

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
STANDARD 1: Students demonstrate competent skills in variety of physical activities and sports.			
Demonstrating competency in one team-related activity or sport, through the execution of defensive and offensive strategies (<i>e.g., soccer, softball, basketball, floor/field hockey, volleyball</i>).	Specific Unit: <ul style="list-style-type: none"> • Personal Best • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Fielder's Choice 	<ul style="list-style-type: none"> • Basketball • Football • Softball
Demonstrating competency in one individual activity (<i>e.g., aquatics, dance, gymnastics, golf, archery, adventure activities, and weight training</i>).	Specific Unit: <ul style="list-style-type: none"> • Personal Best • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Create Your Own ST Program • Event: Off to the Races! • Stutter Stomp 	<ul style="list-style-type: none"> • Strength Training • Aquatics (online unit) • Dance
Demonstrating competency in one dual sport or game displaying an understanding of how it is played (<i>e.g., tennis, badminton, racquetball, frisbee, handball</i>).	Specific Unit: <ul style="list-style-type: none"> • Personal Best • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Win the Point (Singles Royal Court) • Event: Uber 'Bad' Cup (Singles and Doubles Round Robin) • Event: Ultimate Masters (Disc Golf & 5-on-5 Hat Tournament) 	<ul style="list-style-type: none"> • Badminton • Badminton • Flying Disc: Ultimate

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STANDARD 2: Students demonstrate competency in physical fitness.			
Develop health-related fitness*: cardiovascular endurance*, muscular endurance*, muscular strength*, flexibility* and body composition*.	Fitness Personal Best Assessments	<ul style="list-style-type: none"> • Fitness Personal Best Assessment • Wellness Walking Personal Best • Strength Training Personal Best • Yoga Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training • Group Fitness
Demonstrate competency in the following performance- related or motor skill fitness* components: agility*, balance*, coordination*, power*, reaction time*, and speed*.	Strength Training Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Basic Training: FUNctional Fitness Jigsaw • Event: Strength in Numbers 	<ul style="list-style-type: none"> • Strength Training • Strength Training
Demonstrate an understanding that physical fitness is a part of a wellness* program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	

<p>Design and use personal fitness programs and appropriate technology to achieve and maintain physical fitness.</p>	<ul style="list-style-type: none">• Create Your Strength Training Program Log• Personally Fit Activity Challenge: In the Mood to Move• Heart Rate Monitor Logs• Pedometer Logs	<p>Personal Fitness Program Development</p>	<p>Personally Fit SPARKfit (SPARKfamily.org)</p>
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STANDARD 3: Students demonstrate the knowledge of factors important to participation in physical activity.			
Demonstrating cooperative participation when engaged in competitive physical activities by following the rules and regulations specific to that activity.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages • Performance Rubrics 	<ul style="list-style-type: none"> • Game Day 101 • Event: March Madness • Event: Gridiron Classic (Pass-Punt-Snap Challenge & 5-on-5 Round Robin Tournament) 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Basketball • Football
Identifying performance-related factors* that contribute to participation in physical activity.	Specific Unit: <ul style="list-style-type: none"> • Personal Best • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • iHIIT (High Intensity Interval Training) • Run the Wickets! • Event: Dance Olympics 	<ul style="list-style-type: none"> • Group Fitness • World Games: Cricket • Dance
Comparing and contrasting the strategies of defense and offense in various sports.	Specific Unit Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Win the Point (Singles Royal Court) 	<ul style="list-style-type: none"> • Basketball • Football • Badminton

<p>Identifying and explaining the cultural, ethnic and historical roles of games, sports and dance.</p>	<p>World Games:</p> <ul style="list-style-type: none"> • Fun-day-mentals Jigsaw Notes • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Cricket Adventure Race • Cha-Cha Challenge 	<ul style="list-style-type: none"> • World Games: Cricket • World Games: Cricket • Dance
<p>Investigating the time, cost, available technology and participation requirements involved in a choice of physical activities.</p>	<p>Sample debrief question: <i>What are some time and cost requirements for your choices of physical activities?</i></p>	<p>Personally Fit SPARKfit (SPARKfamily.org)</p>	
<p>Evaluating risks and safety factors that may affect physical activity throughout life.</p>	<p>SPARK HS PE 101 Character Matters Assessment (Game Day 101 Debrief)</p>	<ul style="list-style-type: none"> • Aerobics Basic Training • Cardio Kickboxing Basic Training • HIIT Basic Training • Dive In: FUNctional Aquatic Jigsaw 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Aquatics (online Group Fitness unit)
<p>Analyzing biomechanical principles involved in sport to improve performance and reduce injury.</p>	<p>Strength Training Jigsaw Notes</p>	<ul style="list-style-type: none"> • Basic Training: Functional Fitness Jigsaw 	<ul style="list-style-type: none"> • Strength Training