

SPARK Alignment with Alabama Physical Education Standards 3-5 (Version 2007)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3rd Grade			
Demonstrate correct form while skipping in general space.	<i>ASAP Teacher Observation</i>	<ul style="list-style-type: none"> • Perimeter Move • Jump Rope Tag • Team Traveling Challenge 	<ul style="list-style-type: none"> • ASAP • Jump Rope
Demonstrate ball control while dribbling with the hand or foot in a stationary position and while traveling within a group.	<ul style="list-style-type: none"> • Basketball Skills Performance Rubric • Soccer Skills Performance Rubric 	<ul style="list-style-type: none"> • Dribbling Drills • Dribbling Partner Tag • Soccer Hoopla 	<ul style="list-style-type: none"> • Basketball • Soccer • Soccer
Demonstrate skills that require crossing the midline of the body, including hitting a ball off a tee and throwing a ball overhand.	Softball Performance Rubric	<ul style="list-style-type: none"> • Whack-O • Out at Home! • Target Throw 	<ul style="list-style-type: none"> • Softball • Softball • Flying Disc
Use the correct grip while consistently striking a softly thrown ball with a bat or paddle.	Softball Performance Rubric	<ul style="list-style-type: none"> • Batting Practice • Introduction to Badminton • 5-Person Hit and Run Softball 	<ul style="list-style-type: none"> • Softball • Racquets and Paddles • Softball
Demonstrate long-rope jumping skills by traveling in and out of a long rope without hesitation and executing consecutive jumps.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Fitness Grab Bag 	<ul style="list-style-type: none"> • Fitness Challenges

Perform rhythmic movement skills of folk, line, and aerobic dances, including incorporating combinations of locomotor skills and partner mixing.	Dance Performance Rubric	<ul style="list-style-type: none"> • Louisiana Saturday Night • Virginia Reel • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Dance • Group Fitness
Demonstrate supporting, lifting, and controlling body weight by transitioning in and out of balanced positions with control.	Stunts and Tumbling Performance Rubric	<ul style="list-style-type: none"> • Look, Learn, and Leave • Those Tricky Transitions • Stunt Stories and Tumbling Tales 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
Apply combinations of complex locomotor and manipulative skills by chasing, tagging, dodging, and fleeing.	Chasing and Fleeing Performance Rubric	<ul style="list-style-type: none"> • Catch the Dragon's Tail • VIP Tag • Clothespin Tag 	<ul style="list-style-type: none"> • Chasing and Fleeing • Chasing and Fleeing • Chasing and Fleeing
Describe how stability affects skill execution while participating in physical activity.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Stunts and Tumbling Circuit • Create A Routine • Partner Switcheroo Stunt Hunt 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
Utilize a variety of locomotor and manipulative skills to create new, or modify existing, games.	Create a Game Task Card	<ul style="list-style-type: none"> • Create a Game • Create a Routine • Survivor Challenge 	<ul style="list-style-type: none"> • Softball • Movement Bands • Fitness Challenges
Display good sportsmanship.	Are You Part of the Cast? Cooperative All-Star Teammate—Self Check	<ul style="list-style-type: none"> • Raiders of the Ark • Capture the Flag • Quidditch 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Aerobic Games

Apply problem-solving, conflict-resolution, and teamwork strategies to cooperative and group challenges in physical education settings.	Are You Part of the Cast? Cooperative All-Star Teammate—Self Check	<ul style="list-style-type: none"> • Survivor Challenge • Group Juggling • Cooperative Volleyball 	<ul style="list-style-type: none"> • Fitness Challenges • Cooperative Games and Initiatives • Volleyball
Utilize the cooperative skills of listening, discussing, leading, following, and sacrificing individual wants for the good of the group in physical activity settings.	Are You Part of the Cast? Cooperative All-Star Teammate—Self Check	<ul style="list-style-type: none"> • Stepping Stones • Log Jam • Survivor Challenge 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Fitness Challenges
Describe how the blood supplies oxygen and nutrients to the body.	Debrief question: <i>How does oxygen get to your muscles when you exercise?</i>	<ul style="list-style-type: none"> • Inside, Outside Walk/Jog • Aerobic Dance • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Walk, Jog, Run Activities • Group Fitness • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
4th Grade			
Demonstrate correct form while leaping.	<i>ASAP Teacher Observation</i>	<ul style="list-style-type: none"> • Perimeter Move 	<ul style="list-style-type: none"> • ASAP
Demonstrate throwing, striking, and kicking skills by throwing overhand for distance and accuracy, striking with short and long implements, and kicking while approaching a moving object.	Softball, Hockey, Soccer, Racquets and Paddles Performance Rubrics	<ul style="list-style-type: none"> • Target Throw • 5-Player Kickball • Pass and Follow • Paddle 2-Square 	<ul style="list-style-type: none"> • Softball • Aerobic Games • Hockey • Racquets and Paddles
Demonstrate short- and long-rope jumping skills, including individual and partner jumping techniques.	Jump Rope Skills Performance Rubric	<ul style="list-style-type: none"> • Jump the Circuit (Individual Tricks) • Aerobic Capacity Circuit • Solo Aerobic Fitness Challenge 	<ul style="list-style-type: none"> • Jump Rope • Fitness Circuits • Fitness Challenges
Perform multicultural rhythmic dances, including introductory square dance.	Dance Performance Rubric	<ul style="list-style-type: none"> • Scatter Square Dance • Alunelul • Irish Jig 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Demonstrate gymnastic skills while maintaining proper body alignment by transitioning smoothly between sequences and balancing with control on apparatus.	Stunts and Tumbling Performance Rubric	<ul style="list-style-type: none"> • Those Tricky Transitions • Stunt Stories and Tumbling Tales • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling

Apply specialized sport skills in combination with fundamental movement skills in game situations.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • 9 Grid Basketball • Soccer Golf • 4-Zone Football 	<ul style="list-style-type: none"> • Basketball • Soccer • Football
Create appropriate physical education activities, including cooperative tasks, group challenges, and games.	Create a Game Task Card	<ul style="list-style-type: none"> • Create a Game • Create a Routine • Survivor Challenge 	<ul style="list-style-type: none"> • Softball • Movement Bands • Fitness Challenges
Identify cue words and terms associated with leaping, striking, and kicking.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Create a Game • Stroke Shadow • Volleyball Tag • Team Traveling Challenges 	<ul style="list-style-type: none"> • Softball • Racquets and Paddles
Identify formations and steps associated with dance.	Create a Dance Task Card	<ul style="list-style-type: none"> • Create a Dance • Pata Pata (Jigsaw) 	<ul style="list-style-type: none"> • Dance • Dance
Demonstrate positive changes in performance based on peer and teacher evaluations.	Specific Unit Performance Rubrics Sample debrief Question: <i>What tip can you give your partner if they are having trouble throwing their ball with sufficient force to reach their target?</i>	<ul style="list-style-type: none"> • Partner Basketball Activity Challenge • Partner Throw and Catch • Hoop-To-Hoop 	<ul style="list-style-type: none"> • Basketball • Softball • Frisbee
List consequences of compliance and noncompliance with rules and regulations while participating in physical activities and games.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Orientation to SPARK PE • Establishing Basics • Cooperation and Trust 	<ul style="list-style-type: none"> • First 3 Lessons (Lesson 1) • First 3 Lessons (Lesson 2) • First 3 Lessons (Lesson 3)

<p>Explain outcomes of positive versus negative responses to classmates when winning or losing.</p>	<p>Cooperative Skills Performance Rubric</p>	<ul style="list-style-type: none"> • Mini-Hockey • Mini-Basketball • Mini-Soccer 	<ul style="list-style-type: none"> • Hockey • Basketball • Soccer
<p>Analyze varying intensities of exercise for effect on heart rate using manual pulse-checking or heart-rate monitors.</p>	<p>Sample debrief questions: <i>How hard did you work during the activity based on your heart rate? How did your heart rate change when you were exercising as compared to your heart rate before you started? How did your heart rate change when you finished?</i></p>	<ul style="list-style-type: none"> • Aerobic Dance • Sport Moves Aerobics • Bench Step Basics 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
<p>Identify devices used to measure cardiorespiratory endurance, muscular strength and endurance, body composition, and flexibility.</p>	<p>Sample debrief questions: <i>What are the five components of health-related fitness? What can you use to measure each component?</i></p>	<ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit • Aerobic Dance • Fitness Grids • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Group Fitness • Fitness Circuits • Fitness Circuits • Fitness Challenges

<p>Describe relationships among food intake, physical activity, and weight maintenance.</p>	<p>Sample debrief questions: <i>What factors contribute to body composition? Why does your body weight stay the same when the number of calories you take in is the same as the number of calories you expend?</i> <i>How long would you need to run to burn the calories that are in one cup of ice cream?</i></p>	<ul style="list-style-type: none"> • Body Composition Circuit • Body Composition BINGO • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits
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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
5th Grade			
Demonstrate correct form while sprinting and running for distance.	Walk/Jog/Run Performance Rubric	<ul style="list-style-type: none"> • Track and Field • Figure 8 Walk/Jog • Agility Run 	<ul style="list-style-type: none"> • Aerobic Games • Walk/Jog/Run • Walk/Jog/Run
Demonstrate correct form while fielding and punting a ball.	Softball and Football Self-Checks, Performance Rubrics	<ul style="list-style-type: none"> • Punting Drills • Ground Ball Mania • Triangle Fielding 	<ul style="list-style-type: none"> • Football • Softball • Softball
Execute single and dual long-rope activities and stunts.	Jump Rope Performance Rubric	<ul style="list-style-type: none"> • Jump The Circuit (Individual and Partner Tricks) • Mirror, Mirror • Jump Rope Add-On 	<ul style="list-style-type: none"> • Jump Rope • Jump Rope • Jump Rope
Demonstrate rhythmic dances, including modern, aerobic, and ethnic.	Dance Performance Rubric	<ul style="list-style-type: none"> • Aerobic Dance • Rocky Top • Mambo #5 	<ul style="list-style-type: none"> • Group Fitness • Dance • Dance
Demonstrate weight transfer and balance on mats and apparatus by smoothly transitioning between combinations of traveling and rolling.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Stunts and Tumbling Circuit • Create A Routine • Partner Switcheroo Stunt Hunt 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
Apply appropriate skills in sport-modified games.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Mini-Soccer • Mini-Hockey • Mini-Basketball 	<ul style="list-style-type: none"> • Soccer • Hockey • Basketball

Identify cue words and terms associated with punting and fielding.	Softball and Football Self-Checks, Performance Rubrics	<ul style="list-style-type: none"> • Punting Drills • Ground Ball Mania • Triangle Fielding 	<ul style="list-style-type: none"> • Football • Softball • Softball
Describe relationships among strength, flexibility, balance, and coordination in successfully executing physical activities.	Group Fitness Think About...	<ul style="list-style-type: none"> • Sport Moves Aerobics • Stability Ball Fun • Bench Step Basics 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Identify basic rules, player positions, and offensive and defensive strategies in organized games and in sport modified games.	Sample debrief questions: <i>How can you create more space between yourself and the person guarding you?</i> <i>How can changing speed and direction allow you to move away from another person?</i>	<ul style="list-style-type: none"> • Offense/Defense • Defense! • Raiders of the Ark • Capture the Flag • Quidditch 	<ul style="list-style-type: none"> • ASAP • Hockey • Aerobic Games • Aerobic Games • Aerobic Games
Explain good sportsmanship techniques for use in settling disputes.	Cooperative Skills Self-Check	<ul style="list-style-type: none"> • Parachute Play • Raiders of the Ark • Capture the Flag 	<ul style="list-style-type: none"> • Cooperatives • Aerobic Games • Aerobic Games
Explain physical activity and safety benefits of exercising with a partner.	Sample debrief question: <i>What are some benefits in having a workout buddy?</i>	<ul style="list-style-type: none"> • Workout Buddies • Fun and Flexibility with a Friend • Partner Aerobic Fitness • Partner Mixed Fitness 	<ul style="list-style-type: none"> • Cooperatives • Fitness Challenges • Fitness Challenges • Fitness Challenges

Describe how aerobic exercise affects the efficiency and longevity of the heart and lungs.	Walk/Jog/Run Think About	<ul style="list-style-type: none"> • Inside/Outside Walk/Jog • Moving Around the Track • 4 Corners 	<ul style="list-style-type: none"> • Walk/Jog/Run • Map Challenges • ASAP
Categorize physical activities according to their most beneficial health-related fitness component.	<p>Sample debrief question: <i>What are the five components of health-related fitness? Can you give an example of each?</i></p> <p>Fitness Circuits Think About...</p>	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits
Define the four components of the frequency, intensity, time, and type (F.I.T.T.) principle as they relate to a successful fitness program.	<p>Sample debrief question: <i>Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i></p>	<ul style="list-style-type: none"> • Aerobic Dance • Pick A Card Circuit • Survivor Challenge 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges