

SPARK After School Program (version 2000) Alignment with NASPE Physical Education Standards

Standard	Sample SPARK Activities
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>	<ul style="list-style-type: none"> • 3-Catch Game (Field Games/Super Sports) • 5-Person Throw and Run Softball (Softball/Super Sports) • Dribble Keep Away (Soccer/Super Sports) • Speedball (Field Games/Super Sports) • Keep Away (Basketball/Super Sports) • Hoop de Hoop (Frisbee/Super Sports)
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	<ul style="list-style-type: none"> • Advanced Skills (Frisbee/Super Sports) • Baton Shuttle Relay (Track and Field /Super Sports) • 4-Square Game (Wallball/Handball /Super Sports) • Small-Sided Soccer Games (Soccer/Super Sports) • 3-Catch Basketball (Basketball/Super Sports) • Endline Hockey (Hockey/Super Sports)
<p>Standard 3: Participates regularly in physical activity.</p>	<ul style="list-style-type: none"> • Recreational Power Walk & Jog (Extra Extra) • Run to the Border/Run USA (Extra Extra) • Jump Rope (Extra Extra) • Muscular Strength and Conditioning • Group Fitness (Dynamic Dance) • Obstacle Course (Extra Extra) • Fun and Fitness Circuits (Extra Extra)
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</p>	<ul style="list-style-type: none"> • Recreational Power Walk & Jog (Extra Extra) • Run to the Border/Run USA (Extra Extra) • Jump Rope (Extra Extra) • Muscular Strength and Conditioning • Group Fitness (Dynamic Dance)

	<ul style="list-style-type: none"> • Obstacle Course (Extra Extra) • Fun and Fitness Circuits (Extra Extra)
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<ul style="list-style-type: none"> • Memory Ball (Cooperative Games/Great Games) • Freeze Ball (Cooperative Games/Great Games) • Group Moon Ball (Cooperative Games/Great Games) • The Virginia Reel (Dynamic Dance) • Red River Valley (Dynamic Dance) • Cooperative Volleyball (Volleyball/Super Sports)
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	<ul style="list-style-type: none"> • Tinikling (Dynamic Dances) • Fun and Fitness Circuits (Extra Extra) • Parachute Play (Extra Extra) • T-Rex Tag (Great Games) • All-Run Kickball (Great Games) • Group Switch (Volleyball/Super Sports) • Double Dutch Group Routines (Jump Rope/Extra Extra) • Frisbee Golf-Group (Frisbee/Great Games)