

SPARK Alignment with New Mexico Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Version)			
<i>STANDARD 1</i> Demonstrates competency in many movement forms and proficiency in a few movement forms.	Building a Foundation Rubric	<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
<i>STANDARD 2</i> Applies movement concepts and principles to the learning and development of motor skills.	Building a Foundation Rubric	<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
<i>STANDARD 3</i> Exhibits knowledge and ability to participate in 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

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<i>STANDARD 4</i> Achieves and maintains a health enhancing level of physical fitness.	Building a Foundation Rubric	<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
<i>STANDARD 5</i> Demonstrates responsible personal 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
<i>STANDARD 6</i> Demonstrates 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
<i>STANDARD 7</i> Understands that physical activity provides 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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3-5			
<i>STANDARD 1</i> Demonstrates competency in many movement forms and proficiency in a few movement 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
<i>STANDARD 2</i> Applies 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
<i>STANDARD 3</i> Exhibits knowledge and ability to participate in 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
<i>STANDARD 4</i> Achieves and maintains a health enhancing level of physical fitness.	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits

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		<ul style="list-style-type: none"> • Fun and Flexibility with a Friend • Aerobic Capacity Circuit 	
<i>STANDARD 5</i> Demonstrates responsible personal 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
<i>STANDARD 6</i> Demonstrates 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
<i>STANDARD 7</i> Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Solo Aerobic Fitness • Jump the Circuit (Individual Tricks) • Moving Around the Track 	<ul style="list-style-type: none"> • Fitness Challenges • Jump Rope • Map Challenges

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6-8			
<i>STANDARD 1</i> Demonstrates competency in many movement forms and proficiency in a few movement forms.	Basketball Trick Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Pass and Shoot • Putting to Targets • Target Frisbee 	<ul style="list-style-type: none"> • Basketball • Golf • Frisbee
<i>STANDARD 2</i> Applies movement concepts and principles to the learning and development of motor skills.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Modified Full-Court Games • Frisbee Speedball • Circle Bump and Set 	<ul style="list-style-type: none"> • Basketball • Frisbee • Volleyball
<i>STANDARD 3</i> Exhibits knowledge and ability to participate in a physically active lifestyle.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California
<i>STANDARD 4</i> Achieves and maintains a health enhancing level of physical fitness.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
<i>STANDARD 5</i> Demonstrates responsible personal and social	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Straddleball • Red River Valley 	<ul style="list-style-type: none"> • Cooperative Games • Dance

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behavior in physical activity settings.		<ul style="list-style-type: none"> • Ultimate Frisbee 	<ul style="list-style-type: none"> • Frisbee
STANDARD 6 Demonstrates understanding and respect for differences among people in physical activity settings.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Houdini Hoops • Bodyguards • Double Dutch Jumping 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Jump Rope
STANDARD 7 Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California

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9-12			
<i>STANDARD 1</i> Demonstrates competency in many movement forms and proficiency in a few movement forms.	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands
<i>STANDARD 2</i> Applies movement concepts and principles to the learning and development of motor skills.	Weight Room and Fitness Lab Safety Test	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program
<i>STANDARD 3</i> Exhibits knowledge and ability to participate in a physically active lifestyle.	Dance Assessment	<ul style="list-style-type: none"> • 5, 6, 7, 8 • Pilates/Yoga • Troika 	<ul style="list-style-type: none"> • Dance • Pilates/Yoga • Dance
<i>STANDARD 4</i> Achieves and maintains a health enhancing level of physical fitness.	Jump Rope Routine Score Sheet	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance 	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance
<i>STANDARD 5</i> Demonstrates responsible personal and social behavior in physical activity settings.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Two by Four Shuffle • Spider's Web • Warp Speed 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building

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			<ul style="list-style-type: none"> • Cooperatives/Team building
<p>STANDARD 6 Demonstrates understanding and respect for differences among people in physical activity settings.</p>	<p>Teambuilding Response Journal</p>	<ul style="list-style-type: none"> • Everybody Up • Gordian Knot • Trolleys 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building
<p>STANDARD 7 Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.</p>	<p>Personal Fitness Program Evaluation</p>	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program