

SPARK Alignment with Alabama Physical Education Standards K-2 (Version 2008)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Kindergarten			
Travel while changing direction, speed, and pathways to avoid contact with peers.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Use correct form while marching and walking.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Knees Up Mother Brown • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
Demonstrate the nonlocomotor skills of bending, stretching, twisting, turning, rocking, and swaying.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Basic Body Positions • Body Management and Balance • Twist and Turn/Bend and Stretch 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Manipulatives

Demonstrate throwing and catching skills by throwing a ball overhand and underhand and catching a tossed ball before it bounces twice.	Throwing and Catching Rubric	<ul style="list-style-type: none"> • Throwing Underhand to Targets • Overhand Throw for Distance • Catching and Throwing Circuit 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing • Catching and Throwing
Demonstrate individual rope-jumping skills by jumping over a rope lying on the floor, jumping over a swinging rope, and jumping a single rope five consecutive times.	Jumping Rubric	<ul style="list-style-type: none"> • Individual Rope Jumping I • Individual Rope Jumping II • Jumping and Landing Circuit 	<ul style="list-style-type: none"> • Jumping • Jumping • Jumping
Move rhythmically to even and uneven beats in creative dance, aerobic exercises, movement songs, and simple dances.	Dance Rubric	<ul style="list-style-type: none"> • The Conga • Hawaiian Roller Coaster Ride • Tarantella 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Demonstrate body control skills by balancing on multiple body parts, rolling sideways without hesitation, and landing with control from a jump.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Body Management and Balance • Static Balances • Weight Transfer and Rolls 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
Combine fundamental movement skills and concepts in simple games.	Games Rubric	<ul style="list-style-type: none"> • Crazy Cones • Squirrels in the Trees • Cookie Monster Tag 	<ul style="list-style-type: none"> • Games • Games • Games

Apply movement vocabulary to fundamental skills upon teacher direction.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Movement Concepts Using Hoops • Pairs Combining Movement Concepts 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Apply physical education class rules and procedures for starting and stopping, adhering to safety requirements, using equipment, and entering and exiting an activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • Circuit Introduction • The Freeze • Changing Places 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP • Parachute
Demonstrate willingness to play with a diverse range of students using sharing skills with equipment and working cooperatively with peers.	Building a Foundation Rubric Games Rubric	<ul style="list-style-type: none"> • Pairing and Moving Together • Grouping and Moving Together • Line Boogie 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives
Demonstrate respect for classmates by playing without interfering with others and interacting appropriately with peers.	Games Rubric	<ul style="list-style-type: none"> • Shark Attack • Partner Stunts • Catching and Throwing Circuit 	<ul style="list-style-type: none"> • Parachute • Balance, Stunts, and Tumbling • Catching and Throwing
Describe benefits of regular participation in physical activities.	Fitness Introduction: <i>Wrap It Up</i>	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Parachute

<p>Describe the location and function of the heart and lungs.</p>	<p>Debrief questions: <i>Where is your heart located?</i> <i>What happens to your heart when you exercise?</i> <i>Where are your lungs located?</i> <i>What do they do?</i></p>	<ul style="list-style-type: none"> • Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK 	<ul style="list-style-type: none"> • Games • Building a Foundation • ASAP
<p>Identify appropriate footwear and clothing for participation in physical activities.</p>	<p>Orientation and Expectations: Building a Foundation</p>	<ul style="list-style-type: none"> • Orientation and Personal Space 	<ul style="list-style-type: none"> • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
1st Grade			
Demonstrate jumping and landing skills by using one- and two-foot takeoff methods, balancing at varying levels on multiple body parts, and forming bridges using different body parts.	Jumping Rubric	<ul style="list-style-type: none"> • Jumping and Landing • Jumping and Landing Patterns • Jump for Distance 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Jumping • Jumping
Apply varied effort and pathways to running, jumping, and throwing.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves • Tempos and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Demonstrate nonlocomotor skills, including pushing and pulling.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Basic Body Positions • Body Management and Balance • Twist and Turn/Bend and Stretch 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Manipulatives

<p>Demonstrate manipulative skills by catching a bounced ball with hands, volleying a soft object, kicking a stationary object, and throwing a ball underhand with two hands.</p>	<ul style="list-style-type: none"> • Catching and Throwing Rubric • Kicking and Trapping Rubric • Dribbling, Volleying, and Striking Rubric 	<ul style="list-style-type: none"> • Catching and Throwing Circuit • Kicking and Trapping Circuit • Dribbling, Volleying, and Striking Circuit 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Dribbling, Volleying, and Striking
<p>Apply rhythmic movement to games, activities, and dances.</p>	<p>Dance Rubric</p>	<ul style="list-style-type: none"> • The Mexican Hat Dance • Chinese Ribbon Dance • Hawaiian Roller Coaster Ride 	<ul style="list-style-type: none"> • Dance • Manipulatives • Dance
<p>Perform individual and partner stunts.</p>	<p>Balance, Stunts, and Tumbling Rubric</p>	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Stunts Add-On • Stunts Circuit 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
<p>Demonstrate manipulative and traveling skills in game situations.</p>	<p>Games Rubric</p>	<ul style="list-style-type: none"> • Catch and Chase • Crazy Cones • Frog Crossing 	<ul style="list-style-type: none"> • Games • Games • Games
<p>Apply movement vocabulary to fundamental movement skills.</p>	<p>Building a Foundation Rubric</p>	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Movement Concepts Using Hoops • Pairs Combining Movement Concepts 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation

Identify cue words and terms associated with throwing, catching, running, and kicking.	<ul style="list-style-type: none"> • Catching and Throwing Rubric • Kicking and Trapping Rubric 	<ul style="list-style-type: none"> • Overhand Throw for Distance • Partner Throw and Catch • Triangle Passing and 3-Player Kick and Score 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing • Kicking and Trapping
Determine speed and type of movement based on rhythmic beat.	Dance Rubric	<ul style="list-style-type: none"> • Mayonesa • The Shoemaker's Dance • Tarentella 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Explain the importance of empathy for feelings, concerns, and limitations of peers.	Sample debrief question: <i>Why is it important to show concern for the feelings of others?</i>	<ul style="list-style-type: none"> • Emotion Motion • Pairing and Moving Together • Grouping and Moving Together 	<ul style="list-style-type: none"> • ASAP • Building a Foundation • Building a Foundation
Demonstrate responsibility and cooperative skills in physical activity settings by helping peers, assisting the teacher, and sharing space and equipment.	Parachute Rubric Games Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • The Great Race • Long Rope Turning in Pairs 	<ul style="list-style-type: none"> • Catching and Throwing • Parachute • Jumping

<p>Identify exercises that improve flexibility, muscular strength and endurance, cardiorespiratory endurance, and body composition.</p>	<p>Sample debrief questions: <i>Name an exercise that you can do to improve your flexibility. Your muscular strength? Muscular endurance? Your heart and lungs? Your weight?</i></p>	<ul style="list-style-type: none"> • Fitness Introduction • Circuit Introduction • Oxygen Boogie 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Games
<p>Explain differences between active and inactive lifestyles.</p>	<p>Sample debrief question: <i>Does your body need more or less fuel when you are physically active? When you are inactive? Why?</i></p>	<ul style="list-style-type: none"> • Sugar and Fat Tag • Cookie Monster Tag • Fruits and Veggies Tag (High-Five Tag SPARK It Up!) 	<ul style="list-style-type: none"> • Games • Games • ASAP
<p>Explain effects of smoking, lack of sleep, and poor dietary habits on health and physical performance.</p>	<p>Sample debrief question: <i>How would smoking, not enough sleep, and not eating well affect your health? Your ability to play sports?</i></p>	<ul style="list-style-type: none"> • Sugar and Fat Tag • Cookie Monster Tag • Fruits and Veggies Tag (High-Five Tag SPARK It Up!) 	<ul style="list-style-type: none"> • Games • Games • ASAP

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
2nd Grade			
Demonstrate leaping and jumping skills by transferring and absorbing body weight in different ways.	Jumping Rubric	<ul style="list-style-type: none"> • Jumping and Landing • Jumping and Landing Patterns • Hurdling Practice 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Jumping • Jumping
Demonstrate movements that combine shapes, levels, and pathways into simple sequences.	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling Rubric • Building a Foundation Rubric 	<ul style="list-style-type: none"> • Stunts Add-On • Pairs Combining Movement Concepts • Body Management and Balance • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Building a Foundation • Building a Foundation • Building a Foundation
Apply body management skills on the floor and on apparatus while performing simple individual and partner stunts.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Stunts Introduction • Weight Transfer and Rolls • Partner Stunts 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling

Demonstrate correct form while hopping, galloping, jumping, and sliding.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves • Locomotor Grab Bag • 4 Corners 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP • ASAP
Demonstrate ball-moving skills by passing, dribbling a ball with dominant hand, kicking a slow moving ball, and throwing underhand with one arm.	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking Rubric • Kicking and Trapping Rubric • Catching and Throwing Rubric 	<ul style="list-style-type: none"> • Dribbling Introduction • Kicking for Distance • Throwing Underhand to Targets 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Kicking and Trapping • Catching and Throwing
Display basic rope-jumping skills.	Jumping Rubric	<ul style="list-style-type: none"> • Long Rope Jumping I & II • Individual Rope Jumping I & II 	<ul style="list-style-type: none"> • Jumping • Jumping
Demonstrate simple folk, line, and mixer dances.	Dance Rubric	<ul style="list-style-type: none"> • The Conga • Tarantella • Mayonesa 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Utilize combinations of the fundamental movement skills of chasing, fleeing, and dodging.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Chasing and Fleeing • Superhero Tag • Color Tag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Games

Identify cue words and terms associated with hopping, galloping, jumping, and sliding.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves • Locomotor Grab Bag • 4 Corners 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP • ASAP
Explain ways to resolve conflicts during physical activity in a school-approved manner.	Stuck-In-The-Mud Debrief (Games)	<ul style="list-style-type: none"> • Stuck-In-The-Mud • Catch and Chase • Houdini Hoops 	<ul style="list-style-type: none"> • Games • Games • Games
Demonstrate safety rules for physical education activities, including games that require implements and tag games that have designated boundaries.	Games Rubric	<ul style="list-style-type: none"> • Chasing and Fleeing • Crazy Cones • Stunts Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Games • Balance, Stunts, and Tumbling
Describe the immediate effect of physical activity on heart rate, breathing rate, and perspiration.	Debrief question: <i>Was your heart rate the same before, during, and after you exercised? How did it change?</i>	<ul style="list-style-type: none"> • Locomotor Grab Bag • Fitness Introduction • Crazy Cones 	<ul style="list-style-type: none"> • ASAP • Building a Foundation • Games
Explain how physical activity affects overall health, including the heart, lungs, and muscular system.	Sample debrief questions: <i>Name two benefits you get from strengthening your muscles. What happens to your heart when you make it beat faster on a regular basis?</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Oxygen Boogie 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Games

<p>Explain ways in which food intake affects body composition and physical performance.</p>	<p>Sample debrief question: <i>Does your body need more or less fuel when you are physically active? When you are inactive? What happens to your body composition if you take in too much fuel? How would that affect your ability to play sports?</i></p>	<ul style="list-style-type: none">• Sugar and Fat Tag• Cookie Monster Tag• Fruits and Veggies Tag (High-Five Tag SPARK It Up!)	<ul style="list-style-type: none">• Games• Games• ASAP
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