

SPARK Alignment with Quebec Physical Education Standards

| Standard | Suggested Assessments | Sample SPARK Activities | Corresponding SPARK Unit |
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| K-2 (Version 2008) | | | |
| <p>STANDARD 1: MOVEMENT COMPETENCY AND PROFICIENCY Demonstrate competency in many movement forms and proficiency in a few forms.</p> | <p>Building a Foundation Rubric</p> | <ul style="list-style-type: none"> • Locomotor Skills, Levels, Directions • Body Management and Balance • Animal Balancing Act | <ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling |
| <p>STANDARD 2: KNOWLEDGE AND APPLICATION OF MOVEMENT CONCEPTS Apply movement concepts and principles to the learning and development of motor skills.</p> | <p>Building a Foundation Rubric</p> | <ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Scarf Exploration | <ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives |
| <p>STANDARD 3: HEALTH-ENHANCING FITNESS Achieve and maintain a health-enhancing level of fitness.</p> | <p>Building a Foundation Rubric</p> | <ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness • Individual Rope Jumping I and II | <ul style="list-style-type: none"> • Building a Foundation • Parachute • Jumping |

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| STANDARD 4: PHYSICALLY ACTIVE LIFESTYLE Exhibit a physically active lifestyle. | Games Rubric | <ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! | <ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities |
| STANDARD 5: PERSONAL AND SOCIAL BEHAVIOR Demonstrate responsible and social behavior in physical activity settings. | Parachute Rubric | <ul style="list-style-type: none"> • Capture the Orb • Long Rope Jumping I and II • Frog Crossing | <ul style="list-style-type: none"> • Parachute • Jumping • Games |
| STANDARD 6: UNDERSTANDING AND RESPECT FOR INDIVIDUAL DIFFERENCES Demonstrate understanding and respect for differences among people in physical activity settings. | Jumping Rubric | <ul style="list-style-type: none"> • Rope Turning in Pairs • Houdini Hoops • The Mexican Hat Dance | <ul style="list-style-type: none"> • Jumping • Games • Dance |
| STANDARD 7: PERSONAL MEANING DERIVED FROM PHYSICAL ACTIVITY Understand that physical activities provide opportunities for enjoyment, challenge, self-expression, and social interaction. | Dance Rubric | <ul style="list-style-type: none"> • Create a Dance • Create a Routine • Showtime | <ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Manipulatives |

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| 3-6 (Version 2008) | | | |
| STANDARD 1: MOVEMENT COMPETENCY AND PROFICIENCY Demonstrate competency in many movement forms and proficiency in a few forms. | Hockey Self-Check | <ul style="list-style-type: none"> • Batting Practice • Ball-Control Drills • Dribbling Drills | <ul style="list-style-type: none"> • Softball • Soccer • Hockey |
| STANDARD 2: KNOWLEDGE AND APPLICATION OF MOVEMENT CONCEPTS Apply movement concepts and principles to the learning and development of motor skills. | Create a Game Performance Rubric (Aerobic Games) | <ul style="list-style-type: none"> • Survivor Challenge • Cooperative Countdown • Aerobic Bowling | <ul style="list-style-type: none"> • Fitness Challenges • Volleyball • Aerobic Games |
| STANDARD 3: HEALTH-ENHANCING FITNESS Achieve and maintain a health-enhancing level of fitness. | Fitness Circuits Performance Rubric | <ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility | <ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits |

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| | | with a Friend <ul style="list-style-type: none"> • Aerobic Capacity Circuit | |
| STANDARD 4: PHYSICALLY ACTIVE LIFESTYLE Exhibit a physically active lifestyle. | Walk/Jog/Run Think About | <ul style="list-style-type: none"> • Moving Around the Track • Inside/Outside Walk/Jog • Partner Walk/Jog and Talk | <ul style="list-style-type: none"> • Map Challenges • Walk/Jog/Run • Walk/Jog/Run |
| STANDARD 5: PERSONAL AND SOCIAL BEHAVIOR Demonstrate responsible and social behavior in physical activity settings. | Cooperative All-Star Self Check | <ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock | <ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives |
| STANDARD 6: UNDERSTANDING AND RESPECT FOR INDIVIDUAL DIFFERENCES Demonstrate understanding and respect for differences among people in physical activity settings. | Are You Part of the Cast? Cooperative All-Star Teammate Self Check | <ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me! | <ul style="list-style-type: none"> • Hockey • Fitness Challenges • Cooperatives and Initiatives |
| STANDARD 7: PERSONAL MEANING DERIVED FROM PHYSICAL ACTIVITY Understand that physical activities | Fitness Challenges Performance Rubric | <ul style="list-style-type: none"> • Solo Aerobic Fitness • Jump the Circuit (Individual Tricks) | <ul style="list-style-type: none"> • Fitness Challenges • Jump Rope • Map Challenges |

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| provide opportunities for enjoyment, challenge, self-expression, and social interaction. | | <ul style="list-style-type: none"> <li data-bbox="1108 407 1381 475">• Moving Around the Track | |