

SPARK Alignment with Connecticut Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2			
Physical Activity: Students will become competent in a variety of, and proficient in a few, physical activities.	Kicking and Trapping Rubric	<ul style="list-style-type: none"> • Dribbling “Soccer Style” • Animal Balancing Act • Jumping Rhythmically 	<ul style="list-style-type: none"> • Kicking and Trapping • Balance, Stunts, and Tumbling • Jumping
Human Movement: Students will understand and apply principles of human movement to the learning and development of motor skills.	Manipulatives Rubric	<ul style="list-style-type: none"> • Ribbon Wand Exploration • Scoops and Balls Introduction • Striking with Paddles 	<ul style="list-style-type: none"> • Manipulatives • Catching and Throwing • Dribbling, Volleying, Striking
Fitness: Students will use fitness concepts to achieve and maintain health-enhancing levels of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Flexibility • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Parachute
Responsible Behavior: Students will exhibit responsible personal and social behavior in physical activity settings.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • The Great Race • Houdini Hoops 	<ul style="list-style-type: none"> • Parachute • Parachute • Games
Respect For Differences: Students will exhibit an understanding and respect for	Debrief/Academic Integration Dance	<ul style="list-style-type: none"> • Chinese Ribbon Dance • Tarantella 	<ul style="list-style-type: none"> • Manipulatives • Dance • Dance

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differences among people in physical activity settings.		<ul style="list-style-type: none"> The Mexican Hat Dance 	
<p>Benefits of Physical Activity: Students will identify and understand how physical activity provides personal enjoyment, challenge, self-expression and social interaction.</p>	Dance Rubric	<ul style="list-style-type: none"> Create a Dance Emotion Motion Fly in the Web 	<ul style="list-style-type: none"> Dance ASAP Parachute

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3-5			
Physical Activity: Students will become competent in a variety of, and proficient in a few, physical activities.	Hockey Self-Check	<ul style="list-style-type: none"> • Mini-Hockey • Quick-Play Mini-Football • Mini-Basketball 	<ul style="list-style-type: none"> • Hockey • Football • Basketball
Human Movement: Students will understand and apply principles of human movement to the learning and development of motor skills.	Create A Routine Rubric (Stunts and Tumbling)	<ul style="list-style-type: none"> • Learning the Stunts • 5-Person Kick and Dribble • Grid Passing 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Basketball
Fitness: Students will use fitness concepts to achieve and maintain health-enhancing levels of physical fitness.	Fitness Circuits Performance Rubric	<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
Responsible Behavior: Students will exhibit responsible personal	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives

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and social behavior in physical activity settings.		<ul style="list-style-type: none"> • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives
Respect For Differences: Students will exhibit an understanding and respect for differences among people in physical activity settings.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Cooperative Countdown • VIP Tag • Designated Driver 	<ul style="list-style-type: none"> • Volleyball • Chasing and Fleeing • Cooperatives
Benefits of Physical Activity: Students will identify and understand how physical activity provides personal enjoyment, challenge, self-expression and social interaction.	Movement Bands Create a Routine Performance Rubric	<ul style="list-style-type: none"> • Create a Routine • Create a Routine • Create a Dance 	<ul style="list-style-type: none"> • Group Fitness • Movement Bands • Dance

SPARK Alignment with CT Physical Education Standards (MS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 9: Motor Skill Performance			
9.1. Demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Serve, Return, Catch • Extreme Rally • 7v7 Modified Softball 	<ul style="list-style-type: none"> • Handball • Racquets and Paddles • Softball
9.2. Demonstrate developmentally mature applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Target Golf • Sepak Takraw • Disc Golf 	<ul style="list-style-type: none"> • Golf • World Games • Flying Disc
9.3. Adapt and combine skills to meet the demands of increasingly dynamic environments	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Receiver Patterns • Durango Boot • Collect 'Em All 	<ul style="list-style-type: none"> • Football • Flying Disc • Soccer
9.4. Develop increasing competence in more advanced specialized skills	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Advanced Progressions • Shot Put • Advanced Shots Circuit 	<ul style="list-style-type: none"> • Stunts and Tumbling • Track • Handball
9.5. Participate in a variety of individual, dual and team tasks,	Specific Unit: <ul style="list-style-type: none"> • Peer Coach 	<ul style="list-style-type: none"> • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Dance

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activities, creative movement, dance, play, games and sports	<ul style="list-style-type: none"> • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Stunts and Tumbling Buffet • Volleyball Stations 	<ul style="list-style-type: none"> • Stunts and Tumbling • Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 10: Applying Concepts and Strategies			
10.1. Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms	Specific Unit Written Tests	<ul style="list-style-type: none"> • Serving Challenges • Advanced Shots Circuit • Creating Combinations 	<ul style="list-style-type: none"> • Volleyball • Handball • Stunts and Tumbling
10.2. Use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Merengue Jigsaw (Lady's Turns, Gentleman's Turns) • Self-Guided Tour • Sprint and Jump Circuit 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Track
10.3. Demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations	Specific Unit Written Tests	<ul style="list-style-type: none"> • Responsibility and Routines • Partner Stunts • Stability Ball and Medicine Ball • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • The First 5 Lessons • Stunts and Tumbling • Fitness • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 11: Engaging in Physical Activity			
11.1. Engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Stability Ball and Medicine Ball Workout • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	Fitness
11.2. Apply an understanding of the connections between the purposes of movements and their effect on fitness	Fitness Written Test	<ul style="list-style-type: none"> • Individual Warm-Up Routines (ASAP) • Balancing Strength and Flexibility Circuit • Fun and Fitness Circuit 	<ul style="list-style-type: none"> • Jump Rope • Fitness • ASAP
11.3. Apply the understanding of physical activity concepts to increasingly complex movement and game forms	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Advanced Shots • Volleyball Xtreme • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Handball • Volleyball • Dance
11.4. Engage in a variety of appropriate physical activities during and outside of school that	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Personally Fit • Fun and Fitness Circuit 	<ul style="list-style-type: none"> • SPARKfamily.org • ASAP

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
promote the development and improvement of physical fitness level		<ul style="list-style-type: none">• Introduction to Pilates	<ul style="list-style-type: none">• Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 12: Physical Fitness			
12.1 Demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component	Fitness: <ul style="list-style-type: none"> • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Resistance Band Workout • Range of Motion Circuit • Body Composition Circuit 	Fitness
12.2. Assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance	<i>Create A Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Body Composition BINGO • Build a Pyramid • Nutrition Team Challenge • Fruit Smoothie 	Fitness
12.3. Analyze the results of one or more components of health-related fitness	Fitness Unit Written Test Sample debrief question: <i>What are some activities that are effective in improving</i>	<ul style="list-style-type: none"> • Heart Rate Highway • Basic Exercise Techniques • Balancing Strength and Flexibility Circuit 	Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>each of the health-related physical fitness components?</i>	<ul style="list-style-type: none"> • Body Composition Circuit 	
12.4 Plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals	<ul style="list-style-type: none"> • Personally Fit • SPARKfit 	<ul style="list-style-type: none"> • Personally Fit • SPARKfit 	SPARKfamily.org

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 13: Responsible Behavior			
13.1. Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings	<ul style="list-style-type: none"> • Cooperatives Self-Check • Cooperatives Performance Rubric 	<ul style="list-style-type: none"> • Trust and Technology • Responsibility and Routines • Respect and Roll-Taking • Team Events 	<ul style="list-style-type: none"> • The First 5 Lessons • The First 5 Lessons • The First 5 Lessons • All Skill Units
13.2. Continue to develop skills to participate productively in groups, in both cooperative and competitive activities	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics • Coulda Shoulda Woulda (all units) 	<ul style="list-style-type: none"> • Pattern Tosses • Adventure Racing 101 • Team Events 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • All Skill Units
13.3. Develop strategies for including all persons, despite individual differences, in physical activity settings	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics • Coulda Shoulda Woulda (all units) 	<ul style="list-style-type: none"> • Log Jam • Cross the Great Divide • Radioactive River • Karrimor International Mountain Marathon 	Cooperatives
13.4. Apply appropriate skills for resolving conflicts peacefully	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written 	<ul style="list-style-type: none"> • Team Events • Final Cooperative 	<ul style="list-style-type: none"> • All Skill Units • Cooperatives

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	<p>Tests</p> <ul style="list-style-type: none">• Peer Coach• Self Check• Teacher Rubrics• Coulda Shoulda Woulda (all units)	<p>Adventure Race</p> <ul style="list-style-type: none">• Indiana Jones	<ul style="list-style-type: none">• Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 14: Benefits of Physical Activity			
14.1. Make decisions about participating in different physical activities based on feelings and interests	Personally Fit Activity Challenge: <ul style="list-style-type: none"> • In the Mood to Move 	<ul style="list-style-type: none"> • Personally Fit • SPARKfit 	SPARKfamily.org
14.2. Use physical activity as a means of self- and group expression	Stunts and Tumbling, Dance, Jump Rope Teacher Rubrics	<ul style="list-style-type: none"> • Creating Combinations • Stunts and Tumbling Buffet • Create a Hip Hop Routine • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Dance • Jump Rope
14.3. Use physical activity as a positive opportunity for social and group interaction and development of leadership skills	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check • Peer Coach 	<ul style="list-style-type: none"> • Partner Warm-up Routines • Create your own Merengue Move • Volleyball Xtreme 	<ul style="list-style-type: none"> • Jump Rope • Dance • Volleyball
14.4. Realize that physical activity and challenges present opportunities for personal growth	<ul style="list-style-type: none"> • Personally Fit • SPARKfit Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check 	<ul style="list-style-type: none"> • Problem-Solver Adventure Race • Create a Routine (Aerobic Capacity) • Advanced Progressions 	<ul style="list-style-type: none"> • Cooperatives • Fitness • Stunts and Tumbling
14.5. Value the skill competence that results from practice	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check 	<ul style="list-style-type: none"> • Volleyball Stations • Throw and Sprint Circuit 	<ul style="list-style-type: none"> • Volleyball • Track

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	<ul style="list-style-type: none"> • Peer Coach 	<ul style="list-style-type: none"> • Shooting Drills 	<ul style="list-style-type: none"> • Basketball
14.6. Demonstrate willingness to attempt a variety of new physical activities	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric 	<ul style="list-style-type: none"> • Sepak Takraw • Track and Field • Adventure Race • Self-Guided Tour 	<ul style="list-style-type: none"> • World Games • Track • Stunts and Tumbling

SPARK Alignment with CT Physical Education Standards (HS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 9: Motor Skill Performance			
9.1. Maintain and further develop the fundamental movement skills in open environments	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Basketball Adventure Race • iFreestyle Aerobics • Cricket Adventure Race 	<ul style="list-style-type: none"> • Basketball • Group Fitness • World Games: Cricket
9.2. Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Volley-Call 1 • S-P-A-C-E Out! • I Got Your Back 	<ul style="list-style-type: none"> • Volleyball • Hockey • Badminton
9.3. Use complex movements and patterns within a variety of dynamic environments	Specific Unit Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Serve, Then Defend • Battle Zone • Pump Up the Base 	<ul style="list-style-type: none"> • Volleyball • Flying Disc: Ultimate • Softball
9.4. Develop advanced skills in selected physical activities	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Wicket Busters • Stack Out • The Pass & Go Show 	<ul style="list-style-type: none"> • World Games: Cricket • Flying Disc: Ultimate • Hockey
9.5. Participate in a wide variety of activities, including dance, games,	Heart Rate Monitor Logs	<ul style="list-style-type: none"> • Walk and Talk Fun-day-mentals 	<ul style="list-style-type: none"> • Wellness Walking

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sports and lifetime physical activities	Pedometer Logs	Jigsaw <ul style="list-style-type: none">• Aerobics Basic Training• HIIT Basic Training	<ul style="list-style-type: none">• Group Fitness• Group Fitness

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Content Standard 10: Applying Concepts and Strategies			
10.1. Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances	Create Your Own Freestyle Aerobics Routine Card	<ul style="list-style-type: none"> • Event: Dance Olympics • SPARK Fitness Instructor Certification/ Studio Showdown • Event: Strength in Numbers 	<ul style="list-style-type: none"> • Dance • Group Fitness • Strength Training
10.2. Use self, peer, teacher and technological resources as tools to implement performance improvements in self and others	Specific Unit Fun-day-mentals Jigsaw Notes	Fun-day-mentals Jigsaw	<ul style="list-style-type: none"> • Volleyball • Flying Disc: Ultimate • Badminton
10.3. Demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations	SPARK Unit Written Tests	<ul style="list-style-type: none"> • Not So Routine! • Adventure Race 101 • Game Day 101 	SPARK HS PE 101

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Content Standard 11: Engaging in Physical Activity			
11.1. Regularly engage in moderate to vigorous physical activities of their choice on a regular basis	Heart Rate Monitor Logs Pedometer Logs	<ul style="list-style-type: none"> • Walk and Talk • Fun-day-mentals Jigsaw • Aerobics Basic Training • HIIT Basic Training 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness
11.2. Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Orienteering Adventure Race • iCardio Kickboxing • Win the Point 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Group Fitness • Badminton
11.3. Apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms	Fun-day-mentals Jigsaw Notes Unit Written Tests	<ul style="list-style-type: none"> • National Arbor Day • Stack Up • Volley-Call 1 	<ul style="list-style-type: none"> • Football • Flying Disc: Ultimate • Volleyball
11.4. Engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level	Personal Fitness Program Development	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 12: Physical Fitness			
12.1. Assess and adjust activities to maintain or improve personal level of health-related fitness	Personal Fitness Program Development Fitness Personal Best Assessment	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training
12.2. Use physiological data to adjust levels of exercise and nutrient intake to promote wellness	Personal Fitness Program Development Fitness Personal Best Assessment	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training
12.3. Use the results of fitness assessments to guide changes in her or his personal programs of physical activity	Personal Fitness Program Development Fitness Personal Best Assessment	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training
<p>12.4. Design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles</p>	<p>Personal Fitness Program Development Fitness Personal Best Assessment</p>	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 13: Responsible Behavior			
13.1. Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same	<ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Not So Routine! • Adventure Race 101 • Game Day 101 	SPARK HS PE 101
13.2. Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities	<ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Waltzing Royalty Jigsaw • Ultimate Adventure Race • Football Adventure Race 	<ul style="list-style-type: none"> • Dance • Flying Disc: Ultimate • Football
13.3. Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings	<ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling 	<ul style="list-style-type: none"> • Orienteering Adventure Race • Basic Training: FUNctional Fitness Jigsaw • Event: The Crackerjack Classic (Option 1: Create 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Strength Training • Softball

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	<ul style="list-style-type: none"> • Pages • Create Your Own Game Task Cards 	<ul style="list-style-type: none"> • & Play Your Own (Game) Adventure Race 	
13.4. Demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same	<ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • SPARK Event 101 • Battle Zone • Game Day 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Flying Disc: Ultimate • SPARK HS PE 101

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Content Standard 14: Benefits of Physical Activity			
14.1. Make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living	Personal Fitness Program Development	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training
14.2. Use physical activity as a means of creative expression	Create Your Own Freestyle Aerobics Routine Card	<ul style="list-style-type: none"> • SPARK Fitness Instructor Certification/ Studio Showdown • iYoga • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Dance
14.3. Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships	Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Orienteering Adventure Race • ABC's 	Cooperatives: Orienteering
14.4. Seek personally challenging experiences through physical activity as a means to personal growth	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Event: Go the Distance • Strength Training Adventure Race • Star Quest 	<ul style="list-style-type: none"> • Wellness Walking • Strength Training • Cooperatives:

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14.5. Persist in practicing activities to increase specific skill competence in areas of interest	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • The Deuce • Fun-day-mentals Jigsaw • Dance Personal Best 	<p>Orienteering</p> <ul style="list-style-type: none"> • Cooperatives: Orienteering • Flying Disc: Ultimate • Dance
14.6. Experiment with new physical activities as part of a personal improvement plan	Personal Fitness Program Development	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training