide opportunities to interact	Stepping Stones	Cooperatives			
	with others?	Parachute Play (Small Group)	Cooperatives			
Challenge	Sample debrief question: How can you handle	Look, Learn, and Leave	Stunts and Tumbling			
	challenges in a positive way?	Partner Switcheroo Stunt Hunt	Stunts and Tumbling			
Pathways, shapes, levels	Sample debrief question: How can mastering a	Those Tricky Transitions	Stunts and Tumbling			
	physical skill make you happy?	Stunt Stories and Tumbling Tales	Stunts and Tumbling			
		Create a Routine	Stunts and Tumbling			
Self-expression & enjoyment	Sample debrief question: How can you use	Create a Dance	Dance			
onjoyo	creativity in a physical activity to express	Create a Routine	Group Fitness			
yourself?	_	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			
	<b>STANDARD 1:</b> The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.					
Dance & rhythms	Dance Unit: • Peer Coaching	Create an Aerobic Capacity Routine	Fitness			
	Self-Check     Skill Rubric	Durango Boot	Flying Disc			
		Create a 4-Wall Line Dance	Dance			
		The Korobushka Jigsaw	Dance			
		Merengue Mixer	Dance			
Manipulative	Specific Unit: • Peer Coaching	Throw for Accuracy and Distance	Flying Disc			
	Self-Check     Skill Rubric	Fly Out, Throw Out	Softball			
		Partner Passing	Basketball			
Physical activity knowledge	Specific Unit: • Peer Coaching	Partner Passing	Basketball			
Miowicage	Self-Check     Skill Rubric	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: • Skill Rubric	Keep Away (2-on-1)	Basketball			
	Oniii Nasiio	Defense	Football			
		Modified Team Handball	World Games			
Games & sports: Invasion & field games	Specific Unit: • Peer Coaching	Receiver Patterns	Football			
invasion a neia games	Self-Check	Ultimate Flying Disc	Flying Disc			
	Skill Rubric	2-Minute Drill	Football			



STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
• • •	Specific Unit: • Peer Coaching	Ready Positionand the Pivot	Basketball
	<ul><li>Self-Check</li><li>Skill Rubric</li></ul>	Moving to Open Space	Basketball
		Corner to Corner Pass and Go	Flying Disc
Speed, direction, force	Specific Unit: • Peer Coaching	Give and Go	Basketball
	Self-Check     Skill Rubric	Give and Go	Flying Disc
	OKIII Kubile	Ready Position and the Pivot	Basketball
Speed, direction, force	Basketball: • Peer Coaching	Final Four Dribble Drill	Basketball
	Self-Check     Skill Rubric	Dribbling to Open Space	Basketball
	- Okiii Kubiic	Ready Position and the Pivot	Basketball
Speed, direction, force	Hockey, Soccer: • Peer Coaching	Dribbling Drills	Hockey
	Self-Check     Skill Rubric	First to 4	Hockey
		Dribbling Drills	Soccer
		Collect 'Em All	Soccer
Speed, direction, force	Hockey, Soccer: • Peer Coaching	Shooting Drills	Hockey
	Self-Check     Skill Rubric	Shooting and Goaltending	Soccer
Strategies and tactics	Specific Unit: • Peer Coaching	Defensive Challenge	Basketball
	Self-Check     Skill Rubric	Zone and Player-to-Player Defenses	Basketball
	Skill Rublic	Keep Away (2 on 1)	Basketball
Games & sports: Net/ wall games	Specific Unit: • Peer Coach	Underhand Serve	Volleyball
3400	Self-Check	Serving Challenges	Volleyball
	Teacher Rubric	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		Overhead Pass (Set)	Volleyball
	Self-Check     Skill Rubric	Introduction to the Overhand Stroke	Handball
		Introduction to the Lob	Racquets and Paddles
Games & sports: Net/ wall games	Racquets and Paddles: • Peer Coaching	Introduction to the Forehand Stroke	Racquets and Paddles
	Self-Check     Skill Rubric	Introduction to the Backhand Stroke	Racquets and Paddles
		Extreme Rally	Racquets and Paddles
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching	Serve, Return, Catch	Racquets and Paddles
	Self-Check     Skill Rubric	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	KinBall 4-Square	World Games
Train games	Self-Check     Skill Rubric	Volleyball Skills Circuit	Volleyball
	- Okiii Kubiic	Volley Tennis	Volleyball
		Moon Ball	Cooperatives
Games & sports: Target games	Bowling, Bocce, Horse	shoes not addressed in Mi	ddle School curriculum
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching	Batting Practice	Softball
	Self-Check	Tee, Jump, Field (Cricket)	World Games
	Skill Rubric	Modified Cricket	World Games



STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching	Partner Passing	Basketball
· · · · · · · · · · · · · · · · · · ·	Self-Check     Skill Rubric	Backhand Throw and Clap Catch	Flying Disc
		Forehand Throw and 2-Handed C Catch	Flying Disc
		Passing and Receiving	Football
		Pitching Football	Football
		Fly Out, Throw Out	Softball
Outdoor pursuits	Specific Unit: • Peer Coaching	Putting to Targets	Golf
	Self-Check     Skill Rubric	Introduction to Chipping	Golf
	OKIII RUDITO	Introduction to Pitching	Golf
Individual-performance activities	Specific Unit: • Peer Coaching	Shot Put	Track and Field
	Self-Check     Skill Rubric	Self-Guided Tour	Stunts and Tumbling
	- Oniii Nubiic	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  • 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	tegies and tactics Specific Unit: • Peer Coaching	Moving to Open Space	Basketball
Self-Check     Skill Rubric	Ultimate Flying Disc	Flying Disc	
	Omi rabilo	Zone and Player-to-Player Defenses	Soccer



STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Strategies and tactics	Specific Unit:  • Peer Coaching  • Self-Check  • Skill Rubric	Zone Defense	Hockey
		Defensive Challenge	Basketball
	Cilli Nabile	Defense	Football
Strategies and tactics	Specific Unit: • Peer Coaching	Zone and Player-to-Player Defenses	Basketball
	Self-Check     Skill Rubric	Under Pressure	Football
		Keep Away (3-on-1)	Flying Disc
Manipulative	Specific Unit: • Peer Coaching	3-on-3 Basketball	Basketball
	Self-Check     Skill Rubric	Mini-Soccer	Soccer
		Mini-Hockey	Hockey
Games & sports: Net/ wall games	Racquets and Paddles: • Peer Coaching	One Wall Paddleball	Racquets and Paddles
·	Self-Check     Skill Rubric	Team Paddleball	Racquets and Paddles
Games & sports: Invasion games	Specific Unit: • Peer Coaching	3-on-3 Basketball	Basketball
<b>3</b>	Self-Check     Skill Rubric	Modified Team Handball	World Games
		Zone and Player-to-Player Defenses	Basketball
Games & sports: Target games	Golf: • Peer Coaching	A Round of Golf	Golf
	Self-Check     Skill Rubric	Chip and Putt Course	Golf
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching	Mini-Volleyball	Volleyball
. ioiding/outlining games	Self-Check     Skill Rubric	T-Ball Derby	Softball
• Skill	- Skill Rublic	2-Pitch Stickball	Softball
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching	7V7 Modified Softball	Softball
g ga	Self-Check     Skill Rubric	Modified Cricket	World Games
	Citili Habito	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
uonvines		Creating Combinations	Stunts and Tumbling
		Stunts and Tumbling Buffet Stunts and Tumbling	Stunts and Tumbling
Safety	Safety Specific Unit: • Peer Coaching	Partner Stunts Circuit	Stunts and Tumbling
	Self-Check     Skill Rubric	Under Pressure Football	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.

acineve and maintain	<u> </u>		
Health	Sample debrief question: How can being	Aerobic Capacity Circuit	Fitness
	physically active lead to a healthy body?	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	Gotta Have Heart	Fitness
<b>,</b>	Capacity Routine	Aerobic Capacity Circuit	Fitness
		Heart Rate Highway	Fitness
Locomotor	Dance Dance Revolu	tion®,Wii Fit® not included	in SPARK curriculum





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Individual-performance activities, dance &	Pedometer Log     Create a Hip Hop	Introduction to Pilates	Fitness
rhythms	Routine	Introduction to Yoga	Fitness
		Create a Hip Hop Routine	Dance
Engages in physical activity	Heart Rate Monitor Log     Pedometer Log	Aerobic Capacity Circuit	Fitness
uoy	Home Integrations	Cardio Dance Day	Dance
		SPARK Event: International Jump Rope Camp	Jump Rope
Individual-performance activities	What are the components of skill-	Sprints and Jumps Circuit	Track and Field
	related fitness? Which components did you use	Shot Put	Track and Field
	in the activity today?	Flag Pulling	Football
Engages in physical activity	<ul><li> Heart Rate Monitor Log</li><li> Pedometer Log</li><li> Home Integrations</li></ul>	Create Your Own Muscular Strength and Endurance Routine	Fitness
		Aerobic Capacity Fitness Circuit	Fitness
		Heart Rate Highway	Fitness
Health	Fitness: • Peer Coaching	Aerobic Capacity Fitness Circuit	Fitness
	Self-Check     Skill Rubric	Heart Rate Highway	Fitness
		Introduction to Yoga	Fitness
Fitness knowledge	Sample debrief question: Describe the difference	Create an Aerobic Capacity Routine	Fitness
	between muscular strength and muscular endurance.	Create a Muscular Strength and Endurance Routine	Fitness





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Fitness knowledge	Describe the principles of training (F.I.T.T.) How	Aerobic Capacity Circuit	Fitness
		Stability Ball and Medicine Ball Workout	Fitness
	to improve aerobic endurance? Muscular	Range of Motion Circuit	Fitness
	strength? Muscular endurance? Flexibility?	Balancing Strength and Flexibility Circuit	Fitness
	Body composition?	Body Composition Circuit	Fitness
Fitness knowledge	Sample debrief question: What is the reason	Range of Motion	Fitness
	for doing a warm-up before participating in a	Individual Warm-Up Routines	Jump Rope
	physical activity?	Partner Warm-Up Routines	Jump Rope
Fitness knowledge	Sample debrief question: What are some ways you	Gotta Have Heart	Fitness
	can monitor your heart rate?	Aerobic Capacity Circuit	Fitness
		Heart Rate Highway	Fitness
Fitness knowledge	Sample debrief question: Name the muscle you	Resistance Band Workout	Fitness
	worked with each exercise you completed.	Strength Ball Workout	Fitness
	•	Create a Muscular Strength and Endurance Routine	Fitness
Assessment and program planning	Create Your Own Muscular Strength and	Create an Aerobic Capacity Routine	Fitness
r - <del>O</del>	Endurance Routine	Create a Muscular Strength and Endurance Routine	Fitness
Assessment and program planning	<ul><li>Heart Rate Monitor Log</li><li>Pedometer Log</li><li>MVPA Wellness Journal</li></ul>	SPARKfit Fitness Lab Assessments	SPARKfamily.org





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Nutrition	Sample debrief question: Name some foods in	Body Composition Circuit	Fitness
	each of the food groups.	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	Advanced Progressions	Stunts and Tumbling	
	Skill Rubric	Partner Stunts	Stunts and Tumbling	
		Merengue Etiquette and Basics	Dance	
		Swing Etiquette and Basics	Dance	
Health	Fitness Unit: • Coulda, Woulda,	Aerobic Capacity Circuit	Fitness	
	Shoulda	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,	Acceptance and Super Grouping	First 5 Lessons
	Shoulda	Problem-SolverAdventure Race	Cooperatives
		Corridor Challenges	Cooperatives
Challenge	Skill Rubric, Self Check (Cooperatives) Coulda,	Problem-SolverAdventure Race	Cooperatives
	Woulda, Shoulda (Various Units)	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	Personal responsibility Specific Unit: Self-Check Skill Rubric	Strength Ball Workout	Fitness
		Shot Put	Track and Field
		Introduction to Stick- Handling	Hockey

for health, enjoyment, challenge, self-expression and/or social interaction.				
Fitness knowledge	Sample debrief question: How can being	Fun and Fitness Circuit	ASAP	
	physically active lead to a healthy body?	Combined Circuit (Aerobic Capacity and Flexibility)	Fitness	
		Fitness in the Middle	Fitness	
Social interaction	Sample debrief question: How can physical	Introduction to Yoga	Fitness	

Cross the Pond

A Round of Golf

STANDARD 5: The physically literate individual recognizes the value of physical activity



Cooperatives

Golf

activities provide

with others?

opportunities to interact



STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Challenge	Sample debrief question: How can you handle	Shooting Drills	Basketball
	challenges in a positive way?	Shot Put	Track
	way:	Distance and Accuracy	Flying Disc
		Individual Juggling	World Games
		Putting to Targets	Golf
Pathways, shapes, levels	Sample debrief question: How can mastering a	Disc Throwing Stations	Flying Disc
	physical skill make you	Stunts and Tumbling Buffet	Stunts and Tumbling
	happy?	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	Create a Routine (Aerobic Capacity)	Fitness
• •	creativity in a physical activity to express	Create Your Own Swing Moves	Dance
	yourself?	Create a Hip Hop Routine	Dance
Rules & etiquette	Cooperatives: • Self-Check	Flag Grab	Cooperatives
	Skill Rubric	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: • Peer Coaching	Create an Aerobic Capacity Routine	Fitness		
	Self-Check     Skill Rubric	Durango Boot	Flying Disc		
		Create a 4-Wall Line Dance	Dance		
		The Korobushka Jigsaw	Dance		
		Merengue Mixer	Dance		
Manipulative	Specific Unit: • Peer Coaching	Throw for Accuracy and Distance	Flying Disc		
	Self-Check     Skill Rubric	Fly Out, Throw Out	Softball		
		Partner Passing	Basketball		
Physical activity knowledge	Specific Unit: • Peer Coaching	Partner Passing	Basketball		
- Initiality	Self-Check     Skill Rubric	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: • Self-Check	Corner to Corner Pass and Go	Soccer		
Skill Rubric	Skill Rubric	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	Pitching	Football
invacion games	Skill Rubric	Up the Valley	Softball
		Modified Team Handball	World Games
Speed, direction, force	Specific Unit: • Self-Check	3-on-3 Basketball	Basketball
	• Skill Rubric	Mini-Hockey	Hockey
		Mini-Soccer	Soccer
Speed, direction, force	Specific Unit: • Self-Check	Give and Go	Basketball
	Skill Rubric	Give and Go	Flying Disc
		3-on-3 Basketball	Basketball
Speed, direction, force	Basketball: • Self-Check	Final Four Dribble Drill	Basketball
	Skill Rubric	Dribbling to Open Space	Basketball
		Ready Position and the Pivot	Basketball
Manipulative	Hockey, Soccer: • Peer Coaching	Dribbling Drills	Hockey
	Self-Check     Skill Rubric	First to 4	Hockey
	Okin Kubilo	Dribbling Drills	Soccer
		Collect 'Em All	Soccer
Speed, direction, force	Hockey, Soccer: • Peer Coaching	Shooting Drills	Hockey
	<ul><li>Self-Check</li><li>Skill Rubric</li></ul>	Shooting and Goaltending	Soccer
Strategies and tactics	Specific Unit: • Self-Check	Defensive Challenge	Basketball
	Skill Rubric	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: Peer Coaching	Underhand Serve	Volleyball
<b>3</b>	Self-Check     Skill Rubric	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: • Peer Coaching	Overhead Pass (Set)	Volleyball
wan games	Self-Check     Skill Rubric	Introduction to the Overhand Stroke	Handball
		Introduction to the Lob	Racquets and Paddles
Games & sports: Net/ wall games	Racquets and Paddles: • Peer Coaching	Introduction to the Forehand Stroke	Racquets and Paddles
	Self-Check     Skill Rubric	Introduction to the Backhand Stroke	Racquets and Paddles
		Extreme Rally	Racquets and Paddles
Games & sports: Net/ wall games	Racquets and Paddles: • Peer Coaching	Introduction to the Forehand Stroke	Racquets and Paddles
	Self-Check     Skill Rubric	Extreme Rally	Racquets and Paddles
		One Wall Paddleball	Racquets and Paddles
Games & sports: Net/ wall games	Specific Unit: • Peer Coaching	KinBall 4-Square	World Games
9	Self-Check     Skill Rubric	Volleyball Skills Circuit	Volleyball
	OKIII RUDIIC	Volley Tennis	Volleyball
		Moon Ball	Cooperatives
Games & sports: Target games	Bowling, Bocce, Horse	eshoes not addressed in Mi	ddle School curriculum
Games & sports: Fielding/striking games	Golf: • Peer Coaching	Bocce Golf	Golf
	Self-Check     Skill Rubric	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	Batting Practice	Softball
The state of the s	Self-Check     Skill Rubric	Tee, Jump, Field (Cricket)	World Games
	OKIII NUDITO	Modified Cricket	World Games
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching	Partner Passing	Basketball
i i i i i i i i i i i i i i i i i i i	Self-Check     Skill Rubric	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	Putting to Targets	Golf
	Skill Rubric	Introduction to Chipping	Golf
		Introduction to Pitching	Golf
Individual-performance activities	Specific Unit: • Self-Check	Shot Put	Track and Field
donvines	Skill Rubric	Self-Guided Tour	Stunts and Tumbling
		Hurdles	Track and Field

<b>STANDARD 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.				
Speed, direction, force	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	Moving to Open Space	Basketball	
	Skill Rubric	Ultimate Flying Disc	Flying Disc	
		Corner to Corner Pass and Go	Soccer	







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





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Strategies and tactics	Specific Unit: • Self-Check	7V7 Modified Softball	Softball
	Skill Rubric	Modified Cricket	World Games
		Quick-Play Mini-Football	Football
Individual-performance activities, dance &	Sample debrief question: Name some principles	Create a Hip Hop Routine	Dance
rhythms	used in sports that relate to Newton's Laws	Receiver Patterns	Football
	of Motion (mechanics. Force, projectiles,	Shot Put	Track and Field
	stability.)		
Safety	Specific Unit:  • Self-Check	Partner Stunts Circuit	Stunts and Tumbling
	Skill Rubric	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><li> Pedometer Log</li><li> MVPA Journal Pages</li></ul>	SPARKfit: Fitness Lab	SPARKfamily.org
Alignment and muscular tension	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	Create a Muscular Strength and	Introduction to Pilates	Fitness
	Endurance Routine	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	Aerobic Capacity Circuit	Fitness
	components of health- related fitness? Skill-	Stability Ball and Medicine Ball Workout	Fitness
	related 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	Flexibility Circuit	Fitness
	between a static and a dynamic stretch?	Finding Balance Circuit	Fitness
	dynamic sucton:	Introduction to Yoga	Fitness





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





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Engages in physical activity	<ul><li> Heart Rate Monitor Log</li><li> Pedometer Log</li><li> MVPA Wellness Journal</li></ul>	SPARKfit: Fitness Lab	SPARKfamily.org
Nutrition	SPARKfit MVPA Wellness Journal(sparkfamily.org)	Body Composition Circuit	Fitness
	Joanna (opania maning) or 97	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

<b>STANDARD 4:</b> The physically literate individual exhibits responsible personal and social behavior the respects self and others.			
Working with others Cooperatives Unit: • Skill Rubric	Acceptance and Super Grouping	The First 5 Lessons	
	Self Check     Various Units:	Problem-Solver Adventure Race	Cooperatives
	Coulda, Woulda,     Shoulda	Adventure Racing 101	Cooperatives
		Hoopla Adventure Race	Cooperatives
Working with others	Specific Unit: • Peer Coaching	Partner Stunts	Stunts and Tumbling
	1 der Oddennig	Partner Trick Circuit	Jump Rope
		Target Ball	Handball
Rules & etiquette	Cooperatives Unit:  Skill Rubric	Royal Court Tournament	Handball
	Self Check     Various Units:	Volleyball Xtreme (Create a Game)	Volleyball
	Coulda, Woulda,     Shoulda	Team Paddleball	Racquets and Paddles





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

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

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





# ALIGNMENT WITH NATIONAL PHYSICAL EDUCATION STANDARDS 7TH GRADE (SPARK MIDDLE SCHOOL PE)

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





## 8TH GRADE (SPARK MIDDLE SCHOOL PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
STANDARD 1: The phy motor skills and move		al demonstrates compo	etency in a variety of
Dance & rhythms	Dance: • Self-Check	Create a 4-Wall Line Dance	Dance
	Skill Rubric	Create a Hip Hop Routine	Dance
		Create Your Own Swing Moves	Dance
Speed, direction, force	Specific Unit: • Peer Coaching	Quick-Play Mini-Football	Football
	Self-Check     Skill Rubric	3-Catch Disc	Flying Disc
	S OKIII NUDITE	2-Pitch Stickball	Softball
Games & sports: Fielding/striking games	Hockey:	Mini-Hockey	Hockey
Tricking/striking games	Peer Coaching     Self-Check     Skill Rubric	3-Trap Hockey	Hockey
	Cian Rusiic	National Hockey League All-Star Dream Event	Hockey
Speed, direction, force	Basketball: • Peer Coaching	Give and Go	Basketball
	Self-Check     Skill Rubric	Corner to Corner Pass and Go	Basketball
		Mini-Basketball	Basketball
Speed, direction, force	peed, direction, force  • 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: • Peer Coaching	Give and Go	Basketball
	Self-Check     Skill Rubric	Give and Go	Flying Disc
	- Okili Kubile	3-Catch with a Post Player	Basketball
Manipulative	Basketball: • Peer Coaching	Final Four Dribble Drill	Basketball
	Self-Check     Skill Rubric	Dribbling to Open Space	Basketball
	Skill Rublic	Mini-Basketball	Basketball
Manipulative	Hockey, Soccer: • Peer Coaching	Mini-Hockey	Hockey
	Self-Check     Skill Rubric	First to 4	Hockey
	• Skill Rubric	Mini-Soccer	Soccer
		Collect 'Em All	Soccer
Games & sports: Invasion & field games	Hockey: • Peer Coaching	Mini-Hockey	Hockey
invasion a nela games	Self-Check     Skill Rubric	3-Trap Hockey	Hockey
	Skill Rublic	National Hockey League All-Star Dream Event	Hockey
Movement concepts, principles & knowledge	Specific Unit: • Peer Coaching	Zone and Player-to-Player Defenses	Basketball
	Self-Check     Skill Rubric	Zone and Player-to-Player Defenses	Soccer
		Zone and Player-to-Player Defenses	Flying Disc
Games & sports: Net/ wall games	Specific Unit: • Peer Coaching • Self-Check	Volley Tennis	Volleyball
wan games		Mini-Volleyball	Volleyball
	Skill Rubric	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	Royal Court	Volleyball
	Self-Check     Skill Rubric	Extreme Rally	Handball
		Paddle Power Rally	Racquets and Paddles
Games & sports: Net/ wall games	Racquets and Paddles: • Peer Coaching	Team Paddleball	Racquets and Paddles
	Self-Check     Skill Rubric	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	Volley Tennis	Volleyball
, wan games	Self-Check     Skill Rubric	Mini-Volleyball	Volleyball
	OKIII NUDITO	Royal Court	Volleyball
Games & sports: Target games	Bowling, Bocce,	not addressed in Middle S	chool curriculum
Games & sports: Target games	Golf: • Peer Coaching	Bocce Golf	Golf
	Self-Check     Skill Rubric	Target Golf	Golf
		A Round of Golf	Golf
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching	2-Pitch Stickball	Softball
	Self-Check     Skill Rubric	7V7 Modified Softball	Softball
		Tee, Jump, Field (Cricket)	World Games
		Modified Cricket	World Games
Games & sports: Fielding/striking games	Specific Unit: • Peer Coaching	2-Pitch Stickball	Softball
	Self-Check     Skill Rubric	7V7 Modified Softball	Softball



STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Outdoor pursuits	Specific Unit: • Peer Coaching	Putting to Targets	Golf
	Self-Check     Skill Rubric	Introduction to Chipping	Golf
		Introduction to Pitching	Golf
Individual-performance activities	Specific Unit: • Peer Coaching	Shot Put	Track and Field
	Self-Check     Skill Rubric	Self-Guided Tour	Stunts and Tumbling
	J 143.16	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: • Peer Coaching	Give and Go with Post Player	Basketball
	<ul><li>Self-Check</li><li>Skill Rubric</li></ul>	Moving to Open Space	Basketball
		Corner to Corner Pass and Go	Flying Disc
Speed, direction, force	Specific Unit: • Peer Coaching	Give and Go	Basketball
	Self-Check     Skill Rubric	Corner to Corner Pass and Go	Soccer
		Mini-Basketball	Basketball
Strategies and tactics	Specific Unit: • Peer Coaching	Zone Defense	Hockey
	Self-Check     Skill Rubric	Defensive Challenge	Basketball
		Defense	Football
Strategies and tactics	Specific Unit: • Self-Check	Zone and Player-to-Player Defenses	Basketball
	Skill Rubric	Under Pressure	Football
		Keep Away (3-on-1)	Flying Disc





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





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
activities	Specific Unit: 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:	A Round of Golf	Golf
	<ul><li>Self-Check</li><li>Skill Rubric</li></ul>		

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

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Health	Fitness:	Aerobic Capacity Circuit	Fitness
	<ul> <li>Peer Coaching</li> </ul>		
	Self Check	Stability Ball and Medicine	Fitness
	<ul> <li>Skill Rubrics Sample</li> </ul>	Ball Workout	
	debrief question:	Range of Motion Circuit	Fitness
	Name the 5 components		
	of health- related fitness.	Balancing Strength and	Fitness
	What are some activities	Flexibility Circuit	
	that are effective in	Body Composition Circuit	Fitness
	improving each of the		
	health-related physical		
	fitness components?		
Assessment and	SPARKfit SPARKfamily.	Create an Aerobic	Fitness
program planning	org	Capacity Routine	
		Create a Muscular	Fitness
		Strength and Endurance	
		Routine	
Engages in physical	Pedometer Log	SPARKfit	SPARKfamily.org
activity	SPARKfit: MVPA		
	Wellness Journal		
Health	Heart Rate Monitor Log	Aerobic Capacity Circuit	Fitness
	Pedometer Log		
	SPARKfit: MVPA	Cardio Dance Day	Dance
	Wellness Journal		
		SPARK Event:	Jump Rope
		International Jump Rope	
		Camp	





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





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

<b>STANDARD 4:</b> 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	<ul><li>Heart Rate Monitor Log</li><li>Pedometer Log</li><li>MVPA Wellness Journal</li></ul>	SPARKfit Fitness Lab (sparkfamily.org)			
Working with others	Specific Unit Peer Coaching	Partner Stunts  Partner Trick Circuit  Target Ball	Stunts and Tumbling  Jump Rope  Handball		
Rules & etiquette	Cooperatives Unit:  Skill Rubric  Self Check Various Units:	Royal Court Tournament  Volleyball Xtreme (Create a Game)	Handball Volleyball		
	Coulda, Woulda,     Shoulda	Team Paddleball	Racquets and Paddles		





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Social interaction	Cooperatives Unit: • Skill Rubric	Problem-Solver Adventure Race	Cooperatives
	Self Check     Various Units:	Adventure Racing 101	Cooperatives
	Coulda, Woulda,     Shoulda	Hoopla Adventure Race	Cooperatives
· · · · · · · · · · · · · · · · · · ·	Cooperatives Unit:  Skill Rubric	Royal Court Tournament	Handball
	Self Check Various Units:	Volleyball Xtreme (Create a Game)	Volleyball
	Coulda, Woulda,     Shoulda	Team Paddleball	Racquets and Paddles
		Merengue Etiquette and Basics	Dance
		Swing Etiquette and Basics	Dance
Individual-performance activities	Specific Unit: • Self Check	Strength Ball Workout	Fitness
	Skill Rubric	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:	Aerobic Capacity Circuit	Fitness	
	<ul> <li>Peer Coaching</li> </ul>			
	Self Check	Stability Ball and Medicine	Fitness	
	Skill Rubrics	Ball Workout		
	Sample debrief question:	Range of Motion Circuit	Fitness	
	Name the 5 components			
	of health-related fitness.	Balancing Strength and	Fitness	
	What are some activities	Flexibility Circuit		
	that are effective in	Body Composition Circuit	Fitness	
	improving each of the			
	health-related physical			
	fitness components?			
Health	Sample debrief question:	Introduction to Pilates	Fitness	
	How does participation			
	in physical activities	Introduction to Yoga	Fitness	
	inspire you and give you			
	courage?	Stability Ball and Medicine Ball Workout	Fitness	







# ALIGNMENT WITH NATIONAL PHYSICAL EDUCATION STANDARDS 8TH GRADE (SPARK MIDDLE SCHOOL PE)

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	Individual Juggling Putting to Targets	World Games Golf
	physical activity?	Introduction to Yoga	Fitness
Self-expression & enjoyment	Sample debrief question: How can you use	Create a Routine (Aerobic Capacity)	Fitness
	creativity in a physical activity to express	Create Your Own Swing Moves	Dance
	yourself?	Create a Hip Hop Routine	Dance
Social interaction	ocial interaction  Cooperatives Unit:  Skill Rubric  Self Check Various Units:	Acceptance and Super Grouping	The First 5 Lessons
		Problem-Solver Adventure Race	Cooperatives
	Coulda, Woulda,     Shoulda	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 competencyin a variety of motor skills and movement patterns.					
Movement concepts, principles & knowledge	Specific Unit: Personal Best	Badminton Personal Best	Badminton		
principles a lineariouge	Assessment	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	Waltzing Royalty Mixer	Dance		
	Assessment	Cotton Eyed Joe Jigsaw	Dance		
		Cha-Cha Challenge	Dance		
Health	Specific Unit:  • Personal Best	Walk-Jog-Run	Wellness Walking		
	Assessment	Cardio Kickboxing	Group Fitness		
		iFreestyle Aerobics	Group Fitness		
		HIIT Basic Training	Group Fitness		
		iYoga	Group Fitness		
	<b>STANDARD 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.				
Physical activity knowledge	Specific Unit: • Fun-day- mentals	Fun-day-mentals Jigsaw	Flying Disc: Ultimate		
Ritowiedge	Jigsaw Notes	Fun-day-mentals Jigsaw	Hockey		
	<ul><li>Personal Best Assessment</li><li>Unit Tests</li></ul>	Fun-day-mentals Jigsaw	Softball		





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Movement concepts, principles & knowledge	Specific Unit: • Fun-day- mentals	Badminton Personal Best	Badminton
pe.p.ce ae.ge	Jigsaw Notes  • Personal Best	Dive In: Front Crawl	Aquatics (online unit)
	Assessment Sample debrief question:	Dive In: Breaststroke	Aquatics (online unit)
	Explain the use of the principles of biome-	Event: Dance Olympics	Dance
	chanics (leverage, force, inertia, rotary motion, opposition, and buoyancy) in a selected skill.	Create Your Own ST Program	Strength Training
Movement concepts, principles & knowledge	Personal Fitness Program Development Specific Unit: • Fun-day- mentals Jigsaw Notes • Personal Best Assessment	Fun-day-mentals Jigsaw	Flying Disc: Ultimate
p.morpios a imemoage		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
enjoyment	Assessificit	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)	
• Heart Rate Monitor Logs • Pedometer Logs • MVPA Wellness Journal	Walk-Jog-Run	Wellness Walking	
	iFreestyle Aerobics	Group Fitness Group Fitness	
	Journal		





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

<b>STANDARD 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.				
Assessment and program planning Fitness Personal Assessment	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
	Assessments	Cricket Adventure Race	World Games: Cricket
		Fun-day-mentals Jigsaw	Flying Disc: Ultimate
Lifetime activities	Cooperatives: Orienteering Fun-day-	Score More!	Cooperatives: Orienteering
	mentals Jigsaw Notes	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

<b>STANDARD 5:</b> 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	Event: Dance Olympics Dance	Dance
	Assessment	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 phymotor skills and move		ial demonstrates comp	etency in a variety of
Movement concepts, principles & knowledge	Specific Unit: Personal Best	Badminton Personal Best	Badminton
	Assessment	Cooperatives: Orienteering Coop 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:	Walk-Jog-Run	Wellness Walking
	Personal Best     Assessment	Cardio Kickboxing	Group Fitness
		iFreestyle Aerobics	Group Fitness
		HIIT Basic Training	Group Fitness
		iYoga	Group Fitness
	ysically literate individu related to movement p	ual applies knowledge coatterns.	of concepts, principles,
Physical activity	World Games: • Character Matters	The Cricket World Cup	World Games
knowledge	Assessments	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	Heart Rate Monitor     Logs	Walk-Jog-Run	Wellness Walking
	Pedometer Logs	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:	Race Walking	Wellness Walking
	<ul> <li>Self-Check</li> <li>Fun-day-mentals</li> <li>Jigsaw Notes</li> <li>Performance Rubric</li> </ul>	iFreestyle Aerobics	Group Fitness
		iCardio Kickboxing	Group Fitness





STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
Physical activity knowledge	Group Fitness, Wellness Walking: • 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	Heart Rate Monitor Logs	Walk-Jog-Run	Wellness Walking
	Pedometer Logs	Cardio Kickboxing	Group Fitness
		iFreestyle Aerobics	Group Fitness
	Walk and Talk (Wellness Walking)	Yoga Basic Training	Group Fitness
	3,	Walk and Talk Fun-day- mentals Jigsaw	Wellness
		iCardio Kickboxing	Group Fitness

<b>STANDARD 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.			
•	Specific Unit:  • Character Matters	Big D (4-on-4)	Basketball
	Assessments	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	Dance
Working with others	Specific Unit:  • Character Matters	Fun-day-mentals Jigsaw	World Games: Cricket
	Assessments	Cricket Adventure Race	World Games: Cricket
		Fun-day-mentals Jigsaw	Flying Disc: Ultimate



## ALIGNMENT WITH NATIONAL PHYSICAL EDUCATION STANDARDS HIGH SCHOOL LEVEL 2 (SPARK HIGH SCHOOL PE)

STANDARD	SUGGESTED ASSESSMENTS	SAMPLE SPARK ACTIVITIES	CORRESPONDING SPARK UNIT
<b>STANDARD 5:</b> 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/.

