# SPARK Alignment with Michigan Physical Education Standards


<table>
<thead>
<tr>
<th>Standard</th>
<th>Suggested Assessments</th>
<th>Sample SPARK Activities</th>
<th>Corresponding SPARK Unit</th>
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</table>
| **Content Standard 1:** A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | Building a Foundation Rubric | • Locomotor Skills, Levels, Directions  
• Body Management and Balance  
• Animal Balancing Act | • Building a Foundation  
• Building a Foundation  
• Balance, Stunts, and Tumbling |
| **Content Standard 2:** A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | Building a Foundation Rubric | • Movement Concepts Using Hoops  
• Pairs Combining Movement Concepts  
• Scarf Exploration | • Building a Foundation  
• Building a Foundation  
• Manipulatives |
| **Content Standard 3:** A physically educated person participates regularly in lifelong physical activity. | Games Rubric | • Catch and Chase  
• 2-Square  
• Switcheroo! | • Games  
• Recess Activities  
• Recess Activities |
| **Content Standard 4:** A physically educated person achieves and maintains a health-enhancing level of physical fitness. | Building a Foundation Rubric | • Fitness Introduction  
• Parachute Fitness  
• Individual Rope | • Building a Foundation  
• Parachute  
• Jumping |
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<tr>
<td><strong>Content Standard 5:</strong> A physically educated person exhibits</td>
<td>Parachute Rubric</td>
<td>• Capture the Orb</td>
<td>• Parachute</td>
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<tr>
<td>responsible personal and social behavior that respects self and others</td>
<td></td>
<td>• Long Rope</td>
<td>• Jumping</td>
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<td>in physical activity settings.</td>
<td></td>
<td>• Jumping I and II</td>
<td>• Games</td>
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<tr>
<td><strong>Content Standard 6:</strong> A physically educated person values physical</td>
<td>Dance Rubric</td>
<td>• Create a Dance</td>
<td>• Dance</td>
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<tr>
<td>activity for health, enjoyment, challenge, self-expression, and/or</td>
<td></td>
<td>• Create a Routine</td>
<td>• Balance, Stunts, and Tumbling</td>
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<tr>
<td>social interaction.</td>
<td></td>
<td>• Showtime</td>
<td>• Manipulatives</td>
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| **Content Standard 1**: A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | Hockey Self-Check                               | • Batting Practice  
• Ball-Control Drills  
• Dribbling Drills | • Softball  
• Soccer  
• Hockey |
| **Content Standard 2**: A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | Create a Game Performance Rubric (Aerobic Games) | • Survivor Challenge  
• Cooperative Countdown  
• Aerobic Bowling | • Fitness Challenges  
• Volleyball  
• Aerobic Games |
| **Content Standard 3**: A physically educated person participates regularly in lifelong physical activity. | Walk/Jog/Run Think About                       | • Moving Around the Track  
• Inside/Outside Walk/Jog  
• Partner Walk/Jog and Talk | • Map Challenges  
• Walk/Jog/Run  
• Walk/Jog/Run |
| **Content Standard 4**: A physically educated person achieves and maintains a health-enhancing | Fitness Circuits Performance Rubric             | • Body Composition Circuit                      | • Fitness Circuits  
• Fitness Circuits  
• Fitness Challenges |
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| Level of physical fitness. | | • Muscular Strength and Endurance Circuit  
• Fun and Flexibility with a Friend  
• Aerobic Capacity Circuit | • Fitness Circuits |

**Content Standard 5:** A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings.  
Cooperative All-Star Self Check  
Group Juggling  
Stepping Stones  
Beat the Clock  
Cooperatives  
Cooperatives  
Cooperatives

**Content Standard 6:** A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.  
Are You Part of the Cast? Cooperative All-Star Teammate Self Check  
Mini-Hockey  
Survivor Challenge  
Stick with Me  
Hockey  
Fitness Challenges  
Cooperatives
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| **Content Standard 1**: A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | Basketball Trick Skills Test (Extra Extra) | • Pass and Shoot  
• Putting to Targets  
• Target Frisbee | • Basketball  
• Golf  
• Frisbee |
| **Content Standard 2**: A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | Basketball Skills Test (Extra Extra) | • Modified Full-Court Games  
• Frisbee Speedball  
• Circle Bump and Set | • Basketball  
• Frisbee  
• Volleyball |
| **Content Standard 3**: A physically educated person participates regularly in lifelong physical activity. | Personal Best Log (Extra Extra) | • Power Walk and Jog  
• Run USA  
• Run California | • Power Walk and Jog  
• Run USA  
• Run California |
| **Content Standard 4**: A physically educated person achieves and maintains a health-enhancing level of physical fitness. | Personal Best Log (Extra Extra) | • Fun and Fitness Circuit  
• Obstacle Courses  
• Power Walk and Jog | • Fun and Fitness Circuit  
• Obstacle Courses  
• Power Walk and Jog |
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| **Content Standard 5:** A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings. | Dance Assessment (Extra Extra) | • Straddleball  
• Red River Valley  
• Ultimate Frisbee | • Cooperative Games  
• Dance  
• Frisbee |
| **Content Standard 6:** A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. | Pair Share (Lesson Closure, Extra Extra) | • Houdini Hoops  
• Bodyguards  
• Double Dutch Jumping | • Cooperative Games  
• Cooperative Games  
• Jump Rope |
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| **Content Standard 1:** A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | 5-Person Hit and Run Softball Assessment | • Return Service to Target  
• 5-Person Hit and Run Softball  
• Forehand and Backhand Techniques | • Volleyball  
• Softball  
• Racquetball |
| **Content Standard 2:** A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | Choreography Project | • Jump Rope  
• Line Dance  
• Tinikling/Jump Bands | • Jump Rope  
• Line Dance  
• Tinikling/Jump Bands |
| **Content Standard 3:** A physically educated person participates regularly in lifelong physical activity. | Weight Room and Fitness Lab Safety Test | • Power Stretching/Yoga  
• Pilates  
• Personal Fitness Program | • Power Stretching/Yoga  
• Pilates  
• Personal Fitness Program |
| **Content Standard 4:** A physically educated person achieves and maintains a health-enhancing | Jump Rope Routine Score Sheet | • Jump Rope  
• Volleyball  
• Dance | • Jump Rope  
• Volleyball  
• Dance |

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<td>Teambuilding Response Journal</td>
<td>• Two by Four Shuffle</td>
<td>• Cooperatives/Team building</td>
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<td></td>
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<td>• Spider’s Web</td>
<td>• Cooperatives/Team building</td>
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<td></td>
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<td>• Warp Speed</td>
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<td><strong>Content Standard 6:</strong> A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</td>
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<td>• Everybody Up</td>
<td>• Cooperatives/Team building</td>
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<td>• Gordian Knot</td>
<td>• Cooperatives/Team building</td>
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<tr>
<td></td>
<td></td>
<td>• Trolleyys</td>
<td>• Cooperatives/Team building</td>
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