

SPARK Alignment with North Carolina Physical Education Standards Grade 6

Healthful Living Education Standard	Sample SPARK Activities	Corresponding SPARK Unit
Competency Goal 6 The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1)		
6.01 Demonstrate square, folk, and rhythmic movement skills.	The Virginia Reel Shoo Fly Red River Valley Troika Tinikling	Dance
6.02 Create short movement compositions.	Create A Dance	Dance and Rhythms
6.03 Create routines that focus on rolling combinations with variations of positions.	Stunts and Challenges	Gymnastics
6.04 Demonstrate beginning strategies through small-sided games for net and invasion games.	Mini/Modified Volleyball Games Hocker One Bounce Volleyball Games	Volleyball Field Games Volleyball

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6.05 Demonstrate increasing competence in more advanced specialized skills.	Double Dutch Jumping Challenges with Partner Tinikling	Jump Rope Frisbee Dance

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Competency Goal 7 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2)		
7.01 Use information from a variety of sources to improve performance such as feedback from a peer and published documents.	Throw with Partner Serve to Partner Partner Pass and Receive	Frisbee Volleyball Hockey
7.02 Explore personal wellness by gathering information, considering alternatives and consequences that accompany such choices.	Personal Best Day Muscular Strength and Endurance Mixed Fitness Circuit	Personal Best Day Fitness Circuits Fitness Circuits
7.03 Recognize the general characteristics of movement that can be applied to specific settings such as moving to open space or speeding up or slow down to intercept an object.	Mini-Soccer Mini-Hockey Mini-Basketball	Soccer Hockey Basketball
7.04 Use basic understanding of the knowledge of offensive and defensive strategies in activity settings.	Mini-Soccer Mini-Hockey Mini-Basketball	Soccer Hockey Basketball

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Competency Goal 8 The learner will exhibit a physically active lifestyle (NASPE Standard 3)		
8.01 Identify opportunities in the school and community for regular participation in physical activity.		
8.02 Participate daily for a minimum of 60 minutes in some form of health-enhancing physical activity. <ul style="list-style-type: none"> •Journal •Contract •Pedometers •Heart rate monitors 	Solo Aerobic Fitness Challenge SPARK Physical Activity Log SPARK Action Plan	Fitness Challenges Extra Extra Extra Extra
8.03 Sets realistic physical activity goals and strive to attain them through participation in physical activity of his or her choosing.	Solo Aerobic Fitness Challenge SPARK Physical Activity Log SPARK Action Plan	Fitness Challenges Extra Extra Extra Extra

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Competency Goal 9 The learner will show evidence of an acceptable level of health-related fitness and be familiar with factors that benefit performance (NASPE Standard 4)		
9.01 Complete a valid and reliable pre and post health-enhancing fitness assessment and show personal improvement toward achievement of fitness scores at an acceptable level, including monitoring of the heart	Personal Best Day	Personal Best Day
9.02 Demonstrate proper stretching exercises.	Body Composition BINGO	Fitness Challenges
9.03 Demonstrate the ability to perform self-paced aerobic activity.	Fitness Grid	Fitness Circuits

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Competency Goal 10 Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6)		
10.01 Appreciates the aesthetic and creative aspects of skilled performance in others and self.	Create a Dance Create a Routine Double Dutch Jumping	Dance Gymnastics Jump Rope
10.02 Make conscious decisions about playing within the rules, procedures, and etiquette of a game or activity.	Sideline Hockey Mini/Modified Volleyball Games Modified Full Court Games	Hockey Volleyball Basketball
10.03 Utilize time effectively to complete assigned tasks.	Moving Around the Track Solo Aerobic Fitness Challenge Walk/Jog Switcheroo	Map Challenges Fitness Challenges Walk, Jog, Run Activities
10.04 Work cooperatively and productively in a group to accomplish a set goal in both cooperative and competitive activities.	Flag Grab Triangle Tag Houdini Hoops	Cooperative Games Aerobic Games Cooperative Games

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10.05 Resolves interpersonal conflicts with sensitivity to the rights and feelings of others.	Sideline Hockey Mini/Modified Volleyball Games Modified Full Court Games	Hockey Volleyball Basketball