

## SPARK Alignment with New Hampshire Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>K-2 (2008 Version)</b>			
Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, Directions</li> <li>• Body Management and Balance</li> <li>• Animal Balancing Act</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
Demonstrate understanding of movement concepts, principles, and performance of physical activities.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Movement Concepts Using Hoops</li> <li>• Pairs Combining Movement Concepts</li> <li>• Scarf Exploration</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Manipulatives</li> </ul>
Participate regularly in physical activity.	Games Rubric	<ul style="list-style-type: none"> <li>• Catch and Chase</li> <li>• 2-Square</li> <li>• Switcheroo!</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Recess Activities</li> <li>• Recess Activities</li> </ul>
Achieve and maintain a health enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Fitness Introduction</li> <li>• Parachute Fitness</li> <li>• Individual Rope Jumping I and II</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Parachute</li> <li>• Jumping</li> </ul>

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Exhibit responsible personal and social behavior that respects self and others in physical activity settings.	Parachute Rubric	<ul style="list-style-type: none"> <li>• Capture the Orb</li> <li>• Long Rope Jumping I and II</li> <li>• Frog Crossing</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Jumping</li> <li>• Games</li> </ul>
Value physical activity for health, enjoyment, challenge, self expression, and social interaction.	Dance Rubric	<ul style="list-style-type: none"> <li>• Create a Dance</li> <li>• Create a Routine</li> <li>• Showtime</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Balance, Stunts, and Tumbling</li> <li>• Manipulatives</li> </ul>

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<b>3-5</b>			
Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	<ul style="list-style-type: none"> <li>• Hockey Self-Check</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-Hockey</li> <li>• Quick-Play Mini-Football</li> <li>• Mini-Basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Football</li> <li>• Basketball</li> </ul>
Demonstrate understanding of movement concepts, principles, and performance of physical activities.	<ul style="list-style-type: none"> <li>• Softball Learning Log</li> </ul>	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Introduction to Forward Pass</li> <li>• Intro to Throw and Catch</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Football</li> <li>• Frisbee</li> </ul>
Participate regularly in physical activity.	<ul style="list-style-type: none"> <li>• Fitness Challenges Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Solo Aerobic Fitness</li> <li>• Figure 8 Walk/Jog</li> <li>• Moving Around the Track</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Walk/Jog/Run</li> <li>• Map Challenges</li> </ul>
Achieve and maintain a health enhancing level of physical fitness.	<ul style="list-style-type: none"> <li>• Fitness Circuits Performance Rubric</li> <li>• Home Plays (Various Units)</li> </ul>	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> <li>• Muscular Strength and Endurance Circuit</li> <li>• Fun and Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Circuits</li> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Fitness Circuits</li> </ul>

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	<ul style="list-style-type: none"> <li>• Personal Best Log</li> </ul>	<ul style="list-style-type: none"> <li>with a Friend</li> <li>• Aerobic Capacity Circuit</li> </ul>	
Exhibit responsible personal and social behavior that respects self and others in physical activity settings.	<ul style="list-style-type: none"> <li>• Cooperative All-Star Self Check</li> </ul>	<ul style="list-style-type: none"> <li>• Group Juggling</li> <li>• Stepping Stones</li> <li>• Beat the Clock</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
Value physical activity for health, enjoyment, challenge, self expression, and social interaction.	<ul style="list-style-type: none"> <li>• Movement Bands Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Add-On</li> <li>• Mirror, Mirror</li> <li>• Meet Me in the Middle</li> </ul>	<ul style="list-style-type: none"> <li>• Movement Bands</li> <li>• Jump Rope</li> <li>• ASAP</li> </ul>

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<b>6-8</b>			
Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	<ul style="list-style-type: none"> <li>• Basketball Skills Test (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Modified Full-Court Games</li> <li>• Frisbee Speedball</li> <li>• Circle Bump and Set</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Frisbee</li> <li>• Volleyball</li> </ul>
Demonstrate understanding of movement concepts, principles, and performance of physical activities.	<ul style="list-style-type: none"> <li>• Skill Checklist: Volleyball Underhand Serve (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Swing</li> <li>• Face-Off</li> <li>• Keep It Up, Run Around</li> </ul>	<ul style="list-style-type: none"> <li>• Golf</li> <li>• Hockey</li> <li>• Volleyball</li> </ul>
Participate regularly in physical activity.	<ul style="list-style-type: none"> <li>• Personal Best Log (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>
Achieve and maintain a health enhancing level of physical fitness.	<ul style="list-style-type: none"> <li>• Personal Best Log (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>
Exhibit responsible personal and social behavior that respects self and others in physical activity	<ul style="list-style-type: none"> <li>• Pair Share (Lesson Closure, Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Houdini Hoops</li> <li>• Bodyguards</li> <li>• Double Dutch</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Cooperative Games</li> <li>• Jump Rope</li> </ul>

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settings.	Extra)	Jumping	
Value physical activity for health, enjoyment, challenge, self expression, and social interaction.	<ul style="list-style-type: none"> <li>• Dance Assessment (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Straddleball</li> <li>• Red River Valley</li> <li>• Ultimate Frisbee</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Dance</li> <li>• Frisbee</li> </ul>

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9-12			
Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	<ul style="list-style-type: none"> <li>• 5-Person Hit and Run Softball Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Return Service to Target</li> <li>• 5-Person Hit and Run Softball</li> <li>• Forehand and Backhand Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Softball</li> <li>• Racquetball</li> </ul>
Demonstrate understanding of movement concepts, principles, and performance of physical activities.	<ul style="list-style-type: none"> <li>• Racquetball Skills Check-Off</li> </ul>	<ul style="list-style-type: none"> <li>• Return Service to Target</li> <li>• Skill Builder</li> <li>• Forehand and Backhand Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Basketball</li> <li>• Racquetball</li> </ul>
Participate regularly in physical activity.	<ul style="list-style-type: none"> <li>• Personal Fitness Program Evaluation</li> <li>• Weight Room and Fitness Lab Safety Test</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>
Achieve and maintain a health enhancing level of physical fitness.	<ul style="list-style-type: none"> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• 5, 6, 7, 8</li> <li>• Pilates/Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Pilates/Yoga</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Evaluation	<ul style="list-style-type: none"> <li>• Troika</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> </ul>
Exhibit responsible personal and social behavior that respects self and others in physical activity settings.	<ul style="list-style-type: none"> <li>• Teambuilding Response Journal</li> </ul>	<ul style="list-style-type: none"> <li>• Two by Four Shuffle</li> <li>• Spider's Web</li> <li>• Warp Speed</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> </ul>
Value physical activity for health, enjoyment, challenge, self expression, and social interaction.	<ul style="list-style-type: none"> <li>• Choreography Project</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling/Jump Bands</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling/Jump Bands</li> </ul>