

SPARK Alignment with Colorado Physical Education Standards Kindergarten (2008 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Movement Competence and Understanding Demonstrate body and spatial awareness through movement Locate the major parts of the body			
Travel within a large group without bumping into others or falling while using a variety of locomotor skills	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • General Space and Creative Moves • Color Tag 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Games
Demonstrate contrasts between slow and fast speeds while using locomotor skills	Building a Foundation Rubric	<ul style="list-style-type: none"> • Tempos and Creative Moves • Move and Groove • The Mexican Hat Dance 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Dance
Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Animal Balancing Act • Body Management and Balance 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
Travel in straight, curved, and zigzag pathways	Building a Foundation Rubric	<ul style="list-style-type: none"> • Roadway • Pathways and Creative Moves • Locomotor Skills, 	<ul style="list-style-type: none"> • ASAP • Building a Foundation • Building a Foundation

		Levels, and Directions	
Move in opposition and alternately	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pathways and Creative Moves • Locomotor Skills, Levels, and Directions • Throwing Underhand to Targets 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Catching and Throwing
Move synchronously with others	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pairing and Moving Together • Grouping and Moving Together • Move and Groove 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Parachute
Participate in chase-and-flee activities that include various spatial relationships	Building a Foundation Rubric	<ul style="list-style-type: none"> • Chasing and Fleeing • High-Five Tag • Color Tag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Games
Move specified body parts in response to a variety of sensory cues such as auditory or visual	Debrief question: <i>Touch your shoulders. Where are your wrists? Your elbows? Ankles?</i>	<ul style="list-style-type: none"> • The Hokey Pokey • Beanbag Balances • Body Management and Balance 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Building a Foundation
Identify body planes such as front, back, and side	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Beanbag Exploration • Beanbag Balances 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives • Balance, Stunts, and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical and Personal Wellnes			
Understand that physical activity increases the heart rate, making the heart stronger			
Identify the heart rate as an indicator of moderate to vigorous activity	Debrief question: <i>What happens to your heart when you exercise?</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
Sustain moderate to vigorous physical activity for short periods of time	Games Rubric	<ul style="list-style-type: none"> • Crazy Cones • Cookie Monster Tag • Fitness Introduction 	<ul style="list-style-type: none"> • Games • Games • Building a Foundation
Identify activities that will increase the heart rate	Debrief question: <i>What are some activities that make your heart beat faster?</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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Emotional and Social Wellness			
Demonstrate respect for self, others, and equipment Demonstrate the ability to follow directions			
Demonstrate the characteristics of sharing	Throwing and Catching Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Soccer Golf 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Jumping

		<ul style="list-style-type: none"> • Long Rope Turning in Pairs 	
Identify feelings that result from participation in physical activity	Games Rubric	<ul style="list-style-type: none"> • Emotion Motion • Showtime • Houdini Hoops 	<ul style="list-style-type: none"> • ASAP • Balance, Stunts, and Tumbling • Games
Participate as a leader and follower	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pairing and Moving Together • Grouping and Moving Together • Frogs Across the Pond 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Help to manage equipment	Recess Activities Rubric	<ul style="list-style-type: none"> • Manipulatives Circuit • Corn Toss • Kickback 	<ul style="list-style-type: none"> • Manipulatives • Recess Activities • Recess Activities
Play without interfering with others	Games Rubric	<ul style="list-style-type: none"> • Houdini Hoops • Changing Places • Line Boogie 	<ul style="list-style-type: none"> • Games • Parachute • Manipulatives
Start and stop on an auditory and visual signal	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • The Freeze • Parachute Introduction 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Parachute
Follow a simple series of instructions for an activity	Games Rubric	<ul style="list-style-type: none"> • Crazy Cones • Knees Up Mother Brown • The Bouncer 	<ul style="list-style-type: none"> • Games • ASAP • ASAP
Speak at appropriate times	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • I See, I See 	<ul style="list-style-type: none"> • Building a Foundation • ASAP

Follow established class protocols	Building a Foundation Rubric	<ul style="list-style-type: none">• Orientation and Personal Space• Pairing and Moving Together• Circuit Introduction	<ul style="list-style-type: none">• Building a Foundation• Building a Foundation• Building a Foundation
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SPARK Alignment with Colorado Physical Education Standards 1st Grade (2008 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Movement Competence and Understanding Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements Demonstrate fundamental manipulative skills Establish a beginning movement vocabulary			
Move in different directions and at high, medium, and low levels in space	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • General Space and Creative Moves • Tempos and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Demonstrate locomotor movements in a variety of pathways and levels	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves • 4 Corners 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Travel in forward and sideways directions using a variety of locomotor and nonlocomotor patterns, and change direction quickly in response to a signal	Building a Foundation Rubric	<ul style="list-style-type: none"> • Tempos and Creative Moves • Alley Cat • The Mexican Hat Dance 	<ul style="list-style-type: none"> • Building a Foundation • Dance • Dance

Perform a simple dance step in keeping with a specific tempo Travel to a variety of rhythms changing time, force, and flow	Dance Rubric	<ul style="list-style-type: none"> • The Mexican Hat Dance • The Bunny Hop • Hawaiian Roller Coaster Ride 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Manipulate objects such as jump ropes, scarves, hoops, and balls	Manipulatives Rubric	<ul style="list-style-type: none"> • Scarf Exploration • Bean Bag Exploration • Hoop Exploration 	<ul style="list-style-type: none"> • Manipulatives • Manipulatives • Manipulatives
Balance at different levels on different body parts	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Basic Body Positions • Body Management and Balance • Static Balances 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Balance, Stunts, and Tumbling
Demonstrate both static and dynamic balances	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Basic Body Positions • Body Management and Balance • Static Balances 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Balance, Stunts, and Tumbling
Perform rhythmical movements using small musical aids	Dance Rubric	<ul style="list-style-type: none"> • Chinese Ribbon Dance • Shoemaker's Dance 	<ul style="list-style-type: none"> • Manipulatives • Dance
Perform a singing dance in a group	Dance Rubric	<ul style="list-style-type: none"> • The Muffin Man 	<ul style="list-style-type: none"> • Dance
Standing in place, dribble a ball five times with one's dominant hand	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Bounce and Catch Introduction • Dribbling Introduction 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Dribbling, Volleying, and Striking

Throw a ball while stepping forward in opposition	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Overhand Throw for Distance • Clean Your Room • Catching and Throwing Circuit 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing • Catching and Throwing
Strike a stationary object	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Volleying and Striking Introduction • Dribbling, Volleying, and Striking Circuit 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Dribbling, Volleying, and Striking
Throw an object with an overhand and underhand motion	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Throwing Underhand to Targets • Partner Throw and Catch • Partner Throw and Catch Challenges 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing • Catching and Throwing
Toss a ball to oneself using the underhand throw pattern, and catch it before it bounces	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Self-Toss and Catch 	<ul style="list-style-type: none"> • Catching and Throwing
Catch a thrown large object with both hands	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Partner Throw and Catch Challenges • Catching and Throwing Circuit 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing • Catching and Throwing
Kick a stationary object using a simple kicking pattern	Kicking and Trapping Rubric	<ul style="list-style-type: none"> • Kicking for Distance • Kicking for Accuracy • Soccer Golf 	<ul style="list-style-type: none"> • Kicking and Trapping • Kicking and Trapping • Kicking and Trapping
Use body parts and light implements to strike stationary and moving objects	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Volleying and Striking Introduction • Sheep Dogs 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Dribbling, Volleying,

		<ul style="list-style-type: none"> • Keep It Up 	<ul style="list-style-type: none"> • and Striking • Dribbling, Volleying, and Striking
Distinguish between a jog and a run, a hop and a jump, and a gallop and a slide	Building a Foundation	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • 4 Corners • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
Respond appropriately to a variety of cues	Building a Foundation	<ul style="list-style-type: none"> • The Freeze • Orientation and Personal Space • Crabbing Around 	<ul style="list-style-type: none"> • ASAP • Building a Foundation • ASAP
Recognize personal space, high and low levels, fast and slow speeds, light and heavy weights, balance, and twist	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • Tempos and Creative Moves • Locomotor Skills, Levels, and Directions 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Discuss personal space, general space, and boundaries	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • General Space and Creative Moves • Chasing and Fleeing 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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Physical and Personal Wellnes

Identify the body's normal reactions to moderate and vigorous physical activity

Identify basic exercises that help to strengthen various muscles of the body	Debrief question: <i>Name some activities that help to strengthen your muscles.</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Crabbing Around 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Identify physical activities that require strong muscles	Debrief question: <i>Name some activities that require strong muscles.</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Parachute
Identify and perform specific exercises that can be done to improve the muscular strength and endurance of various muscle groups	Debrief question: <i>Name an exercise you can do to strengthen your _____ .</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Crabbing Around • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP • Parachute
Identify activities that rely on muscular endurance and muscular strength for someone to be successful	Debrief question: <i>Name some activities that require strong muscles.</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Crabbing Around • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP • Parachute

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Emotional and Social Wellness Work independently and with others to complete work Follow the rules of an activity			
Identify and demonstrate acceptable responses to challenges, successes, and failures	Games Rubric	<ul style="list-style-type: none"> • Emotion Motion • Showtime • Houdini Hoops 	<ul style="list-style-type: none"> • ASAP • Balance, Stunts, and Tumbling • Games
Invite others to use equipment before repeating a turn	Recess Activities Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Soccer Golf • Long Rope Turning in Pairs 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Jumping
Identify and demonstrate the attributes of being an effective partner or group member in physical activity	Recess Activities Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Soccer Golf • Long Rope Turning in Pairs 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Jumping
Help another student share space effectively	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pairing and Moving Together • Grouping and Moving Together • Frogs Across the Pond 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Perform a simple sequence of movements within given parameters and guidelines	Dance Rubric	<ul style="list-style-type: none"> • Monkey See, Monkey Do • Knees Up Mother Brown 	<ul style="list-style-type: none"> • ASAP • ASAP • Dance

		<ul style="list-style-type: none"> • The Hokey Pokey 	
Develop rules for an activity, and participate in the activity while following the rules	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pairs Combining Movement Concepts 	<ul style="list-style-type: none"> • Building a Foundation
Follow the rules for simple games	Games Rubric	<ul style="list-style-type: none"> • Color Tag • Crazy Cones • Cookie Monster Tag 	<ul style="list-style-type: none"> • Games • Games • Games
Accept responsibility for one's behavior in a game situation	Games Rubric	<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

SPARK Alignment with Colorado Physical Education Standards 2nd Grade (2008 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Movement Competence and Understanding</p> <p>Demonstrate the elements of movement in combination with a variety of locomotor skills</p> <p>Demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements</p> <p>Use feedback to improve performance</p>			
Demonstrate skipping, hopping, galloping, and sliding while transitioning on command	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • 4 Corners • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
Demonstrate smooth transitions between sequential motor skills such as running into a jump	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Stunts Add-On • Stunts Circuit 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
Move using the concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or falling	Building a Foundation Rubric	<ul style="list-style-type: none"> • General Space and Creative Moves • Pathways and Creative Moves • Roadway 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Identify major characteristics of the skills of walking, running, jumping, hopping, and leaping	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • 4 Corners • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP

Move to even and uneven beats using various locomotor movements	Dance Rubric	<ul style="list-style-type: none"> • The Mexican Hat Dance • Tempos and Creative Moves 	<ul style="list-style-type: none"> • Dance • Building a Foundation
Create a routine that includes two types of body rolls such as a log roll, egg roll, shoulder roll, or forward roll and a stationary balance position after each roll	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Stunts Add-On • Create a Routine 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
Jump rope repeatedly	Jumping Rubric	<ul style="list-style-type: none"> • Long Rope Jumping I • Long Rope Jumping II • Jumping and Landing Circuit 	<ul style="list-style-type: none"> • Jumping • Jumping • Jumping
Throw, catch, strike, and trap objects while being stationary and also moving toward a partner	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch Challenges • Passing in Pairs • Striking with Paddles 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Dribbling, Volleying, and Striking
Balance objects on various body parts while in various positions	Building a Foundation Rubric	<ul style="list-style-type: none"> • Body Management and Balance • Bean Bag Exploration 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives
Demonstrate static and dynamic balance on lines or low beams and benches	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Body Management and Balance • Static Balances 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling
Use self feedback to identify strengths and weaknesses as well as modifications that need to be made to improve the performance of a skill or physical movement	Building a Foundation Rubric	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking Circuit • Catching and Throwing Circuit • Kicking for Accuracy 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Catching and Throwing • Kicking and Trapping

Use instructor feedback to identify strengths and weaknesses as well as modifications that need to be made to improve performance of a skill or physical movement	Building a Foundation Rubric	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking Circuit • Catching and Throwing Circuit • Kicking for Accuracy 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Catching and Throwing • Kicking and Trapping
Identify methods to keep the brain healthy and ready to learn	Debrief question: <i>Name some activities that help keep your brain ready to learn.</i>	<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
Identify brain-healthy foods	Debrief question: <i>Name some foods that are good for your brain.</i>	<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
Describe the role of water as an essential nutrient for the body and brain	Debrief question: <i>Why is it important to drink water during physical activity?</i>	<ul style="list-style-type: none"> • Fitness Introduction 	<ul style="list-style-type: none"> • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical and Personal Wellnes			
Recognize the importance of making the choice to participate in a wide variety of activities that involve locomotion, nonlocomotion, and manipulation of objects outside of physical education class			
Identify good brain health habits			
Correctly identify activities and the locomotor, nonlocomotor, and manipulative skill involved	Debrief question: <i>Who can name the 8 basic locomotor skills? Which ones did you use in the activity</i>	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation

	<i>today?</i>	<ul style="list-style-type: none"> • Tempos and Creative Moves 	
Identify activities enjoy the most, and connect success with enjoyment of activity	Debrief question: <i>Which activities did you enjoy the most? Why?</i>	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking Circuit • Catching and Throwing Circuit 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Catching and Throwing
Explain the fuel requirements of the body during physical activity and inactivity	Debrief question: <i>What determines how much fuel your body needs to perform a physical activity?</i>	<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
Identify healthy food choices to fuel the body	Debrief question: <i>What are some good choices to fuel your body to perform a physical activity?</i>	<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
Determine the proper amount of sleep to get every night	Not specifically addressed		
Identify changes in the body during exercise and how that makes you feel	Debrief question: <i>Was your heart rate the same before, during, and after you exercised? How did it change? How did it make you feel?</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
Identify feelings resulting from challenges, successes, and failures in physical activity	Games Rubric	<ul style="list-style-type: none"> • Fly in the Web • The Great Race • Long Rope Jumping II 	<ul style="list-style-type: none"> • Parachute • Parachute • Jumping

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Emotional and Social Wellness Demonstrate positive and helpful behavior and words toward other students			
Describe how positive social interaction can make physical activity with others more fun	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
Participate in a variety of group settings without distracting behavior	Parachute Rubric	<ul style="list-style-type: none"> • Fly in the Web • Houdini Hoops • Line Boogie 	<ul style="list-style-type: none"> • Parachute • ASAP • Manipulatives
Encourage others by using verbal and nonverbal communication	Parachute Rubric	<ul style="list-style-type: none"> • Fly in the Web • The Great Race • Capture the Orb 	<ul style="list-style-type: none"> • Parachute • Parachute • Parachute

SPARK Alignment with Colorado Physical Education Standards 3rd Grade (2007 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Movement Competence and Understanding Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports Perform movements that engage the brain to facilitate learning			
Demonstrate changes of pathways, levels, forces, and direction with manipulatives such as hoops, streamers, and balls	Aerobic Games Rubric	<ul style="list-style-type: none"> • Grid Passing • Dribbling Partner Tag • Hearty Hoopla 	<ul style="list-style-type: none"> • Basketball • Soccer • Aerobic Games
Combine locomotor movements in time to music	Dance Rubric	<ul style="list-style-type: none"> • Louisiana Saturday Night • Jekyll Island Stomp • Cotton-Eyed Joe 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Dribble in soccer or basketball while changing speed and direction	Soccer Rubric Basketball Rubric	<ul style="list-style-type: none"> • Soccer Hoopla • Rainforest • Dribbling Drills 	<ul style="list-style-type: none"> • Soccer • Soccer • Basketball
Demonstrate throwing, catching, striking, or trapping in an activity	Softball Rubric	<ul style="list-style-type: none"> • 5-Player Throw/Hit and Run • 5-Player Kick and Dribble • Whack-O 	<ul style="list-style-type: none"> • Softball • Soccer • Softball

Demonstrate skills of chasing, fleeing, and dodging to avoid others	Chasing and Fleeing Rubric	<ul style="list-style-type: none"> • Clothespin Tag • Tunnel Tag • Hospital Tag 	<ul style="list-style-type: none"> • Chasing and Fleeing • Chasing and Fleeing • Chasing and Fleeing
Describe, create, and demonstrate movements that require crossing the mid-line	Debrief question: <i>Can you show me an activity that involves crossing the midline of your body?</i>	<ul style="list-style-type: none"> • Intro to Throw and Catch • Mambo #5 • Introduction to Badminton 	<ul style="list-style-type: none"> • Flying Disc • Dance • Racquets and Paddles
Perform successfully a variety of jump-rope skills using both short and long ropes, and jump to various tempos	Jump Rope Rubric	<ul style="list-style-type: none"> • Jump the Circuit • Jump Wheel • Jump Rope Add-On 	<ul style="list-style-type: none"> • Jump Rope • Jump Rope • Jump Rope
Combine jumping, tossing, dribbling, or catching to music or rhythmic beat	Movement Bands Rubric	<ul style="list-style-type: none"> • Create a Routine • Create a Routine 	<ul style="list-style-type: none"> • Jump Rope • Movement Bands
Perform a basic tinkling step to $\frac{3}{4}$ time (close, tap, and tap)	Movement Bands Rubric	<ul style="list-style-type: none"> • Introduction to Movement Bands • Movement Band Circuit • Add-On 	<ul style="list-style-type: none"> • Movement Bands • Movement Bands • Movement Bands
Balance demonstrating momentary stillness in symmetrical and nonsymmetrical shapes on a variety of body parts	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Look, Learn, and Leave • Partner Switcheroo Stunt Hunt 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
Perform forward and backward rolls with variation	Stunts and Tumbling Rubric	<ul style="list-style-type: none"> • Look, Learn, and Leave • Stunt Stories and Tumbling Tales 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling

Combine two or more rotational skills	Stunts and Tumbling 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
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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical and Personal Wellnes			
Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing Understand that the body is composed of water, muscle, bones, organs, fat, and other tissues			
Explain why the body perspires, the heart beats faster and breathing increases when participating in moderate to vigorous physical activity	Debrief question: <i>Name some changes that take place in your body when you dance, jog, run, etc.</i>	<ul style="list-style-type: none"> • Aerobic Dance • Tag Team Challenge • Moving Around the Track 	<ul style="list-style-type: none"> • Group Fitness • Walk, Jog Run Activities • Map Challenges
Recognize that the body will adapt to increased workloads	Debrief question: <i>Why can you run farther, run faster, lift heavier objects, etc. now than you could 3 months ago? If you can't do 10 push-ups now, how do you know that you will be able to do them in the future?</i>	<ul style="list-style-type: none"> • Survivor Challenge • Sport Moves Aerobics • Pick A Card Circuit 	<ul style="list-style-type: none"> • Fitness Challenges • Group Fitness • Fitness Circuits
Describe the relationship among the heart, lungs, muscles, blood, and	Debrief question: <i>How does oxygen get</i>	<ul style="list-style-type: none"> • Inside, Outside Walk/Jog 	<ul style="list-style-type: none"> • Walk, Jog, Run Activities

oxygen during physical activity	<i>to your muscles when you exercise?</i>	<ul style="list-style-type: none"> • Aerobic Dance • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits
Identify several moderate to vigorous physical activities that provide personal pleasure	Debrief question: <i>What are some of your favorite activities that improve aerobic capacity?</i>	<ul style="list-style-type: none"> • Aerobic Dance • Bench Step Basics • Sport Moves Aerobics 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Identify all activities that children participate in on a regular basis (formal or informal)	Debrief question: <i>Name some activities that children participate in regularly.</i>	<ul style="list-style-type: none"> • 4-Corner Scramble • 2-Square • Wallball 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
Locate heart rate on at least two different pulse points on the body	Debrief question: <i>Point to 2 different pulse points on your body.</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
Discuss how body temperature and blood volume are maintained during physical activity when an adequate amount of water is consumed	Debrief question: <i>Does your body need more or less water the harder you work? Why?</i>	<ul style="list-style-type: none"> • Partner Walk/Jog and Talk • Partner Aerobic Fitness Challenge • Bench Step Basics 	<ul style="list-style-type: none"> • Walk, Jog, Run Activities • Fitness Challenges • Group Fitness
Demonstrate the ability to understand the concept of pacing during cardiovascular endurance activity	Walk, Jog, Run Rubric	<ul style="list-style-type: none"> • Inside, Outside Walk/Jog • Partner Walk/Jog and Talk • Moving Around the Track 	<ul style="list-style-type: none"> • Walk, Jog, Run Activities • Walk, Jog, Run Activities • Map Challenges
Explain how the intensity and duration of exercise as well as	Debrief question: <i>What does your body</i>	<ul style="list-style-type: none"> • Exercise Band Activities 	<ul style="list-style-type: none"> • Group Fitness • Walk, Jog, Run

nutritional choices affect fuel use during physical activity	<i>need for energy when you exercise? What happens to the energy that you use up when you exercise?</i>	<ul style="list-style-type: none"> • The Snake • Hearty Hoopla 	<p>Activities</p> <ul style="list-style-type: none"> • Aerobic Games
Identify the location of the lungs and heart	Debrief question: <i>Where are your heart and lungs located? How do your heart and lungs work together when you are exercising?</i>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Moving for Time • Figure 8 Walk/Jog 	<ul style="list-style-type: none"> • Fitness Circuits • Map Challenges • Walk, Jog, Run Activities
Identify muscles and fat	Debrief question: <i>Point to a muscle on your body. Where would you find fat? What is the difference between the two?</i>	<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
Locate the heart, and feel it beat after moderate to vigorous exercise	Debrief question: <i>Can you locate your heart and feel it beating? What happened to your heart rate after you exercised?</i>	<ul style="list-style-type: none"> • Aerobic Dance • Walk/Jog Switcheroo • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Group Fitness • Walk, Jog, Run Activities • Fitness Circuits
Compare heart rate before, during, and after exercise, and explain that increasing the heart rate during physical activity strengthens the heart muscles	Debrief question: <i>How did your heart rate change when you were exercising as compared to your heart rate before you</i>	<ul style="list-style-type: none"> • Partner Aerobic Fitness Challenge • Sport Moves Aerobics • Tag Team 	<ul style="list-style-type: none"> • Fitness Challenges • Group Fitness • Walk, Jog, Run Activities

	<i>started? How did your heart rate change when you finished?</i>	Challenge	
Identify physical activities that cause the heart to beat faster	Debrief question: <i>Name some activities that make your heart beat faster.</i>	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Walk/Jog Switcheroo 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Walk, Jog, Run Activities

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Emotional and Social Wellness Demonstrate positive social behaviors during class			
Identify the positive behaviors of self and others	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Parachute Play • Group Juggling • Stick With Me! 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Congratulate partners, opponents, or team upon conclusion of game or activity	Aerobic Games Rubric	<ul style="list-style-type: none"> • Mini-Hockey • 3-Catch Basketball • Raiders of the Ark 	<ul style="list-style-type: none"> • Hockey • Basketball • Aerobic Games
Accept and give constructive feedback to peers	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Partner Basketball Activity Challenges • Jump the Circuit (Partner Tricks) 	<ul style="list-style-type: none"> • Basketball • Jump Rope Activities • Softball

		<ul style="list-style-type: none"> • Partner Throw and Catch 	
Follow directions, activity-specific rules, procedures, and etiquette with few reminders	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Triangle Tag • Offense/Defense • Defense! 	<ul style="list-style-type: none"> • Recess Activities • ASAP • Hockey
Encourage others regularly, and refrain from put-down statements	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Parachute Play • Group Juggling • Stick With Me! 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Ask a partner to participate in a physical activity	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Dribbling Partner Tag • Partner Ball Challenges 	<ul style="list-style-type: none"> • Softball • Soccer • Cooperatives
Congratulate friends for a well executed movement	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Create a Routine • Soccer Golf • Under Pressure 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Football

SPARK Alignment with Colorado Physical Education Standards 4th Grade (2007 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Movement Competence and Understanding Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills Provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills			
Dribble and pass an object such as a basketball or soccer ball to a moving receiver	Basketball Skills Performance Rubric	<ul style="list-style-type: none"> • Passing Drills • Passing Drills • Pass and Follow 	<ul style="list-style-type: none"> • Basketball • Soccer • Soccer
Throw, catch, and kick to self or a partner	Softball Skills Performance Rubric	<ul style="list-style-type: none"> • 3 Flies Up! • Partner Throw and Catch • Punt, Pass & Pitch • Golf 	<ul style="list-style-type: none"> • Recess Activities • Softball • Football
Demonstrate ability to adapt and adjust movement skills to changing conditions such as rising and sinking while twisting or using different rhythms	Aerobic Games Rubric	<ul style="list-style-type: none"> • Aerobic Dance • Quidditch • Hockey Hoopla 	<ul style="list-style-type: none"> • Group Fitness • Aerobic Games • Hockey
Develop and refine a gymnastics sequence that demonstrates smooth transitions	Stunts and Tumbling 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

Develop and refine a creative dance sequence into a repeatable pattern	Create a Dance	<ul style="list-style-type: none"> • Create A Dance • Create A Routine • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Movement Bands • Group Fitness
Jump and land for height and distance using mature form	Stunts and Tumbling Self-Check (Jumping and Landing)	<ul style="list-style-type: none"> • Track and Field 	Aerobic Games
Recognize and demonstrate agility, balance, coordination, power, speed, and reaction time in a variety of physical activities	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • Raiders of the Ark • Paddle 2-Square • 5-Second Football 	<ul style="list-style-type: none"> • Aerobic Games • Racquets and Paddles • Football
Use a variety of manipulatives to throw to a moving target, making the needed adjustments for skill improvement	Softball Skills Performance Rubric	<ul style="list-style-type: none"> • Ground Ball Mania • Target Throw • Air It Out 	<ul style="list-style-type: none"> • Softball • Flying Disc • Football
Create a routine to music	Create a Dance	<ul style="list-style-type: none"> • Create A Dance • Create A Routine • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Movement Bands • Group Fitness
Demonstrate balances with control on a variety of objects such as a balance board, balance beam, or skates (ice or in-line)	Balance apparatus not specifically addressed		
Transfer weight from feet to hands at fast and slow speeds using large extensions such as mule kicks, handstands, or cartwheels	Stunts and Tumbling Learning Log	<ul style="list-style-type: none"> • Learning the Stunts • Partner Switcheroo Stunt Hunt • Stunts and Tumbling Circuit 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling

Distinguish and describe the similarities and differences of manipulative skills such as punting and kicking, and overhand and underhand	Debrief question: <i>What is the difference between a kick and a punt? How are they similar?</i>	<ul style="list-style-type: none"> • Punt, Pass, & Pitch Golf • 3 Flies Up! • 5-Person Kick and Dribble 	<ul style="list-style-type: none"> • Football • Recess Activities • Soccer
Use peer assessment tools to recognize and evaluate the critical elements of movement in a variety of physical activities		<ul style="list-style-type: none"> • Passing Pairs 	<ul style="list-style-type: none"> • Volleyball
Identify critical elements of movements skills when watching a video for self assessment	Create a Dance Rubric	<ul style="list-style-type: none"> • Create A Dance • Create A Routine • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Movement Bands • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical and Personal Wellnes			
Explain how the health-related components of fitness affect performance when participating in physical activity Recognize the relationship between healthy nutrition and exercise Recognize the benefits derived from regular, moderate, and vigorous physical activity			
Explain the principles of physical fitness: Overload, progression and specificity, frequency, intensity, time, and type (F.I.T.T.)	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?</i>	<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

	<i>Body composition?</i>		
Identify the importance of correct body alignment for performing lower body stretches	Debrief question: <i>Show me the correct body position for stretching your hamstrings</i>	<ul style="list-style-type: none"> • Fun and Flexibility with a Friend • Flexibility Circuit • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Fitness Circuits
Demonstrate an exercise that positively impacts each component of health-related physical activity	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Mixed Fitness Circuit • Fitness in the Middle • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Circuits • Group Fitness • Fitness Circuits
Measure and record personal heart rate before, during, and after moderate to vigorous exercise	Debrief question: <i>What was your heart rate before you started the activity? What was your heart rate during the activity? What was your heart rate two minutes after the activity? Five minutes after?</i>	<ul style="list-style-type: none"> • Aerobic Dance • Walk/Jog Switcheroo • Moving for Time 	<ul style="list-style-type: none"> • Group Fitness • Walk, Jog, Run Activities • Map Challenges
Record water intake before, during, and after physical activity	Debrief question: <i>How much water did you drink before you began the activity? How much water did you drink while you were engaged in the activity? How much water did you drink following the activity?</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Solo Aerobic Fitness Challenge • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits
Identify healthy choices for meals and snacks that help to improve	Debrief question: <i>Name some healthy</i>	<ul style="list-style-type: none"> • Body Composition 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges

physical performance	<i>choices you can substitute for junk food.</i>	Circuit <ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Circuits
Explain how the five health-related fitness components (body composition, cardiovascular endurance, flexibility, muscular endurance, and muscular strength) affect ability to participate normally in everyday activities	Fitness Circuits Think About...	<ul style="list-style-type: none"> • Body Composition Circuit • Solo Aerobic Fitness Challenge • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits
Compare results of fitness testing to personal health status and ability to perform various activities	Debrief question: <i>Compare your fitness scores to the scores in the 'Healthy Fitness Zone'. How could you improve a score that fell short of the 'Healthy Fitness Zone'?</i>	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits

SPARK Alignment with Colorado Physical Education Standards 5th Grade (2007 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Movement Competence and Understanding</p> <p>Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills</p> <p>Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills</p>			
Throw and catch objects such as basketballs, footballs, or Frisbees, and demonstrate both accuracy and force	Football Skills Performance Rubric	<ul style="list-style-type: none"> • Grid Passing • Corner to Corner Pass and Go • Air It Out 	<ul style="list-style-type: none"> • Basketball • Frisbee • Football
Punt a ball dropped from the hands at a target	Football Home Play: Game Plan	<ul style="list-style-type: none"> • 3 Flies Up! • Punt, Pass, & Pitch Golf 	<ul style="list-style-type: none"> • Recess Activities • Football
Dribble a ball (by hand or foot) while preventing another person from stealing the ball	Basketball Skills Performance Rubric	<ul style="list-style-type: none"> • Dribbling Drills • 9 Grid Basketball • Mini-Basketball 	<ul style="list-style-type: none"> • Basketball • Basketball • Basketball
Volley an object continuously with a partner	Volleyball Skills Performance Rubric	<ul style="list-style-type: none"> • Intro to Forearm Pass • Passing Pairs • Group Passing Challenges 	<ul style="list-style-type: none"> • Volleyball • Volleyball • Volleyball

Demonstrate efficient patterns of striking with and without an implement	Racquets and Paddles Skills Performance Rubric	<ul style="list-style-type: none"> • Stroke Shadow • Stroke and Catch • Paddle 2-Square 	<ul style="list-style-type: none"> • Racquets and Paddles • Racquets and Paddles • Racquets and Paddles
Demonstrate correct steps and patterns for square, folk, and contemporary dances	Dance Rubric	<ul style="list-style-type: none"> • Hot Time • Mambo #5 • Cotton-Eyed Joe 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Perform a jump routine to music with a partner or small group	Create a Routine	<ul style="list-style-type: none"> • Create a Routine • Create a Routine 	<ul style="list-style-type: none"> • Movement Bands • Jump Rope
Develop and refine a gymnastics or creative dance sequence, and demonstrate smooth transitions	Stunts and Tumbling Create a Routine Rubric	<ul style="list-style-type: none"> • Create a Routine • Stunt Stories and Tumbling Tales 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
Develop and refine a gymnastics sequence or creative dance sequence that combines traveling, rolling, balancing, and weight transfer into smooth-flowing sequences with intentional changes in direction, speed, and flow	Stunts and Tumbling Create a Routine Rubric	<ul style="list-style-type: none"> • Create a Routine • Create a Dance • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Dance • Movement Bands
Combine skills to competently participate in a variety of activities	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • Raiders of the Ark • Quidditch • Capture the Flag 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Aerobic Games

Select appropriate practice options based on the similarities and differences between two skills	Basketball Self-Check Soccer Self-Check Hockey Self-Check	<ul style="list-style-type: none"> • Keep Away • Keep Away • Keep Away 	<ul style="list-style-type: none"> • Basketball • Soccer • Hockey
Select appropriate exercises that enhance learning and performing a selected activity	Unit Self-Checks	<ul style="list-style-type: none"> • Flying Disc Stations • Basketball Skills Stations • Volleyball Stations 	<ul style="list-style-type: none"> • Flying Disc • Basketball • Volleyball
Analyze and correct errors in throw, catch, hand dribble, foot dribble, striking a ball, and volley, and demonstrate control and accuracy	Unit Self-Checks	<ul style="list-style-type: none"> • Intro to Forearm Pass • Stroke and Catch • Target Throw 	<ul style="list-style-type: none"> • Volleyball • Racquets and Paddles • Softball
Analyze and correct errors in nonlocomotor and locomotor movements	Stunts and Tumbling Self-Check	<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
Analyze and use basic offensive and defensive strategies, and apply rules in modified games and activities	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • Keep Away • Offense/Defense • Defense! 	<ul style="list-style-type: none"> • Aerobic Games • ASAP • Hockey
Analyze and demonstrate a variety of social, folk, square, modern, jazz, or creative dance	Dance Self-Check	<ul style="list-style-type: none"> • Mambo #5 • 5,6,7,8 • Pata Pata 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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Physical and Personal Wellness

Understand and apply basic principles of training to improving physical fitness
 Demonstrate understanding of skill-related components of fitness and how they affect physical performance
 Connect the health-related fitness components to the body systems

<p>Accurately take a pulse at rest and during exercise</p>	<p>Debrief question: <i>What was your heart rate before you started the activity? What was your heart rate during the activity? What was your heart rate two minutes after the activity? Five minutes after?</i></p>	<ul style="list-style-type: none"> • Aerobic Dance • Walk/Jog Switcheroo • Moving for Time 	<ul style="list-style-type: none"> • Group Fitness • Walk, Jog, Run Activities • Map Challenges
<p>Develop and describe three short-term and three long-term fitness goals</p>	<p>Debrief question: <i>Give an example of a short-term fitness goal. A long-term goal? How would you select goals appropriate for you?</i></p>	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits
<p>Correctly differentiate the body's response to physical activities of various exercise intensities</p>	<p>Debrief question: <i>How hard did you work during the activity based on the scale of perceived exertion?</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>Record and analyze food consumption for one day, and</p>	<p>Balance Your Fitness (Fitness Circuits)</p>	<ul style="list-style-type: none"> • Body Composition 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges

make a plan to replace foods with healthier choices		<ul style="list-style-type: none"> Circuit Body Composition BINGO Fitness Grids 	<ul style="list-style-type: none"> Fitness Circuits
Explain why dehydration impairs temperature regulation and physical and mental performance	<p>Debrief question: <i>How does dehydration impair your body's ability to regulate temperature?</i> <i>How does dehydration hurt your physical and mental ability to perform?</i></p>	<ul style="list-style-type: none"> Body Composition Circuit Solo Aerobic Fitness Challenge Fitness Grids 	<ul style="list-style-type: none"> Fitness Circuits Fitness Challenges Fitness Circuits
Determine appropriate cardiovascular training zone	<p>Debrief question: <i>What is a target heart rate? What is your target heart rate range?</i></p>	<ul style="list-style-type: none"> Aerobic Dance Walk/Jog Switcheroo Moving for Time 	<ul style="list-style-type: none"> Group Fitness Walk, Jog, Run Activities Map Challenges
Perform flexibility exercises that will stretch particular muscles area for given physical activities	<p>Fitness Challenges Performance Rubric</p>	<ul style="list-style-type: none"> Fun and Flexibility with a Friend Flexibility Circuit Fitness Grids 	<ul style="list-style-type: none"> Fitness Challenges Fitness Circuits Fitness Circuits
Identify, select, and participate in activities designed to improve self-diagnosed areas for improvement in health-related fitness components	<p>Personal Best Day: My Personal Best Progress and Goals Card</p>	<ul style="list-style-type: none"> Personal Best Day Muscular Strength and Endurance Mixed Fitness Circuit 	<ul style="list-style-type: none"> Personal Best Day Fitness Circuits Fitness Circuits
Engage in moderate to vigorous physical activity at the target heart rate for a minimum of 60 minutes	<ul style="list-style-type: none"> Walk/Jog/Run Performance Rubric 	<ul style="list-style-type: none"> Moving Around the Track Solo Aerobic 	<ul style="list-style-type: none"> Map Challenges Fitness Challenges Walk, Jog, Run

per day	<ul style="list-style-type: none"> • Map Challenges Mileage Chart 	<p>Fitness Challenge</p> <ul style="list-style-type: none"> • Walk/Jog Switcheroo 	Activities
Accurately identify activities that are aerobic and anaerobic	<p>Debrief Question:</p> <p><i>What aerobic activities did you do today? Which were anaerobic?</i></p>	<ul style="list-style-type: none"> • Mixed Fitness Circuit • Fitness Grids • Partner Mixed Fitness Challenge 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges
Determine the intensity of personal physical activity using the concept of perceived exertion	<p>Debrief question:</p> <p><i>How hard did you work during the activity based on the scale of perceived exertion?</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
Identify an exercise that is used to develop agility, balance, coordination, power, reaction time, or speed	<p>Personal Best Day: My Personal Best Progress and Goals Card</p>	<ul style="list-style-type: none"> • Personal Best Day • Muscular Strength and Endurance • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Fitness Circuits • Fitness Circuits
Create an exercise plan using the six skill-related components to improve performance in a chosen activity	<p>Personal Best Day: My Personal Best Progress and Goals Card</p>	<ul style="list-style-type: none"> • Personal Best Day • Muscular Strength and Endurance • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Fitness Circuits • Fitness Circuits
Understand the importance of participation in fitness-enhancing physical activities such as gymnastic clubs, community-sponsored youth sports, or activity clubs	<p>Debrief Question:</p> <p><i>What are the benefits over time of participating in physical activities and exercise on a regular basis?</i></p>	<ul style="list-style-type: none"> • Body Composition Circuit • Solo Aerobic Fitness Challenge • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits

Demonstrate appropriate warm-up procedures before participation in vigorous physical activity	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"> • Fun and Flexibility with a Friend • Flexibility Circuit • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Fitness Circuits
Distinguish healthy balanced meals and snacks designed to enhance the performance of physical activities	Balance Your Fitness (Fitness Circuits)	<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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Emotional and Social Wellness Assess and take responsibility for personal behavior and stress management Choose to participate cooperatively and productively in group and individual physical activities Identify personal activity interests and abilities			
Act in a safe and healthy manner when confronted with negative peer pressure during physical activity	<ul style="list-style-type: none"> • Aerobic Games Performance Rubric • Recess Activities Self-Check • Recess Activities Performance 	<ul style="list-style-type: none"> • Mini-Hockey • Mini-Basketball • Mini-Soccer 	<ul style="list-style-type: none"> • Hockey • Basketball • Soccer

	Rubric		
Set a personal goal to improve a skill, and work toward that goal	Personal Best Day: My Personal Best Progress and Goals Card	<ul style="list-style-type: none"> • Personal Best Day • Mixed Fitness Circuit • Pedometer Activity 	<ul style="list-style-type: none"> • Personal Best Day • Fitness Circuit • Map Challenges
Describe and demonstrate responsible behavior and decision-making while participating in physical activity	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Stepping Stones • Log Jam • Create A Game 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Softball
Demonstrate respect for the person who is officiating	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • All-Run Softball • Mini-Hockey • Mini-Soccer 	<ul style="list-style-type: none"> • Softball • Hockey • Soccer
Help others with physical activity challenges	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Survivor Challenge • Roll the Dice • Soccer Group Challenge 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Soccer
Contribute ideas, and listen to the ideas of others in cooperative problem-solving activities	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Stepping Stones • Log Jam • Create A Game 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Softball
Acknowledge and accommodate individual differences in others' physical abilities in small-group activities	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Soccer Group Challenge • Group Jump Rope Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope • Fitness Challenges

		<ul style="list-style-type: none"> • Survivor Challenge 	
Officiate an activity, game, or sport	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • All-Run Softball • Mini-Hockey • Mini-Soccer 	<ul style="list-style-type: none"> • Softball • Hockey • Soccer
Demonstrate conflict resolution behavior in socially appropriate ways	Recess Activities Performance Rubric	<ul style="list-style-type: none"> • Keep Away • Tetherball • Capture the Flag 	<ul style="list-style-type: none"> • Basketball • Recess Activities • Aerobic Games
Accept responsibility for one's own performance without blaming others	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Parachute Play (Small Group) 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Cooperative Games
Respond to winning and losing in socially appropriate ways	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • All-Run Softball • Mini-Hockey • Mini-Soccer 	<ul style="list-style-type: none"> • Softball • Hockey • Soccer
Develop confidence in a physical activity setting	Recess Activities Performance Rubric	<ul style="list-style-type: none"> • Learning the Stunts • Partner Ball Challenges (Partner Fun and Trust) • Survivor Challenge 	<ul style="list-style-type: none"> • Stunts and Tumbling • Cooperatives • Fitness Challenges

SPARK Alignment with Colorado Physical Education Standards 6th Grade (2011 Version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Movement Competence and Understanding Demonstrate beginning strategies for a variety of games and sports Participate in activities that require problem-solving, cooperation, skill assessment, and teambuilding Use information from a variety of resources to improve performance			
Volley an object repeatedly with a partner, using the forearm pass	Volleyball: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Forearm Pass (Bump) • Volleyball Stations • Volley Tennis 	Volleyball
Strike a ball continually against a wall and with a partner, using a paddle for the forehand stroke and backhand stroke	Racquets and Paddles <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Introduction to the Forehand Stroke • Introduction to the Backhand Stroke • Volley Tennis 	Racquets and Paddles
Strike an object consistently, using a body part so that the object travels in the intended direction at the desired height	Volleyball, Handball <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Extreme Rally • Serve, Return, Catch • Volley Tennis 	<ul style="list-style-type: none"> • Handball • Handball • Volleyball

Strike an object consistently, using an implement so that the object travels in the intended direction at the desired height	Racquets and Paddles, Golf, Hockey <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Extreme Rally • Target Golf • Shooting Drills 	<ul style="list-style-type: none"> • Racquets and Paddles • Golf • Hockey
Dribble and pass a ball to a partner while being guarded	Basketball, Soccer, Hockey <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Keep Away 2-on-1 • Keep Away (3-on-1) • Zone Defense 	<ul style="list-style-type: none"> • Basketball • Soccer • Hockey
Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement (throw) patterns	1.6 Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement (throw) patterns.	Softball, Handball <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Introduction to the Handball Serve • Fly Out Throw Out • Beat the Ball
Combine relationships, levels, speed, direction, and pathways in complex individual and group physical activities	<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
Combine motor skills to play a lead-up or modified game	<ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • 7v7 Modified Softball • Modified Cricket • Modified Team Handball 	<ul style="list-style-type: none"> • Softball • World Games
Describe ways to create more space between an offensive player and a defensive player	Sample debrief question: <i>How can you create more space between</i>	<ul style="list-style-type: none"> • Keep Away 2-on-1 • Keep Away (3-on-1) • Keep Away (2-on-1) 	<ul style="list-style-type: none"> • Basketball • Soccer • Hockey

	<i>you and your defender?</i>		
Participate in and understand the value of initiative and cooperative activities	Self Check (Cooperatives) Teacher Rubric (Cooperatives)	<ul style="list-style-type: none"> • Moon Ball • Centepede Pass • Adventure Racing 101 • Poker Adventure Race • Flag Grab • Hoopla Adventure Race 	Cooperatives
Develop a problem-solving skill assessment	Cooperatives Task Card (Peer Coach, Cooperatives)	<ul style="list-style-type: none"> • Problem-Solver Adventure Race • Radioactive River • Karrimor International Mountain Marathon 	Cooperatives
Use basic understanding of the knowledge of strategies in activity settings such as moving to open space to receive a pass or intercepting an object	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric 	<ul style="list-style-type: none"> • Keep Away 2-on-1 • Keep Away (3-on-1) • Keep Away (2-on-1) 	<ul style="list-style-type: none"> • Basketball • Soccer • Hockey
Analyze and correct errors in movement patterns, and provide and use feedback from a peer or instruction technology	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check 	<ul style="list-style-type: none"> • Partner Passing • Passing and Receiving • Passing Drills 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
Develop a cooperative movement game that uses locomotor skills, object manipulation, and an	Sample debrief question: <i>How did your game</i>	<ul style="list-style-type: none"> • Volleyball Xtreme 	<ul style="list-style-type: none"> • Volleyball

offensive strategy, and teach the game to another person	<i>involve teamwork and cooperation? What locomotor skills did you use?</i>		
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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical and Personal Wellness Set personal goals for improving health-related fitness Demonstrate the ability to perform self-paced cardiovascular endurance activities Identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness			
Compare individual physical fitness goals with research-based standards for good health	Personally Fit	Personally Fit	Personally Fit
Identify activities that will help to improve cardio-respiratory, muscular endurance, muscular strength, flexibility, and body composition	Sample debrief question: <i>What activities did you include in your fitness plan to meet each fitness component?</i>	Personally Fit	Personally Fit
Monitor the intensity of one's heart rate during physical activity	<i>Create A Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 • Create a Routine (Aerobic 	Fitness

		Capacity)	
Identify target heart rate	Sample debrief question: <i>What are some ways of measuring how hard your heart is working during a physical activity? What is your target heart rate?</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 • Create a Routine (Aerobic Capacity) 	Fitness
Participate in self-selected activities that require muscular strength and endurance	Fitness: <ul style="list-style-type: none"> • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	Fitness
Sets realistic fitness goals			
Strive to attain fitness goals through participation in physical activity of individual choosing	Personally Fit	Personally Fit	Personally Fit

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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Emotional and Social Wellness
Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation
Work cooperatively and productively in a group

Evaluate individual responsibility in group efforts	Cooperatives: <ul style="list-style-type: none"> Peer Coach Self Check Teacher Rubrics Coulda Shoulda Woulda (all units) 	<ul style="list-style-type: none"> Adventure Racing 101 Poker Adventure Race Final Cooperative Adventure Race Team Events 	Cooperatives Various Units
Demonstrate an acceptance of differences among friends in physical development	Cooperatives: <ul style="list-style-type: none"> Teacher Rubric 	<ul style="list-style-type: none"> Seconds to Spare Centipede Pass Indiana Jones Corridor Challenge 	Cooperatives
Participate in activities that address diversity	World Games Teacher Rubric	<ul style="list-style-type: none"> Sepak Takraw Modified Cricket Modified Team Handball 	World Games
Participate in activities with individuals of various skill levels	Cooperatives: <ul style="list-style-type: none"> Self Check Teacher Rubrics 	<ul style="list-style-type: none"> Fun and Fitness Circuit Perimeter Move 5-Spot Warm-Up Human Pizza Rock, Paper, Scissors 	<ul style="list-style-type: none"> ASAP ASAP ASAP Cooperatives Cooperatives
Establish and accomplish goals in both cooperative and competitive activities	Cooperatives: <ul style="list-style-type: none"> Self Check Teacher Rubrics 	<ul style="list-style-type: none"> Cross the Pond Logjam Corridor Challenge Hands Free 	Cooperatives

Identify and define the role of each participant in a cooperative physical activity	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Phone Home • Down the Line • Radio Control • Turnstile 	Cooperatives
Analyze possible solutions to a movement problem in a cooperative physical activity, and come to a consensus on the best solution	Cooperatives: <ul style="list-style-type: none"> • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Cross the Great Divide • Radioactive River • Karrimor International Mountain Marathon 	Cooperatives
Demonstrate the ability to resolve conflicts with peers	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics • Coulda Shoulda Woulda (all units) 	<ul style="list-style-type: none"> • Adventure Racing 101 • Cross the Pond • Log Jam • Poker Adventure Race 	Cooperatives

SPARK Alignment with Colorado Physical Education Standards 7th Grade (2011 Version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Movement Competence and Understanding Combine the critical elements of movement and skills concepts			
Design and perform gymnastics or dance sequences that combine traveling, balancing, and weight transfer into smooth, flowing sequences with changes in direction, speed, and flow	Stunts and Tumbling: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric • Unit Test 	<ul style="list-style-type: none"> • Creating Combinations • Stunts and Tumbling Buffet • Create a Routine 	Stunts
Cooperate with another student to create, develop, and refine movement routines based on a theme	Dance: <ul style="list-style-type: none"> • Test • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Create your own Swing Moves 	Dance
Create a game, movement, dance, or sport with a group	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric 	<ul style="list-style-type: none"> • Volleyball Xtreme • Create a Hip Hop Routine • Create a Routine 	<ul style="list-style-type: none"> • Volleyball • Dance • Jump Rope

Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing catching; kicking and punting; striking; trapping; dribbling (hand and foot); and volleying	Specific Unit Written Tests	<ul style="list-style-type: none"> • Dribbling to Open Space • Punting • Dribble Keep Away • Volleyball Stations • Fly Out Throw Out 	<ul style="list-style-type: none"> • Basketball • Football • Soccer • Volleyball • Softball
Analyze movement patterns, and correct errors	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Self-Guided Tour • Individual Juggling • Putting to Targets 	<ul style="list-style-type: none"> • Stunts and Tumbling • World Games • Golf
Use principles from motor learning to establish, monitor, and meet goals for motor skill development	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Individual Trick Circuit • Stunts and Tumbling Buffet • Disc Throwing Stations 	<ul style="list-style-type: none"> • Jump Rope • Stunts and Tumbling • Flying Disc
Compare and contrast the effectiveness of practicing skills as a whole and practicing skills in smaller parts	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Self-Guided Tour • Hip Hop Basic Moves Jigsaw • Merengue Jigsaw 	<ul style="list-style-type: none"> • Stunts and Tumbling • Dance • Dance
Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Pass or Dribble? 	<ul style="list-style-type: none"> • Basketball
Develop an individual or dual game that uses a manipulative skill, two different offensive strategies, and a scoring system, and teach it to another person	Volleyball Teacher Rubric	<ul style="list-style-type: none"> • Volleyball Xtreme 	<ul style="list-style-type: none"> • Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Emotional and Social Wellness Develop strategies to communicate ideas and feelings Demonstrate inclusiveness in and out of classroom settings			
Demonstrate through verbal and nonverbal behavior cooperation with peers of different backgrounds	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Phone Home • Down the Line • Turnstile 	Cooperatives
Consider the consequences of various choices, and make a responsible decision when confronted with negative peer pressure	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"> • Final Cooperative Adventure Race • Cross the Great Divide • Radioactive River • Karrimor International Mountain Marathon 	Cooperatives
Seek out participation with, and show respect for a peer with varying skill ability	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Log Jam • Poker Adventure Race • Seconds to Spare • Centipede Pass 	Cooperatives
Participate in group cooperation games and adventure activities to encourage team building and fun	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests 	<ul style="list-style-type: none"> • Pattern Tosses • Adventure Racing 101 • Cross the Pond 	Cooperatives

	<ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Log Jam 	
Make decisions to modify a game to allow all members to participate	<p>Cooperatives:</p> <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Back to the Hoop • Tee, Jump, Field • 7v7 Modified Softball 	<ul style="list-style-type: none"> • World Games • World Games • Softball
Recognize the role of physical activity in getting to know and understand others of similar and different backgrounds	<p>World Games:</p> <ul style="list-style-type: none"> • Teacher Rubric • Unit Test 	<ul style="list-style-type: none"> • Sepak Takraw • Kin-Ball Sport • Modified Cricket • Defenders of the Cone • Modified Team Handball 	World Games

SPARK Alignment with Colorado Physical Education Standards 8th Grade (2011 Version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Movement Competence and Understanding Demonstrate knowledge of principles and concepts for effective rhythmic motor development Understand and apply game strategies to physical activities and sports			
Use a variety of motor skill patterns to create a gymnastics or dance routine	Stunts, Dance: <ul style="list-style-type: none"> • Teacher Rubric • Self Check 	<ul style="list-style-type: none"> • Create a Routine 	Stunts
Create and perform a timed routine using rotational, balancing, and supporting skills	Stunts: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Creating Combinations • Stunts and Tumbling Buffet • Create a Routine 	Stunts
Create, develop, and refine movement routines based on self-generated themes and self-selected music	Stunts, Dance, Jump Rope: <ul style="list-style-type: none"> • Teacher Rubric • Self Check 	<ul style="list-style-type: none"> • Create a Routine • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Jump Rope • Dance
Integrate information from other subject matter into a movement activity or routine	Dance: <ul style="list-style-type: none"> • Teacher Rubric • Self Check 	<ul style="list-style-type: none"> • Create a Hip Hop Routine 	Dance

Explain the bio-mechanical principles used in performing various manipulative skills	Sample debrief question: <i>How do you apply rotation principles when throwing a disc?</i>	<ul style="list-style-type: none"> • Shot Put • Disc Throwing Stations 	<ul style="list-style-type: none"> • Track • Flying Disc
Describe and demonstrate how movement skills learned in one physical activity can be transferred and used to help to learn another physical activity	Sample debrief question: <i>How can you apply your racquet skills to handball? To volleyball?</i>	<ul style="list-style-type: none"> • Introduction to the Serve • Introduction to the Handball Serve • Serving Challenges 	<ul style="list-style-type: none"> • Racquets and Paddles • Handball • Volleyball
Explain how growth in height and weight affects performance and influences the selection of developmentally appropriate physical activities	Sample debrief question: <i>How is your performance affected in track and field events as you grow taller? As you gain weight? How does your size influence the events in which you have the greatest success?</i>	<ul style="list-style-type: none"> • Sprint and Jump Circuit • Stunts and Tumbling Buffet • Introduction to Yoga 	<ul style="list-style-type: none"> • Track • Stunts and Tumbling • Fitness
Identify the characteristics of a highly skilled performance for the purpose of improving one's own performance	Specific Unit Written Tests, Self-Checks, Peer Coach	<ul style="list-style-type: none"> • Advanced Progressions • Advanced Shots • Sepak Takraw 	<ul style="list-style-type: none"> • Stunts and Tumbling • Handball • World Games
Demonstrate basic offensive and defensive skills and strategies in games and sports	Specific Unit Written Tests	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Defense • Zone and Person 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer

		<ul style="list-style-type: none"> Defense • Zone and Player-to-Player Defenses • Zone Defense 	<ul style="list-style-type: none"> • Hockey
Apply locomotor, nonlocomotor, and manipulative skills to games and sports	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Hockey Adventure Race • Mini-Volleyball • Tee Ball Derby 	<ul style="list-style-type: none"> • Hockey • Volleyball • Softball
Diagram, explain, and justify offensive and defensive strategies in net/wall, target, invasion, and fielding/run scoring games. Identify relevant bio-mechanical principles such as force production, compactness, spin or rebound, and rotation and their importance to the successful performance of a variety of activities)	<p>Sample debrief question:</p> <p><i>How do you apply rotation principles when performing a cartwheel? Throwing a disc?</i></p>	<ul style="list-style-type: none"> • Advanced Progressions • Shot Put • Disc Throwing Stations 	<ul style="list-style-type: none"> • Stunts and Tumbling • Track • Flying Disc
Develop and teach a game that incorporates designated offensive and defensive space, a penalty system, and a scoring system	<i>Create a Game Task Card</i>	<ul style="list-style-type: none"> • Volleyball Xtreme 	<ul style="list-style-type: none"> • Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical and Personal Wellness			
Identify the personal, physiological, and fitness benefits of participating in a variety of physical activities			
Identify preferences for lifetime physical activity			
Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness			
Plan and implement an extended			

personal physical fitness plan in collaboration with an instructor			
Explain the relationship among physical activity, nutrition, adequate rest and sleep, and weight management			
Participate safely in moderate to vigorous physical activity when conditions are atypical (weather, travel, or injury)	Sample debrief question: <i>What types of upper body strength training activities can you do without any equipment? What types of aerobic capacity activities can you substitute for running if you injure your ankle?</i>	<ul style="list-style-type: none"> • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	Fitness
Participate in a variety of recreational activities appropriate to a geographical area	World Games Teacher Rubric	<ul style="list-style-type: none"> • Sepak Takraw • Modified Cricket • Modified Team Handball 	World Games
Match personal preferences in physical activities with each of the five components of health-related physical fitness (body composition, cardiovascular endurance, flexibility, muscular endurance, and muscular strength)	Sample debrief question: <i>What activities did you select for your fitness plan that addressed each fitness component?</i>	<ul style="list-style-type: none"> • Range of Motion Circuit • Aerobic Capacity Circuit • Resistance Band Workout • Stability Ball • Body Composition Circuit 	Fitness

<p>Create an individual physical activity portfolio that includes:</p> <ol style="list-style-type: none"> 1. Identifying reasons for choosing a particular physical fitness activity such as have fun, gain flexibility, increase core strength, increase fitness level, and lose weight 2. Reflecting on how and why this activity may differ from now and when one is 25, 40, 55+ 	<h2>Personally Fit</h2>		
<p>Set realistic fitness goals, and strive to attain them through participation in activities of individual choosing</p>			
<p>Maintain a physical activity log for an extended period, documenting progress toward achievement of personal goals</p>			
<p>Accumulate a recommended number of minutes of moderate to vigorous physical activity outside of physical education class on five or more days during the week</p>	<p>Sample debrief question: <i>What are some things you can do to increase the amount of physical activity you get in your every-day routines?</i></p>	<ul style="list-style-type: none"> • Personally Fit 	<ul style="list-style-type: none"> • Personally Fit
<p>Design and participate activities that will improve all components of health-related fitness</p>	<p>Sample debrief question: <i>What activities did you select for your fitness plan that addressed each fitness</i></p>	<ul style="list-style-type: none"> • Personally Fit 	<ul style="list-style-type: none"> • Personally Fit

	<i>component?</i>		
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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"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<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"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<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"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<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) 	<ul style="list-style-type: none"> • Badminton • Badminton • Flying Disc: Ultimate

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		& 5-on-5 Hat Tournament)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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)	
Design and use personal fitness programs and appropriate technology to achieve and maintain	<ul style="list-style-type: none"> • Create Your Strength Training 	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
physical fitness.	Program Log <ul style="list-style-type: none"> • Personally Fit Activity Challenge: In the Mood to Move • Heart Rate Monitor Logs • Pedometer Logs 		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Identifying performance-related factors* that contribute to participation in physical activity.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<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
Identifying and explaining the cultural, ethnic and historical roles of games, sports and dance.	World Games: <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
Investigating the time, cost, available technology and	Sample debrief question: <i>What are</i>	Personally Fit SPARKfit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
participation requirements involved in a choice of physical activities.	<i>some time and cost requirements for your choices of physical activities?</i>	(SPARKfamily.org)	
Evaluating risks and safety factors that may affect physical activity throughout life.	SPARK HS PE 101 Character Matters Assessment (Game Day 101 Debrief)	<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)
Analyzing biomechanical principles involved in sport to improve performance and reduce injury.	Strength Training Jigsaw Notes	<ul style="list-style-type: none"> • Basic Training: Functional Fitness Jigsaw 	<ul style="list-style-type: none"> • Strength Training