

## SPARK Alignment with Alabama Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>K-2 (2008 Edition)</b>			
Demonstrates competency in many movement forms and proficiency in a few movement forms	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Manipulatives Circuit</li> <li>• Basic Body Positions</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Manipulatives</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
Applies movement concepts and principles to the learning and the development of motor skills.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> <li>• Showtime</li> <li>• Scoops and Balls Introduction</li> <li>• Control Dribble Around Obstacles</li> </ul>	<ul style="list-style-type: none"> <li>• Balance, Stunts, and Tumbling</li> <li>• Catching and Throwing</li> <li>• Kicking and Trapping</li> </ul>
Exhibits a physically active lifestyle	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Fitness Introduction</li> <li>• Flexibility</li> <li>• Parachute Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Parachute</li> </ul>
Achieves and maintains a health-enhancing level of physical fitness.	Games Rubric	<ul style="list-style-type: none"> <li>• Sugar and Fat Tag</li> <li>• Weight Transfer and Rolls</li> <li>• Locomotor Grab Bag</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Balance, Stunts, and Tumbling</li> <li>• ASAP</li> </ul>
Demonstrates responsible personal	Parachute Rubric	<ul style="list-style-type: none"> <li>• Capture the Orb</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
and social behavior in physical activity settings.		<ul style="list-style-type: none"> <li>• Partner Stunts</li> <li>• Long Rope Jumping I and II</li> </ul>	<ul style="list-style-type: none"> <li>• Balance, Stunts, and Tumbling</li> <li>• Jumping</li> </ul>
Demonstrates understanding and respect for differences among people in physical activity settings.	Games Rubric	<ul style="list-style-type: none"> <li>• Houdini Hoops</li> <li>• Frog Crossing</li> <li>• The Mexican Hat Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Games</li> <li>• Dance</li> </ul>
Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Dance Rubric	<ul style="list-style-type: none"> <li>• Create a Dance</li> <li>• Emotion Motion</li> <li>• Oxygen Boogie</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• ASAP</li> <li>• Games</li> </ul>

## SPARK Alignment with Alabama Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>3-5 (2007 Edition)</b>			
Demonstrates competency in many movement forms and proficiency in a few movement forms	Hockey Self-Check	<ul style="list-style-type: none"> <li>• Batting Practice</li> <li>• Ball-Control Drills</li> <li>• Dribbling Drills</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
Applies movement concepts and principles to the learning and the development of motor skills.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> <li>• Survivor Challenge</li> <li>• Cooperative Countdown</li> <li>• Aerobic Bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Volleyball</li> <li>• Aerobic Games</li> </ul>
Exhibits a physically active lifestyle	Walk/Jog/Run Think About	<ul style="list-style-type: none"> <li>• Moving Around the Track</li> <li>• Inside/Outside Walk/Jog</li> <li>• Partner Walk/Jog and Talk</li> </ul>	<ul style="list-style-type: none"> <li>• Map Challenges</li> <li>• Walk/Jog/Run</li> <li>• Walk/Jog/Run</li> </ul>
Achieves and maintains a health-enhancing level of physical fitness.	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> <li>• Muscular Strength and Endurance Circuit</li> <li>• Fun and Flexibility with a Friend</li> <li>• Aerobic Capacity Circuit</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>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates responsible personal and social behavior in physical activity settings.	Cooperative All-Star Self Check	<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>
Demonstrates understanding and respect for differences among people in physical activity settings.	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	Mini-Hockey Survivor Challenge Stick with Me!	Hockey Fitness Challenges Cooperatives and Initiatives
Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> <li>• Solo Aerobic Fitness</li> <li>• Jump the Circuit (Individual Tricks)</li> <li>• Moving Around the Track</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Jump Rope</li> <li>• Map Challenges</li> </ul>

## SPARK Alignment with Alabama Physical Education Standards Grade 6

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
(MS Version 2011)			
Demonstrate rope-jumping and original dance routines that incorporate varying lengths, skill sequences, and musical accompaniments.	<ul style="list-style-type: none"> <li>• Jump Rope Create a Routine</li> <li>• Dance Create a Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Create a Routine</li> <li>• Create a 4-Wall Line Dance</li> <li>• Create a Hip Hop Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Dance</li> <li>• Dance</li> </ul>
Combine a variety of skills into sequenced routines.	<ul style="list-style-type: none"> <li>• Stunts and Tumbling Create a Routine</li> <li>• Jump Rope Create a Routine</li> <li>• Dance Create a Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling Buffet</li> <li>• Create a Routine</li> <li>• Create a Poco Loco</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Jump Rope</li> <li>• Dance</li> </ul>
Demonstrate dribbling, shooting, and striking skills.	Specific Unit: <ul style="list-style-type: none"> <li>• Teacher Rubric</li> <li>• Self-Check</li> <li>• Peer Coach</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling to Open Space</li> <li>• Dribble Keep Away</li> <li>• Introduction to Shooting</li> <li>• Shooting Drills</li> <li>• Batting Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Soccer</li> <li>• Basketball</li> <li>• Hockey</li> <li>• Softball</li> </ul>
Demonstrate forehand and	Racquets and Paddles;	<ul style="list-style-type: none"> <li>• Introduction to</li> </ul>	<ul style="list-style-type: none"> <li>• Racquets and</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
backhand striking skills.	Handball Units: <ul style="list-style-type: none"> <li>• Teacher Rubric</li> <li>• Self-Check</li> <li>• Peer Coach</li> </ul>	the Forehand Stroke <ul style="list-style-type: none"> <li>• Introduction to the Backhand Stroke</li> <li>• Introduction to the Sidearm Stroke</li> </ul>	Paddles <ul style="list-style-type: none"> <li>• Racquets and Paddles</li> <li>• Handball</li> </ul>
Identify rules and regulations for a variety of sports and lifetime activities.	Specific Unit: Written Unit Tests	<ul style="list-style-type: none"> <li>• 7V7 Modified Softball</li> <li>• 3-on-3 Basketball</li> <li>• A Round of Golf</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Basketball</li> <li>• Golf</li> </ul>
Explain the importance of repetition and practice as a means for skill improvement.	Sample debrief question: <i>What do you need to do to improve your skill performance?</i>	<ul style="list-style-type: none"> <li>• Advanced Progressions</li> <li>• Advanced Shots</li> <li>• Disc Throwing Stations</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Handball</li> <li>• Flying Disc</li> </ul>
Modify physical activities, games, and sports to meet specified criteria.	Create a Game: <ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Hockey</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball Xtreme (Create a Game)</li> <li>• Create a Game</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Hockey</li> </ul>
Explain sport-specific etiquette and good sportsmanship for team, individual, and dual sports.	Specific Unit: Coul'da, Shoul'da, Woul'da	<ul style="list-style-type: none"> <li>• Soccer World Cup</li> <li>• Quick-Play Mini-Football</li> <li>• Team Paddle Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Soccer</li> <li>• Football</li> <li>• Racquets and Paddles</li> </ul>
Demonstrate positive social interactions in situations that include members of different genders, cultures, ethnicities,	World Games: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Performance Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Sepak Takraw</li> <li>• Kin-Ball 4-Square</li> <li>• Modified Cricket</li> </ul>	<ul style="list-style-type: none"> <li>• World Games</li> <li>• World Games</li> <li>• World Games</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
abilities, and disabilities.	<ul style="list-style-type: none"> <li>• Peer Coaching</li> <li>• Unit Test</li> <li>• Coulda, Shoulda, Woulda</li> </ul>		
Describe progress toward achieving personal fitness goals for each of the health-related fitness components.	<p>Fitness Unit Written Test</p> <p>Sample debrief question:  <i>What are some activities you have used that are effective in improving each of the health-related physical fitness components?</i></p>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Aerobic Capacity Circuit</li> <li>• Heart Rate Highway</li> <li>• Basic Exercise Techniques</li> <li>• Fitness in the Middle</li> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Range of Motion Circuit</li> <li>• Balancing Strength and Flexibility Circuit</li> <li>• Introduction to Yoga</li> <li>• Introduction to Pilates</li> </ul>	<p>Fitness</p> <p>SPARKfit            Personally Fit            (SPARKfamily.org)</p>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> <li>• Combining Aerobic Capacity and Flexibility</li> <li>• Body Composition Circuit</li> <li>• Body Composition BINGO</li> <li>• Build a Pyramid</li> <li>• Nutrition Team Challenge</li> <li>• Fruit Smoothie</li> </ul>	
Analyze exercise and heart rate data to determine adjustments to health fitness plans.	<i>Create A Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Aerobic Capacity Circuit</li> <li>• Heart Rate Highway</li> <li>• Daytona 2000</li> <li>• Create a Routine (Aerobic Capacity)</li> </ul>	Fitness
Identify possible injuries resulting from improper exercise routines.	Sample debrief question: <i>What types of stretches are unsafe? Why?</i>	<ul style="list-style-type: none"> <li>• Basic Exercise Techniques</li> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball</li> </ul>	Fitness



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Describe the structure and function of the muscular and skeletal systems as they relate to physical performance.	Fitness: MS Unit Written Tests Sample debrief question: <i>How would you describe the principle of overload to improve your muscular strength?</i>	Workout <ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Fitness in the Middle</li> </ul>	Fitness

## SPARK Alignment with Alabama Physical Education Standards Grade 7

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
(MS Version 2011)			
Apply critical elements for all locomotor, nonlocomotor, and manipulative skills in modified game situations.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Performance Rubrics</li> <li>• Peer Coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Modified Team Handball</li> <li>• 7V7 Modified Softball</li> <li>• Mini-Soccer</li> </ul>	<ul style="list-style-type: none"> <li>• World Games</li> <li>• Softball</li> <li>• Soccer</li> </ul>
Demonstrate striking skills in modified versions of sport and recreation activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Performance Rubrics</li> <li>• Peer Coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Team Paddleball</li> <li>• Mini-Hockey</li> <li>• 2-Pitch Stickball</li> </ul>	<ul style="list-style-type: none"> <li>• Racquets and Paddles</li> <li>• Hockey</li> <li>• Softball</li> </ul>
Analyze manipulative skills for specific sports or recreational activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Peer Coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Throw for Accuracy and Distance</li> <li>• Advanced Shots Circuit</li> <li>• Sepak Takraw Individual Juggling</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc</li> <li>• Handball</li> <li>• World Games</li> </ul>
Identify applications of motor skills in both recreation and sport.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Performance Rubrics</li> <li>• Written Tests</li> </ul>	<ul style="list-style-type: none"> <li>• Tee, Jump, Field (Cricket)</li> <li>• A Round of Golf</li> <li>• Disc Golf</li> </ul>	<ul style="list-style-type: none"> <li>• World Games</li> <li>• Golf</li> <li>• Flying Disc</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"> <li>Peer Coaching</li> </ul>		
Develop a transitional rhythmic sequence or dance.	Create a Dance	<ul style="list-style-type: none"> <li>Create a 4-Wall Line Dance</li> <li>Create a Poco Loco</li> <li>Create a Hip Hop Routine</li> </ul>	<ul style="list-style-type: none"> <li>Dance</li> <li>Dance</li> <li>Dance</li> </ul>
Establish personal fitness goals and methods to improve healthy habits.	Fitness Performance Rubric	<ul style="list-style-type: none"> <li>SPARKfit</li> <li>Personally Fit</li> </ul>	<ul style="list-style-type: none"> <li>Fitness</li> <li>(SPARKfamily.org)</li> </ul>
Define the principles of training and conditioning, including warm-up, conditioning, cool-down, overload, frequency, duration, intensity, and flexibility.	Sample debrief question: <i>What should be included in a proper warm-up? What should be included in a proper cool-down?</i>	<ul style="list-style-type: none"> <li>Range of Motion</li> <li>Individual Warm-Up Routines</li> <li>Partner Warm-Up Routines</li> </ul>	<ul style="list-style-type: none"> <li>Fitness</li> <li>Jump Rope</li> <li>Jump Rope</li> </ul>
Explain the association among nutrition, exercise, and rest in the development of a healthy lifestyle.	<ul style="list-style-type: none"> <li>Fitness Written Test</li> <li>Fitness Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Body Composition Circuit</li> <li>Body Composition BINGO</li> <li>Build a Pyramid</li> <li>Nutrition Team Challenge</li> <li>Fruit Smoothie</li> </ul>	Fitness
Identify cardiovascular endurance, muscular strength, muscular	Fitness: MS Unit Written Tests	<ul style="list-style-type: none"> <li>Gotta Have Heart</li> <li>Aerobic Capacity</li> </ul>	

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<p>endurance, speed, power, and agility as the components of fitness.</p>	<p>Sample debrief question: <i>What are the components of health-related fitness?</i></p>	<p>Circuit</p> <ul style="list-style-type: none"> <li>• Heart Rate Highway</li> <li>• Basic Exercise Techniques</li> <li>• Fitness in the Middle</li> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Range of Motion Circuit</li> <li>• Balancing Strength and Flexibility Circuit</li> <li>• Introduction to Yoga</li> <li>• Introduction to Pilates</li> <li>• Combining Aerobic Capacity and Flexibility</li> <li>• Body Composition Circuit</li> <li>• Body Composition</li> </ul>	<p>Fitness</p>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		BINGO <ul style="list-style-type: none"> <li>• Build a Pyramid</li> <li>• Nutrition Team Challenge</li> <li>• Fruit Smoothie</li> </ul>	
Apply methods to monitor the body's response to exercise.	<ul style="list-style-type: none"> <li>• Pedometer Tracking Log</li> <li>• Heart Rate Monitor Log</li> <li>• <i>Create A Routine (Fitness Aerobic Capacity)</i> <i>Extension: Heart Rate Monitors</i></li> </ul>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Aerobic Capacity Circuit</li> <li>• Heart Rate Highway</li> </ul>	Fitness  SPARKfit Personally Fit (SPARKfamily.org)
Apply the principles of training and conditioning necessary for a specific sport or recreational activity.	<ul style="list-style-type: none"> <li>• Fitness Self-Check</li> <li>• Fitness Peer Coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Fitness in the Middle</li> </ul>	Fitness  SPARKfit Personally Fit (SPARKfamily.org)
Relate overload, frequency, intensity, duration, specificity, and progression to specific sports, dance, and recreational activities.	Sample debrief question: <i>How would you use the principle of overload to safely</i>	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> </ul>	Fitness  SPARKfit Personally Fit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>improve your muscular strength?</i>	<ul style="list-style-type: none"> <li>• Fitness in the Middle</li> </ul>	
Identify the characteristics of both good and poor sportsmanship.	Cooperatives: <ul style="list-style-type: none"> <li>• MS Unit Written Tests</li> <li>• Peer Coach</li> <li>• Self Check</li> <li>• Teacher Rubrics</li> <li>• Coulda Shoulda Woulda (all units)</li> </ul>	<ul style="list-style-type: none"> <li>• Royal Court</li> <li>• Event: National Hockey League All-Star Dream Event</li> <li>• SPARK Event: FIBA World Championships</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Hockey</li> <li>• Basketball</li> </ul>
Analyze components of at least one international game.	<ul style="list-style-type: none"> <li>• World Games Unit Test</li> <li>• World Games Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Sepak Takraw</li> <li>• Modified Cricket</li> <li>• Modified Team Handball</li> </ul>	<ul style="list-style-type: none"> <li>• World Games</li> <li>• World Games</li> <li>• World Games</li> </ul>
Categorize games, sports, and recreational activities by themes.	Sample debrief question: <i>How can you apply your racquet skills to handball? To volleyball?</i>	<ul style="list-style-type: none"> <li>• Introduction to the Serve</li> <li>• Introduction to the Handball Serve</li> <li>• Serving Challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Racquets and Paddles</li> <li>• Handball</li> <li>• Volleyball</li> </ul>
Apply appropriate methods for communicating with confrontational opponents.	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> <li>• SPARK Events</li> </ul>	<ul style="list-style-type: none"> <li>• All Units</li> </ul>
Exhibit attributes needed to accomplish a set goal in a competitive and cooperative environment.	<ul style="list-style-type: none"> <li>• Cooperatives Self-Check</li> <li>• Cooperatives Performance</li> </ul>	<ul style="list-style-type: none"> <li>• Moon Ball</li> <li>• Turnstile</li> <li>• Cross the Pond</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Rubric		
Identify promotional techniques for securing community participation in a physical education-related project.	Sample debrief question: <i>What techniques could you use to encourage community attendance at your event?</i>	<ul style="list-style-type: none"> <li>• SPARK Events</li> </ul>	<ul style="list-style-type: none"> <li>• All Units</li> </ul>

## SPARK Alignment with Alabama Physical Education Standards Grade 8

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
(MS Version 2011)			
Demonstrate competence in a variety of activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Guided Tour</li> <li>• Mini-Volleyball</li> <li>• Tee Ball Derby</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts</li> <li>• Volleyball</li> <li>• Softball</li> </ul>
Incorporate striking skills that demonstrate accuracy, distance, trajectory, and consistency in a variety of innovative activities.	Racquets and Paddles, Volleyball, Hockey, Handball, Golf <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Volley Tennis</li> <li>• Volleyball Stations</li> <li>• Shooting Drills</li> <li>• Extreme Rally</li> <li>• Target Golf</li> </ul>	<ul style="list-style-type: none"> <li>• Racquets and Paddles</li> <li>• Volleyball</li> <li>• Hockey</li> <li>• Handball</li> <li>• Golf</li> </ul>
Discuss the concepts that affect motor skill development and performance.	Sample debrief question: <i>How do you apply rotation principles when performing a cartwheel? Throwing a disc?</i>	<ul style="list-style-type: none"> <li>• Advanced Progressions</li> <li>• Shot Put</li> <li>• Disc Throwing Stations</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Track</li> <li>• Flying Disc</li> </ul>
Analyze the critical elements of skills associated with sports or recreational activities to determine which are specific to the activity.	Sample debrief question: <i>How can you apply your racquet skills to handball? To volleyball? How do</i>	<ul style="list-style-type: none"> <li>• Introduction to the Serve</li> <li>• Introduction to the Handball Serve</li> <li>• Serving Challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Racquets and Paddles</li> <li>• Handball</li> <li>• Volleyball</li> </ul>



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>they differ?</i>		
Critique game strategies for innovative or cooperative group activities.	<ul style="list-style-type: none"> <li>• <i>Create a Game Task Card</i></li> <li>• Cooperatives Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball Xtreme</li> <li>• Cross the Great Divide</li> <li>• Radioactive River</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
Provide performance cues and feedback while participating in partner skill practice sessions.	Specific Unit Peer Coach	<ul style="list-style-type: none"> <li>• Serve, Return, Catch</li> <li>• Merengue Jigsaw</li> <li>• Partner Stunts</li> </ul>	<ul style="list-style-type: none"> <li>• Racquets and Paddles</li> <li>• Dance</li> <li>• Stunts and Tumbling</li> </ul>
Compare methods of heart rate monitoring, fitness testing, respiration rate, and body composition through a variety of activities.	<ul style="list-style-type: none"> <li>• Heart Rate Monitor Log</li> <li>• <i>Create A Routine (Fitness Aerobic Capacity)</i> <i>Extension: Heart Rate Monitors</i></li> </ul>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Aerobic Capacity Circuit</li> <li>• Body Composition Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Define the components of fitness, including muscular strength, agility, speed, power, flexibility, cardiovascular endurance, and muscular endurance.	Fitness: MS Unit Written Tests Sample debrief question: <i>What are the components of health-related fitness?</i>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Aerobic Capacity Circuit</li> <li>• Heart Rate Highway</li> <li>• Basic Exercise Techniques</li> <li>• Fitness in the Middle</li> </ul>	Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Range of Motion Circuit</li> <li>• Balancing Strength and Flexibility Circuit</li> <li>• Introduction to Yoga</li> <li>• Introduction to Pilates</li> <li>• Combining Aerobic Capacity and Flexibility</li> <li>• Body Composition Circuit</li> <li>• Body Composition BINGO</li> <li>• Build a Pyramid</li> <li>• Nutrition Team Challenge</li> <li>• Fruit Smoothie</li> </ul>	
Predict outcomes in terms of the	<i>Create A Routine</i>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> </ul>	Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
body's response during phases of selected activities.	<i>(Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> <li>• Aerobic Capacity Circuit</li> <li>• Heart Rate Highway</li> <li>• Daytona 2000</li> <li>• Create a Routine (Aerobic Capacity)</li> </ul>	
Design an individual fitness plan.	Fitness Performance Rubric	<ul style="list-style-type: none"> <li>• Personally Fit</li> <li>• SPARKfit</li> </ul>	SPARKfamily.org
Evaluate individual fitness plans.	<ul style="list-style-type: none"> <li>• Fitness Performance Rubric</li> <li>• Sample debrief question: <i>What activities did you include to meet each fitness component?</i></li> </ul>	<ul style="list-style-type: none"> <li>• Personally Fit</li> <li>• SPARKfit</li> </ul>	SPARKfamily.org
Identify positive influences related to participation in different forms of physical activities in modern culture by exploring self-expression and social benefits and developing positive peer relationships.	<ul style="list-style-type: none"> <li>• Teacher Rubric (Cooperatives)</li> <li>• Peer Coach (Cooperatives)</li> </ul>	<ul style="list-style-type: none"> <li>• Create a Poco Loco</li> <li>• Volleyball Xtreme</li> <li>• Poker Adventure Race</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Volleyball</li> <li>• Cooperatives</li> </ul>
Identify similarities and differences among cultures for specific dances, games, sports, and recreational activities.	World Games Performance Rubric	<ul style="list-style-type: none"> <li>• Sepak Pass and Serve (Sepak Takraw)</li> </ul>	<ul style="list-style-type: none"> <li>• World Games</li> <li>• World Games</li> <li>• Dance</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> <li>• Modified Cricket</li> <li>• The Korobushka Jigsaw</li> </ul>	
Engage regularly in physical activities based on personal interest for the development of a healthy lifestyle.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Combining Aerobic Capacity and Flexibility</li> <li>• Body Composition Circuit</li> </ul>	Fitness
Solve problems in initiative activities and cooperative games by determining causes and testing solutions.	Teacher Rubric (Cooperatives)	<ul style="list-style-type: none"> <li>• Problem-Solver Adventure Race</li> <li>• Radioactive River</li> <li>• Karrimor International Mountain Marathon</li> </ul>	Cooperatives
Plan a community service project related to physical education for the purpose of encouraging the development of healthy habits.	Sample debrief question: <i>What techniques could you use to encourage community attendance at your event?</i>	<ul style="list-style-type: none"> <li>• SPARK Events</li> </ul>	<ul style="list-style-type: none"> <li>• All Units</li> </ul>

## SPARK Alignment with Alabama Physical Education Standards 9-12 (2011 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Lifelong Individualized Fitness Education</b>			
Demonstrate movement combinations from a variety of physical activities that enhance cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Basic Training: HIIT</li> <li>• Basic Training: Cardio Kickboxing</li> <li>• Yoga Basic Training</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>
Demonstrate complex movement sequences in a variety of physical activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Night Fever Hustle</li> <li>• Fielder's Choice</li> <li>• Rally &amp; Recover</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Softball</li> <li>• Badminton</li> </ul>
Utilize rules and strategies for safe game play and selected lifetime activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Event: Strength in Numbers</li> <li>• Event: The Navigational Invitational</li> <li>• Event: Ultimate Masters (Disc Golf &amp; 5-on-5 Hat)</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Cooperatives: Orienteering</li> <li>• Flying Disc: Ultimate</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Tournament)	
Identify short- and long-term health-enhancing benefits of physical activity.	Create Your Own Strength Training Program Think About...	Personally Fit SPARKfit (SPARKfamily.org)	
Identify requirements for selected careers in physical education, health, and fitness.	Sample debrief question: <i>What are some requirements for career choices in physical education, health, and fitness?</i>	Personally Fit SPARKfit (SPARKfamily.org)	
Identify strategies for positive behavior modification and for social interaction among diverse populations.	Specific Unit: <ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw 101</li> <li>• Adventure Race 101</li> <li>• Game Day 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> </ul>
Explain the impact of participating in multicultural physical activities.	World Games: <ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Character</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw</li> <li>• Cricket Adventure Race</li> <li>• Cha-Cha</li> </ul>	<ul style="list-style-type: none"> <li>• World Games: Cricket</li> <li>• World Games: Cricket</li> <li>• Dance</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Matters Assessments <ul style="list-style-type: none"> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	Challenge	
Demonstrate responsible personal and social behavior during physical activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Orienteering Adventure Race</li> <li>• Waltzing Royalty Jigsaw (Mixer)</li> <li>• Event: March Madness</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> <li>• Basketball</li> </ul>
Demonstrate responsibilities of a leader or a follower to accomplish group goals.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket Adventure Race</li> <li>• Orienteering Adventure Race</li> <li>• Event: Dance Olympics</li> </ul>	<ul style="list-style-type: none"> <li>• World Games: Cricket</li> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> </ul>
Critique a community service			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
project that involves physical activity by identifying benefits, problems, compromises, and outcomes.	Community Service Projects not specifically addressed		
Utilize health and fitness technologies to develop a healthy lifestyle.	Heart Rate Monitor Logs Pedometer Logs	<ul style="list-style-type: none"> <li>• Walk and Talk Fun-day-mentals Jigsaw</li> <li>• Aerobics Basic Training</li> <li>• HIIT Basic Training</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Walking</li> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>
Utilize safe practices when participating in physical activities.	SPARK HS PE 101 Character Matters Assessment (Game Day 101 Debrief)	<ul style="list-style-type: none"> <li>• Aerobics Basic Training</li> <li>• Cardio Kickboxing Basic Training</li> <li>• HIIT Basic Training</li> <li>• Dive In: FUNctional Aquatic Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Aquatics (online Group Fitness unit)</li> </ul>
Compare goals for attaining and maintaining fitness.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> <li>• Fitness Personal Best</li> <li>• Fitness Personal Best</li> <li>• Fitness Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Wellness Walking</li> </ul>
Construct criteria for evaluation of commercial fitness and health	Personal Fitness Program Development	Personally Fit SPARKfit	



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
products and services.			(SPARKfamily.org)
Create a nutrition program that targets goals for maintaining energy and recommended body composition.	Personal Fitness Program Development		Personally Fit SPARKfit (SPARKfamily.org)
Design a personal fitness plan that promotes activity for life.	Personal Fitness Program Development		Personally Fit SPARKfit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Elective Course</b>			
Demonstrate complex movement patterns in a variety of activity settings.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Big D (4-on-4 Royal Court)</li> <li>• D-Fence (5-on-5 Royal Field)</li> <li>• A Strong Side</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Football</li> </ul>
Apply movement concepts and fitness principles to a variety of physical activity settings.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• iHIIT (High Intensity Interval Training)</li> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Strength Training</li> </ul>
Determine characteristics of highly skilled physical performances.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Event: Dance Olympics</li> <li>• iFreestyle</li> <li>• Create a Hip Hop Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Group Fitness</li> <li>• Dance</li> </ul>
Analyze physical activity, sport, and recreational practices for safety,	SPARK HS PE 101 Character Matters	<ul style="list-style-type: none"> <li>• Aerobics Basic Training</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
risks, and consequences.	Assessment (Game Day 101 Debrief)	<ul style="list-style-type: none"> <li>• Cardio Kickboxing Basic Training</li> <li>• HIIT Basic Training</li> <li>• Dive In: FUNctional Aquatic Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Aquatics (online Group Fitness unit)</li> </ul>
Use competence, proficiency, and strategy skills to solve problems in a physical education environment.	Specific Unit: <ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training Adventure Race</li> <li>• Adventure Race 101</li> <li>• Event: The Crackerjack Classic (Option 1: Create &amp; Play Your Own Game) Adventure Race</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• SPARK HS PE 101</li> <li>• Softball</li> </ul>
Evaluate facilities and programs within the community that may be utilized for maintaining lifelong fitness.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Identify characteristics of a responsible leader, including honesty, respect for others, and self-control, in a physical education activity.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket Adventure Race</li> <li>• Orienteering Adventure Race</li> <li>• Event: Dance Olympics</li> </ul>	<ul style="list-style-type: none"> <li>• World Games: Cricket</li> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Journaling Pages		
Interpret research regarding social effects associated with engaging in physical activity with others.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw 101</li> <li>• Adventure Race 101</li> <li>• Game Day 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> </ul>
Demonstrate independence and self-responsibility in student-led physical activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc: Ultimate</li> <li>• Hockey</li> <li>• Softball</li> </ul>
Demonstrate the level of fitness required for successful participation in a variety of physical activities.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> <li>• Fitness Personal Best</li> <li>• Fitness Personal Best</li> <li>• Fitness Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Wellness Walking</li> </ul>
Describe personal goals	Personal Fitness	Personally Fit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
implemented in an individualized physical fitness performance plan.	Program Development	SPARKfit (SPARKfamily.org)	