

**SPARK Alignment with Florida Physical Education Standards
Kindergarten (K-2 2008 Version)**

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.K.C: Cognitive Abilities			
PE.K.C.2.1 Recognize locomotor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
PE.K.C.2.2 Recognize physical activities have safety rules and procedures.	Sample debrief question: <i>What are some things you can do to keep you safe when you exercise?</i>	<ul style="list-style-type: none"> • Orientation and Personal Space 	<ul style="list-style-type: none"> • Building a Foundation
PE.K.C.2.3 Recognize technology can be utilized during physical activity.	Technology not addressed in K-2 curriculum		
PE.K.C.2.4 Recognize there are deep and shallow areas of a pool, and identify the dangers of entering a body of water without supervision.	Water safety not addressed in K-2 curriculum		
PE.K.C.2.5 Recognize the concept of a	<ul style="list-style-type: none"> • Dribbling, Volleying, and 	<ul style="list-style-type: none"> • Volleying and Striking 	<ul style="list-style-type: none"> • Dribbling, Volleying, and

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dominant hand/foot for throwing/striking/kicking patterns.	Striking Rubric <ul style="list-style-type: none"> • Kicking and Trapping Rubric • Catching and Throwing Rubric 	Introduction <ul style="list-style-type: none"> • Kicking for Accuracy 	Striking <ul style="list-style-type: none"> • Kicking and Trapping
PE.K.C.2.6 Recite cues for a variety of movement patterns and skills.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Throwing Underhand to Targets • Overhand Throw for Distance 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing
PE.K.C.2.7 Identify personal and general space.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation
PE.K.C.2.8 Recognize movement concepts.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.K.L: Lifetime Fitness			
PE.K.L.3.1 Identify a moderate physical activity.	Sample debrief question: <i>Name an activity that improves your fitness without making you very tired.</i>	<ul style="list-style-type: none"> • Flexibility • Twist and Turn/Bend and Stretch • Stunts Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives • Balance, Stunts, and Tumbling
PE.K.L.3.2 Identify a vigorous physical activity.	Sample debrief question: <i>Name an activity that makes your heart beat very fast.</i>	<ul style="list-style-type: none"> • Chasing and Fleeing • High-Five Tag • Frogs Across the Pond 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
PE.K.L.3.3 Identify opportunities for involvement in physical activities during the school day.	Sample debrief question: <i>What are some of your favorite physical activities to do at recess?</i>	<ul style="list-style-type: none"> • Hopscotch • Rock, Papers, Scissor Tag • Switcheroo! 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
PE.K.L.3.4 Identify opportunities for involvement in physical activities after the school day.	Sample debrief question: <i>What are some of your favorite physical activities to do outside of school?</i>	<ul style="list-style-type: none"> • Hopscotch Home Play • Rock, Papers, Scissor Tag Home Play • Switcheroo! Home Play 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
PE.K.L.3.5	Sample debrief	<ul style="list-style-type: none"> • Fitness 	<ul style="list-style-type: none"> • Building a

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Describe physical-activity goal-setting.	question: <i>How can you make a plan to improve your fitness?</i>	Introduction • Fitness Introduction (SPARK It Up!)	Foundation •
PE.K.L.3.6 Identify the benefits of participating in physical activity.	Sample debrief question: <i>What are some benefits that you get from exercising?</i>	• Fitness Introduction • Fitness Introduction (SPARK It Up!) • Flexibility	• Building a Foundation • Building a Foundation • Building a Foundation
PE.K.L.3.7 Verbally state the search used before crossing a roadway.	Not addresses in K-2 curriculum		
PE.K.L.4.1 Identify the location of muscles that help the body perform specific physical activities.	Balance, Stunts, and Tumbling Rubric	• Basic Body Positions • Body Management and Balance • Static Balances	• Balance, Stunts, and Tumbling • Building a Foundation • Balance, Stunts, and Tumbling
PE.K.L.4.2 Identify that the heart beats faster during more intense physical activity.	Sample debrief question: <i>What happens to your heart when you exercise?</i>	• Oxygen Boogie • Fitness Introduction • The Good Ship SPARK	• Games • Building a Foundation • ASAP
PE.K.L.4.3 Identify activities that increase	Sample debrief question:	• Chasing and Fleeing	• Building a Foundation

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breathing and heart rate.	<i>What are some activities that make your heart beat very fast.</i>	<ul style="list-style-type: none"> • High-Five Tag • Frogs Across the Pond 	<ul style="list-style-type: none"> • ASAP • ASAP
PE.K.L.4.4 Identify a physiological sign of participating in physical activity.	Sample debrief question: <i>What happens to your heart when you exercise?</i>	<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
PE.K.L.4.5 Identify a benefit of flexibility.	Sample debrief question: <i>How does being flexible help you?</i>	<ul style="list-style-type: none"> • Flexibility • Twist and Turn/Bend and Stretch • Stunts Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives • Balance, Stunts, and Tumbling
PE.K.L.4.6 Differentiate between healthy and unhealthy food choices.	Sample debrief question: <i>What are some healthy food choices? Unhealthy choices?</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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.K.M: Movement Competency			
PE.K.M.1.1 Use a variety of locomotor skills to travel in personal and general space.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
PE.K.M.1.2 Strike objects using body parts forcefully.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Volleying and Striking Introduction • Keep It Up 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Dribbling, Volleying, and Striking
PE.K.M.1.3 Balance a lightweight object on a paddle/racket while moving.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Striking with Paddles 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking
PE.K.M.1.4 Strike an object forcefully using a modified, long-handled implement of various sizes, weights and compositions.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Batter Up! 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking
PE.K.M.1.5 Use two hands to bounce and catch a large playground ball.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Bounce and Catch Introduction 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking
PE.K.M.1.6 Participate in a variety of introductory water skills.	Aquatics not addressed in K-2 curriculum		

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PE.K.M.1.7 Catch a variety of self-tossed objects.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Self-Toss and Catch 	<ul style="list-style-type: none"> • Catching and Throwing
PE.K.M.1.8 Roll and throw a variety of objects using an underhand motion.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Throwing Underhand to Targets 	<ul style="list-style-type: none"> • Catching and Throwing
PE.K.M.1.9 Throw a variety of objects forcefully using an overhand motion.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Overhand Throw for Distance • Clean Your Room 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing
PE.K.M.1.10 Perform a creative-movement sequence with a clear beginning balance, at least one movement and a clear ending shape.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Showtime 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling
PE.K.M.1.11 Balance on a variety of body parts.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Body Management and Balance • Animal Balancing Act • Static Balances 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
PE.K.M.1.12 Perform a variety of rolling actions.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Stunts Add-On 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
PE.K.M.1.13	Building a Foundation	<ul style="list-style-type: none"> • Pairs Combining 	<ul style="list-style-type: none"> • Building a

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Move in a variety of ways in relation to others.	Rubric	Movement Concepts <ul style="list-style-type: none"> • Grouping and Moving Together 	Foundation <ul style="list-style-type: none"> • Building a Foundation

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Strand PE.K.R: Responsible Behaviors and Values			
PE.K.R.5.1 Identify ways to cooperate with a partner during physical activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pairs Combining Movement Concepts • Grouping and Moving Together • Partner Throw and Catch 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Catching and Throwing
PE.K.R.5.2 Use equipment safely and properly.	Parachute Rubric	<ul style="list-style-type: none"> • Parachute Introduction 	<ul style="list-style-type: none"> • Parachute
PE.K.R.5.3 Identify ways to treat others with respect during physical activity.	Sample debrief question: <i>How can you show respect to others during physical activity?</i>	<ul style="list-style-type: none"> • Partner Tag • Long Rope Jumping I & II • Frog Crossing 	<ul style="list-style-type: none"> • ASAP • Jumping • Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.K.R.6.1 Identify physical activities that are enjoyable.	Sample debrief question: <i>What are some of your favorite physical activities?</i>	Home Play Activities (CD, various units) Recess Activities (Manual)	
PE.K.R.6.2 Identify a benefit of willingly trying new movements and motor skills.	Sample debrief question: <i>Name a benefit of being willing to try a new activity or skill?</i>	<ul style="list-style-type: none"> • Stunts Introduction • Circuit Introduction • Fitness Introduction 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Building a Foundation
PE.K.R.6.3 Identify the benefits of continuing to participate when not successful on the first try.	Sample debrief question: <i>What are some benefits of not giving up when you can't do something on the first try?</i>	<ul style="list-style-type: none"> • Weight Transfer and Rolls 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling

SPARK Alignment with Florida Physical Education Standards
1st Grade (K-2 2008 Version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.1.C: Cognitive Abilities			
PE.1.C.2.1 Identify the critical elements of locomotor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP
PE.1.C.2.2 Identify safety rules and procedures for teacher-selected physical activities.	<ul style="list-style-type: none"> • Parachute Rubric • Balance, Stunts, and Tumbling Rubric 	<ul style="list-style-type: none"> • Changing Places • Stunts Introduction • Parachute Introduction 	<ul style="list-style-type: none"> • Parachute • Balance, Stunts, and Tumbling • Parachute
PE.1.C.2.3 Identify technology that can be utilized to enhance physical activity.	Technology not addressed in K-2 curriculum		
PE.1.C.2.4 Identify the rules for safe water activities, and recognize the importance of having a lifeguard near water or in a swimming facility.	Water safety not addressed in K-2 curriculum		
PE.1.C.2.5 Recognize the importance of practicing to improve performance.	Sample debrief question: <i>What do you need to</i>	<ul style="list-style-type: none"> • Scarf Juggling Lead-up • Weight Transfer 	<ul style="list-style-type: none"> • Manipulatives • Balance, Stunts, and Tumbling

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	<i>do if you want to improve your skills?</i>	<ul style="list-style-type: none"> and Rolls • Stunts Circuit 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling
PE.1.C.2.6 Use skill cues to improve performance.	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
PE.1.C.2.7 Identify dominant hand/foot for use with throwing/dribbling/striking/kicking skills.	Sample debrief question: <i>Which hand/foot do you use to throw/kick, etc.</i>	<ul style="list-style-type: none"> • Throwing Underhand to Targets • Dribbling Introduction • Kicking for Distance 	<ul style="list-style-type: none"> • Catching and Throwing • Dribbling, Volleying, and Striking • Kicking and Trapping
PE.1.C.2.8 Identify movement concepts.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation
PE.1.C.2.9 Name examples of warm-up and cool-down exercises.	Sample debrief question: <i>Name some activities</i>	<ul style="list-style-type: none"> • Flexibility • Twist and Turn/Bend and 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>you can do to warm-up before physical activity?</i>	Stretch • Stunts Introduction	• Balance, Stunts, and Tumbling

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Strand PE.1.L: Lifetime Fitness			
PE.1.L.3.1 Identify a moderate physical activity.	Sample debrief question: <i>Name an activity that improves your fitness without making you very tired.</i>	• Flexibility • Twist and Turn/Bend and Stretch • Stunts Introduction	• Building a Foundation • Manipulatives • Balance, Stunts, and Tumbling
PE.1.L.3.2 Identify a vigorous physical activity.	Sample debrief question: <i>Name an activity that makes your heart beat very fast.</i>	• Chasing and Fleeing • High-Five Tag • Frogs Across the Pond	• Building a Foundation • ASAP • ASAP
PE.1.L.3.3 Identify opportunities for involvement in physical activities during the school day.	Sample debrief question: <i>What are some of your favorite physical activities to do at</i>	• Hopscotch • Rock, Papers, Scissor Tag • Switcheroo!	• Recess Activities • Recess Activities • Recess Activities

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	<i>recess?</i>		
PE.1.L.3.4 Identify opportunities for involvement in physical activities after the school day.	Sample debrief question: <i>What are some of your favorite physical activities to do outside of school?</i>	<ul style="list-style-type: none"> • Hopscotch Home Play • Rock, Papers, Scissor Tag Home Play • Switcheroo! Home Play 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
PE.1.L.3.5 Set physical-activity goals.	Sample debrief question: <i>How can you make a plan to improve your fitness?</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation
PE.1.L.3.6 Identify the health benefits of physical activity.	Sample debrief question: <i>What are some benefits that you get from exercising?</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Flexibility 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
PE.1.L.3.7 Identify edges, pedestrians, vehicles and traffic.	Not addresses in K-2 curriculum		
PE.1.L.4.1 Identify a benefit of strengthening muscles.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Basic Body Positions • Body Management and Balance 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation

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		<ul style="list-style-type: none"> • Static Balances 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling
<p>PE.1.L.4.2 Identify the components of health-related physical fitness.</p>	<p>Sample debrief question: <i>What are the different parts of health-related fitness?</i></p>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation •
<p>PE.1.L.4.3 Identify the changes in heart rate before, during and after physical activity.</p>	<p>Sample debrief question: <i>What happens to your heart when you exercise?</i></p>	<ul style="list-style-type: none"> • Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK 	<ul style="list-style-type: none"> • Games • Building a Foundation • ASAP
<p>PE.1.L.4.4 Identify the difference in the activity of the heart during rest and while physically active.</p>	<p>Sample debrief question: <i>What happens to your heart when you exercise?</i></p>	<ul style="list-style-type: none"> • Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK 	<ul style="list-style-type: none"> • Games • Building a Foundation • ASAP
<p>PE.1.L.4.5 Discuss the physiological signs of physical activity.</p>	<p>Sample debrief question: <i>What happens to your heart when you exercise?</i></p>	<ul style="list-style-type: none"> • Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK 	<ul style="list-style-type: none"> • Games • Building a Foundation • ASAP
<p>PE.1.L.4.6 Identify how to properly flex and extend body parts to promote flexibility.</p>	<p>Sample debrief question: <i>How can you improve your flexibility?</i></p>	<ul style="list-style-type: none"> • Flexibility • Twist and Turn/Bend and Stretch 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives • Balance, Stunts, and

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		<ul style="list-style-type: none"> Stunts Introduction 	Tumbling
PE.1.L.4.7 Identify the food groups.	Sample debrief question: <i>Name the groups of foods.</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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.1.M: Movement Competency			
PE.1.M.1.1 Travel using various locomotor skills while changing directions, pathways and speeds.	Building a Foundation Rubric	<ul style="list-style-type: none"> General Space and Creative Moves Locomotor Skills, Levels, and Directions Tempos and Creative Moves 	<ul style="list-style-type: none"> Building a Foundation Building a Foundation Building a Foundation
PE.1.M.1.2 Strike an object upward using body parts.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> Volleying and Striking Introduction Keep It Up 	<ul style="list-style-type: none"> Dribbling, Volleying, and Striking Dribbling, Volleying, and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
			Striking
PE.1.M.1.3 Strike a lightweight object upward continuously using a paddle/racket.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Striking with Paddles 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking
PE.1.M.1.4 Strike a stationary object a short distance using a modified, long-handled implement so that the object travels in the intended direction.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Volleying and Striking Introduction • Keep It Up • Sheep Dogs 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Dribbling, Volleying, and Striking • Dribbling, Volleying, and Striking
PE.1.M.1.5 Dribble an object with hands or feet while demonstrating control in general space.	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking Rubric • Kicking and Trapping Rubric 	<ul style="list-style-type: none"> • Dribbling Introduction • Dribbling “Soccer Style” • Control Dribble around Obstacles 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Kicking and Trapping • Kicking and Trapping
PE.1.M.1.6 Demonstrate a variety of basic water skills.	Aquatics not addressed in K-2 curriculum		
PE.1.M.1.7 Move in different directions to catch a variety of self-tossed objects.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Self-Toss and Catch 	<ul style="list-style-type: none"> • Catching and Throwing
PE.1.M.1.8	Catching and	<ul style="list-style-type: none"> • Throwing 	<ul style="list-style-type: none"> • Catching and

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Demonstrate an underhand-throwing motion for accuracy using correct technique.	Throwing Rubric	Underhand to Targets	Throwing
PE.1.M.1.9 Demonstrate an overhand-throwing motion for distance using correct technique.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Overhand Throw for Distance • Clean Your Room 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing
PE.1.M.1.10 Perform a self-designed creative movement/dance sequence with a clear beginning balance, use of one movement and a different and clear ending shape.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Showtime 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling
PE.1.M.1.11 Demonstrate a sequence of a balance, a roll and a different balance.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Stunts Add-On 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
PE.1.M.1.12 Demonstrate the ability to take weight onto hands.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Stunts Add-On 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
PE.1.M.1.13 Chase, flee and dodge to avoid or catch others.	Games Rubric	<ul style="list-style-type: none"> • Chasing and Fleeing • Sugar and Fat Tag • Cookie Monster Tag 	<ul style="list-style-type: none"> • Building a Foundation • Games • Games

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PE.1.M.1.14 Use a variety of takeoff and landing patterns to jump, hop and leap safely in relation to various types of equipment.	Jumping Rubric	<ul style="list-style-type: none"> • Jumping and Landing • Jumping and Landing Patterns • Jumping for Distance 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Jumping • Jumping

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Strand PE.1.R: Responsible Behaviors and Values			
PE.1.R.5.1 List a benefit resulting from cooperation and sharing during physical activity.	Games Rubric	<ul style="list-style-type: none"> • Line Boogie • Rolling and Catching with a Partner • Houdini Hoops 	<ul style="list-style-type: none"> • Manipulatives • Catching and Throwing • Games
PE.1.R.5.2 Use physical-activity space safely and properly.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • General Space and Creative Moves • Grouping and Moving Together 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
PE.1.R.5.3 Demonstrate consideration of	Building a Foundation Rubric	<ul style="list-style-type: none"> • Changing Places • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Games

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others while participating in physical activity.		<ul style="list-style-type: none"> • Grouping and Moving Together 	<ul style="list-style-type: none"> • Building a Foundation
PE.1.R.6.1 Identify physical-activity preferences.	Sample debrief question: <i>What are some of your favorite physical activities?</i>	Home Play Activities (CD, various units) Recess Activities (Manual)	
PE.1.R.6.2 Identify feelings resulting from participation in physical activity.	Sample debrief question: <i>How do you feel when you participate in physical activities?</i>	<ul style="list-style-type: none"> • Partner Tag • Long Rope Jumping I & II • Frog Crossing 	<ul style="list-style-type: none"> • ASAP • Jumping • Games
PE.1.R.6.3 Identify the benefits of learning new movement skills.	Sample debrief question: <i>Name a benefit of being willing to try a new activity or skill?</i>	<ul style="list-style-type: none"> • Stunts Introduction • Circuit Introduction • Fitness Introduction 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Building a Foundation

SPARK Alignment with Florida Physical Education Standards
2nd Grade (K-2 2008 Version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.2.C: Cognitive Abilities			
PE.2.C.2.1 Describe the critical elements of locomotor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP
PE.2.C.2.2 Identify safety rules and procedures for selected physical activities.	<ul style="list-style-type: none"> • Parachute Rubric • Balance, Stunts, and Tumbling Rubric 	<ul style="list-style-type: none"> • Changing Places • Stunts Introduction • Parachute Introduction 	<ul style="list-style-type: none"> • Parachute • Balance, Stunts, and Tumbling • Parachute
PE.2.C.2.3 Utilize technology to enhance experiences in physical education.	Technology not addressed in K-2 curriculum		
PE.2.C.2.4 Explain the importance of wearing a life jacket (personal flotation device) when on a boat or near water.	Water safety not addressed in K-2 curriculum		
PE.2.C.2.5 Explain how appropriate practice improves the performance of movement skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Circuit Introduction • Stunts Circuit • Dribbling, Volleying, and 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Dribbling, Volleying,

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Striking Circuit	and Striking
PE.2.C.2.6 Apply teacher feedback to effect change in performance.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Circuit Introduction • Stunts Circuit • Dribbling, Volleying, and Striking Circuit 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Dribbling, Volleying, and Striking
PE.2.C.2.7 Describe movement concepts.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation
PE.2.C.2.8 Explain the importance of warm-up and cool-down activities.	Sample debrief question: <i>Why is it important to warm-up before exercise?</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Stunts Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
PE.2.C.2.9 Define offense and defense.	Sample debrief question: <i>What is "offense"? "Defense"?</i>	<ul style="list-style-type: none"> • Chasing and Fleeing • Catch a Tail 	<ul style="list-style-type: none"> • Building a Foundation • Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.2.L: Lifetime Fitness			
PE.2.L.3.1 Identify a moderate physical activity.	Sample debrief question: <i>Name an activity that improves your fitness without making you very tired.</i>	<ul style="list-style-type: none"> • Flexibility • Twist and Turn/Bend and Stretch • Stunts Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives • Balance, Stunts, and Tumbling
PE.2.L.3.2 Identify a vigorous physical activity.	Sample debrief question: <i>Name an activity that makes your heart beat very fast.</i>	<ul style="list-style-type: none"> • Chasing and Fleeing • High-Five Tag • Frogs Across the Pond 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
PE.2.L.3.3 Identify opportunities for involvement in physical activities during the school day.	Sample debrief question: <i>What are some of your favorite physical activities to do at recess?</i>	<ul style="list-style-type: none"> • Hopscotch • Rock, Papers, Scissor Tag • Switcheroo! 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
PE.2.L.3.4 Identify opportunities for involvement in physical activities after the school day.	Sample debrief question: <i>What are some of your favorite physical activities to do outside of school?</i>	<ul style="list-style-type: none"> • Hopscotch Home Play • Rock, Papers, Scissor Tag Home Play • Switcheroo! Home Play 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
PE.2.L.3.5	Sample debrief	<ul style="list-style-type: none"> • Fitness 	<ul style="list-style-type: none"> • Building a

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Set and meet physical-activity goals.	question: <i>How can you make a plan to improve your fitness?</i>	Introduction • Fitness Introduction (SPARK It Up!)	Foundation • Building a Foundation
PE.2.L.3.6 Identify how opportunities for participation in physical activities change during the seasons.	Sample debrief question: <i>Why do physical activity opportunities change with the seasons?</i>	Home Play Activities (CD, various units)	
PE.2.L.3.7 Identify healthful benefits that result from regular participation in physical activity.	Sample debrief question: <i>What are some benefits that you get from exercising?</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Flexibility 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
PE.2.L.3.8 Identify the proper crossing sequence.	Not addressed in K-2 curriculum		
PE.2.L.4.1 Identify how muscular strength and endurance enhances performance in physical activities.	Sample debrief question: <i>How can stronger muscles help you to perform better in physical activities?</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
PE.2.L.4.2	Sample debrief	• Fitness	• Building a

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Discuss the components of health-related physical fitness.	question: <i>What are the different parts of health-related fitness?</i>	Introduction • Fitness Introduction (SPARK It Up!)	Foundation • Building a Foundation
PE.2.L.4.3 Identify that a stronger heart muscle can pump more blood with each beat.	Sample debrief question: <i>What happens to your heart when you exercise?</i>	• Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK	• Games • Building a Foundation • ASAP
PE.2.L.4.4 Identify why sustained physical activity causes an increased heart rate and heavy breathing.	Sample debrief question: <i>What happens to your heart when you exercise?</i>	• Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK	• Games • Building a Foundation • ASAP
PE.2.L.4.5 Identify the physiological signs of moderate to vigorous physical activity.	Sample debrief question: <i>What happens to your heart when you exercise?</i>	• Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK	• Games • Building a Foundation • ASAP
PE.2.L.4.6 Identify benefits of participation in informal physical fitness assessment.	Sample debrief question: <i>What are some benefits of participating in fitness assessments?</i>	• Fitness Introduction • Fitness Introduction (SPARK It Up!)	• Building a Foundation • Building a Foundation
PE.2.L.4.7	Sample debrief	• Flexibility	• Building a

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Identify appropriate stretching exercises.	question: <i>What are some safe stretching exercises?</i>	<ul style="list-style-type: none"> • Twist and Turn/Bend and Stretch • Stunts Introduction 	Foundation <ul style="list-style-type: none"> • Manipulatives • Balance, Stunts, and Tumbling
PE.2.L.4.8 Categorize food into food groups.	Sample debrief question: <i>Name some foods in each of the food groups.</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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.2.M: Movement Competency			
PE.2.M.1.1 Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Tempos and Creative Moves • Locomotor Skills, Levels, and Directions • The Bouncer 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
PE.2.M.1.2 Strike an object continuously using	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Volleying and Striking 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
body parts both upward and downward.		<ul style="list-style-type: none"> • Introduction • Keep It Up 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking
PE.2.M.1.3 Strike an object continuously using a paddle/racket both upward and downward.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Sheep Dogs 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking
PE.2.M.1.4 Strike a stationary object a short distance using a long-handled implement so that the object travels in the intended direction.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Striking with Paddles 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking
PE.2.M.1.5 Dribble with hands and feet in various pathways, directions and speeds around stationary objects.	Kicking and Trapping Rubric	<ul style="list-style-type: none"> • Dribbling “Soccer Style” • Control Dribble Around Obstacles • Tunnel Dribble 	<ul style="list-style-type: none"> • Kicking and Trapping • Kicking and Trapping • Kicking and Trapping
PE.2.M.1.6 Perform a variety of fundamental aquatics skills.	Aquatics not addressed in K-2 curriculum		
PE.2.M.1.7 Move in different directions to catch a variety of objects softly tossed by a stationary partner.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Partner Throw and Catch Challenges 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing
PE.2.M.1.8	Catching and	<ul style="list-style-type: none"> • Overhand Throw 	<ul style="list-style-type: none"> • Catching and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrate an overhand-throwing motion for distance demonstrating correct technique and accuracy.	Throwing Rubric	for Distance <ul style="list-style-type: none"> • Clean Your Room 	Throwing <ul style="list-style-type: none"> • Catching and Throwing
PE.2.M.1.9 Perform one folk or line dance accurately.	Dance Rubric	<ul style="list-style-type: none"> • Alley Cat • Tarentella • Mayonesa 	<ul style="list-style-type: none"> • ASAP • Dance • Dance
PE.2.M.1.10 Demonstrate a sequence of a balance, a roll and a different balance with correct technique and smooth transitions.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Stunts Add-On 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
PE.2.M.1.11 Perform at least one skill that requires the transfer of weight to hands.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Stunts Add-On 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
PE.2.M.1.12 Chase, flee and dodge to avoid or catch others while maneuvering around obstacles.	Games Rubric	<ul style="list-style-type: none"> • Chasing and Fleeing • Sugar and Fat Tag • Cookie Monster Tag 	<ul style="list-style-type: none"> • Building a Foundation • Games • Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.2.R: Responsible Behaviors and Values			
PE.2.R.5.1 Identify ways to cooperate with others regardless of personal differences during physical activity.	Games Rubric	<ul style="list-style-type: none"> • Pairs Combining Movement Concepts • Grouping and Moving Together • Houdini Hoops 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Games
PE.2.R.5.2 List ways to safely handle physical-activity equipment.	Parachute Rubric	<ul style="list-style-type: none"> • Parachute Introduction 	<ul style="list-style-type: none"> • Parachute
PE.2.R.5.3 Describe the personal feelings resulting from challenges, successes and failures in physical activity.	Sample debrief question: <i>How do you feel when you complete a challenging physical activity?</i>	<ul style="list-style-type: none"> • Scarf Juggling Lead-up • Partner Throw and Catch Challenges • Houdini Hoops 	<ul style="list-style-type: none"> • Manipulatives • Catching and Throwing • Games
PE.2.R.5.4 Identify ways to successfully resolve conflicts with others.	Sample debrief question: <i>How can you solve conflicts with others?</i>	<ul style="list-style-type: none"> • Monkey in the Middle • 2-Square • Shoot and Score 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
PE.2.R.6.1 Identify ways to use physical activity to express feeling.	Sample debrief question: <i>Name some physical activities that allow you to express yourself.</i>	<ul style="list-style-type: none"> • Create a Dance • Showtime • Showtime 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Manipulatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.2.R.6.2 Discuss the relationship between skill competence and enjoyment.	Sample debrief question: <i>Do you enjoy an activity more when your skills improve? Why?</i>	<ul style="list-style-type: none"> • Weight Transfers and Rolls • Body Management and Balance • Striking with Paddles 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Dribbling, Volleying, and Striking
PE.2.R.6.3 Identify ways to contribute as a member of a cooperative group.	Sample debrief question: <i>Name some things you can do to contribute to your group's success.</i>	<ul style="list-style-type: none"> • Fly in the Web • Frogs Across the Pond • Grouping and Moving Together 	<ul style="list-style-type: none"> • Parachute • ASAP • Building a Foundation

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.3.C: Cognitive Abilities			
PE.3.C.2.1 Identify the importance of purposeful movement and its impact on quality of performance.	Sample Debrief Question: <i>How does practicing a skill correctly improve your performance?</i>	<ul style="list-style-type: none"> • Look, Learn, and Leave • Ball Control Drills • Catching Drills 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Flying Disc
PE.3.C.2.2 Understand the importance of safety rules and procedures in all physical activities.	Cooperatives Performance Rubric	<ul style="list-style-type: none"> • Orientation to SPARK PE • Establishing Basics • Cooperation and Trust 	<ul style="list-style-type: none"> • 1st Three Lessons • 1st Three Lessons • 1st Three Lessons
PE.3.C.2.3 Understand that technology can be utilized to gather information about performance.	Sample Debrief Question: <i>How can you use pedometers to improve your performance?</i>	<ul style="list-style-type: none"> • Pedometer SPARK It Up! Activities 	<ul style="list-style-type: none"> • Various units
PE.3.C.2.4 Identify and explain different items that can be used for assisting in a water-related emergency.	Aquatics not addressed in 3-6 curriculum		
PE.3.C.2.5 Explain how appropriate practice improves performance of	Sample Debrief Question: <i>How does practicing a</i>	<ul style="list-style-type: none"> • Look, Learn, and Leave • Ball Control Drills 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Flying Disc

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
movement skills.	<i>skill correctly improve your performance?</i>	<ul style="list-style-type: none"> • Catching Drills 	
PE.3.C.2.6 Analyze peer performance and provide feedback.	Cooperatives Self-Check	<ul style="list-style-type: none"> • Partner Throw and Catch • Passing Drills • Passing and Receiving 	<ul style="list-style-type: none"> • Softball • Basketball • Football
PE.3.C.2.7 Identify the reasons for warm-up and cool-down activities.	Sample debrief question: <i>What is the reason for doing a warm-up before participating in a physical activity?</i>	<ul style="list-style-type: none"> • Daily Dozen • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness Challenges • Fitness Circuits • Group Fitness
PE.3.C.2.8 Describe basic offensive and defensive tactics.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Offense/Defense • Mini-Soccer • Defense! 	<ul style="list-style-type: none"> • ASAP • Soccer • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.3.L: Lifetime Fitness			
PE.3.L.3.1 Identify a moderate physical activity.	Sample debrief question: <i>Name a physical activity that you would classify as “moderate”.</i>	<ul style="list-style-type: none"> • Daily Dozen • Fun and Flexibility with a Friend • Muscular Strength and Endurance 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness Challenges • Fitness Circuits
PE.3.L.3.2 Identify a vigorous physical activity.	Sample debrief question: <i>Name a physical activity that you would classify as “vigorous”.</i>	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Fitness Circuits
PE.3.L.3.3 Identify opportunities for involvement in physical activities during the school day.	Fitness Challenges Self-Check	<ul style="list-style-type: none"> • 4-Corner Scramble • Flag Tag • 3-Catch Game 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
PE.3.L.3.4 Identify opportunities for involvement in physical activities after the school day.	Fitness Challenges Self-Check	Fitness Challenges, Fitness Circuits, Group Fitness Home Plays	
PE.3.L.3.5 Use an activity log to maintain a personal record of participation in physical activity during a period of time.	<ul style="list-style-type: none"> • Map Challenges Mileage Chart 	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Walk/Jog 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Walk, Jog, Run Activities

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.3.L.3.6 Identify lifestyle changes that can be made to increase the level of physical activity.	Sample debrief question: <i>What are some activities that are available for fitness throughout your lifetime?</i>	Switcheroo <ul style="list-style-type: none"> • Wallball • Bench Step Basics • Introduction to Badminton 	<ul style="list-style-type: none"> • Recess Activities • Group Fitness • Racquets and Paddles
PE.3.L.3.7 Differentiate between the correct and incorrect way to fit a bicycle helmet.	Bicycling/bike safety not addressed in 3-6 curriculum		
PE.3.L.4.1 Describe how muscular strength and endurance enhances performance in physical activities.	Sample debrief question: <i>How can improving your muscular strength and endurance improve your performance in physical activities?</i>	<ul style="list-style-type: none"> • Muscular Strength and Endurance • Mixed Fitness Circuit • Partner Muscular Strength and Endurance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges
PE.3.L.4.2 Describe the relationship between the heart and lungs during physical activity.	Fitness Challenges Self-Check	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>PE.3.L.4.3 Identify appropriate physical activities that result in the development of cardiorespiratory endurance.</p>	<p>Fitness Challenges Self-Check</p>	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Fitness Circuits
<p>PE.3.L.4.4 Match physical fitness assessment events to the associated fitness component.</p>	<p>Sample debrief question: <i>What are the five components of health-related fitness? Can you give an example of each?</i></p> <p>Fitness Circuits Think About...</p>	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits
<p>PE.3.L.4.5 Identify formal and informal physical fitness assessments.</p>	<ul style="list-style-type: none"> • Personal Best Day: My Personal Best Progress and Goals Card <p>Fitness Circuits Think About...</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>PE.3.L.4.6 Identify ways to safely stretch major muscle groups.</p>	<p>Specific Unit Performance Rubric</p>	<ul style="list-style-type: none"> • Flexibility Circuit • Fun and Flexibility 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>PE.3.L.4.7 Read food labels for specific nutrition facts.</p>		<ul style="list-style-type: none"> • Body Composition Circuit • Body Composition BINGO 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges
<p>PE.3.L.4.8 Identify the principles of physical fitness.</p>	<p>Sample debrief question: <i>Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i></p>	<ul style="list-style-type: none"> • Body Composition Circuit • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits • Group Fitness
<p>PE.3.L.4.9 Identify individual strengths and weaknesses based upon results of a formal fitness assessment.</p>	<p>Sample 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></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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.3.L.4.10 Identify ways that technology can assist in the pursuit of physical fitness.	Sample debrief question: <i>How can you use technology to improve your fitness?</i>	<ul style="list-style-type: none"> • Pedometer Activity • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.3.M: Movement Competency			
PE.3.M.1.1 Apply locomotor skills in a variety of movement settings.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Louisiana Saturday Night • Stunt Stories and Tumbling Tales • Create a Routine • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Jump Rope • Group Fitness
PE.3.M.1.2 Strike a stationary object from a stationary position using body parts so that the object travels in the intended direction at the desired	Volleyball Performance Rubric	<ul style="list-style-type: none"> • Introduction to Underhand Serve • Serving Challenges • Serving Shower 	<ul style="list-style-type: none"> • Volleyball • Volleyball • Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
height.			
PE.3.M.1.3 Strike an object using a paddle/racquet demonstrating correct technique of a forehand pattern.	Racquets and Paddles Performance Rubric	<ul style="list-style-type: none"> • Stroke and Catch • Paddle Call Ball 	<ul style="list-style-type: none"> • Racquets and Paddles • Racquets and Paddles
PE.3.M.1.4 Strike both moving and stationary objects using a long-handled implement.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Batting Practice • Open Base • 3-Trap Hockey 	<ul style="list-style-type: none"> • Softball • Softball • Hockey
PE.3.M.1.5 Maintain control while dribbling with hands or feet against a defender.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Dribbling Drills • Get Your Ball • Mini-Soccer 	<ul style="list-style-type: none"> • Basketball • Soccer • Soccer
PE.3.M.1.6 Demonstrate a combination of basic swim skills.	Aquatics not addressed in 3-6 curriculum		
PE.3.M.1.7 Move in different directions to catch objects of different sizes and weights thrown by a stationary partner.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Air It Out • Hoop to Hoop • 3-Catch Game 	<ul style="list-style-type: none"> • Football • Flying Disc • Aerobic Games
PE.3.M.1.8 Throw balls of various sizes and weights to a stationary partner using a correct overhand motion.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Corner to Corner • Give and Go • Beat the Ball • 4-Zone Football 	<ul style="list-style-type: none"> • Softball • Softball • Football

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.3.M.1.9 Perform a teacher-designed sequence using manipulatives.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Resistance Band Workout 	<ul style="list-style-type: none"> • Group Fitness
PE.3.M.1.10 Perform one dance accurately.	Dance Performance Rubric	<ul style="list-style-type: none"> • Jekyll Island Stomp • 5,6,7,8 • Mambo #5 	<ul style="list-style-type: none"> • Dance • Dance • Dance
PE.3.M.1.11 Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and two different movement elements with correct technique and smooth transitions.	Stunts and Tumbling Performance Rubric	<ul style="list-style-type: none"> • Stunt Stories and Tumbling Tales • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
PE.3.M.1.12 Continuously jump a self-turned rope.	Jump Rope Performance Rubric	<ul style="list-style-type: none"> • Jump the Circuit (Individual Tricks) • Jump Wheel • Jump Rope Add-On 	<ul style="list-style-type: none"> • Jump Rope • Jump Rope • Jump Rope

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.3.R: Responsible Behaviors and Values			
PE.3.R.5.1 List ways to work cooperatively with peers of differing skill levels.	Cooperatives Performance Rubric	<ul style="list-style-type: none"> • Soccer Group Challenge • Group Jump Rope Challenge • Survivor Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope • Fitness Challenges
PE.3.R.5.2 List ways to show respect for the views of a peer from a different cultural background.	Cooperatives Self-Check	<ul style="list-style-type: none"> • Alunelul • Irish Jig • Pata Pata 	<ul style="list-style-type: none"> • Dance • Dance • Dance
PE.3.R.5.3 Identify ways to take responsibility for his/her own behavior.	Cooperatives Self-Check	<ul style="list-style-type: none"> • Stick with Me! • Stepping Stones • Log Jam 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
PE.3.R.6.1 List personally challenging physical-activity experiences.	Sample Debrief Question: <i>What physical activities do you find most challenging?</i>	<ul style="list-style-type: none"> • Soccer Group Challenge • Group Jump Rope Challenge • Survivor Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope • Fitness Challenges
PE.3.R.6.2 Describe ways to appreciate the good physical performance of others.	Cooperatives Self-Check	<ul style="list-style-type: none"> • 9 Grid Basketball • 4 Zone Football • 5-Player Kickball 	<ul style="list-style-type: none"> • Basketball • Football • Aerobic Games
PE.3.R.6.3 Identify ways to celebrate one's	Cooperatives Self-Check	<ul style="list-style-type: none"> • 9 Grid Basketball • 4 Zone Football 	<ul style="list-style-type: none"> • Basketball • Football

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
own physical accomplishments while displaying sportsmanship.		<ul style="list-style-type: none">• 5-Player Kickball	<ul style="list-style-type: none">• Aerobic Games

SPARK Alignment with Florida Physical Education Standards
4th Grade (3-6 2007 Version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.4.C: Cognitive Abilities			
PE.4.C.2.1 Understand the importance of purposeful movement in a variety of movement settings.	Sample Debrief Question: <i>How does practicing a skill correctly improve your performance?</i>	<ul style="list-style-type: none"> • Look, Learn, and Leave • Ball Control Drills • Catching Drills 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Flying Disc
PE.4.C.2.2 Understand the importance of safety rules and procedures in all physical activities, especially those that are high risk.	Cooperatives Performance Rubric	<ul style="list-style-type: none"> • Orientation to SPARK PE • Establishing Basics • Cooperation and Trust 	<ul style="list-style-type: none"> • 1st Three Lessons • 1st Three Lessons • 1st Three Lessons
PE.4.C.2.3 Use technology to gather information about performance.	Sample Debrief Question: <i>How can you use pedometers to improve your performance?</i>	<ul style="list-style-type: none"> • Pedometer SPARK It Up! Activities 	<ul style="list-style-type: none"> • Various units
PE.4.C.2.4 Understand the importance of protecting parts of the body from the harmful rays of the sun.	Sample Debrief Question: <i>Why is it important to use sunscreen?</i>	<ul style="list-style-type: none"> • Hoop to Hoop (Wellness Integration) • Walk/Jog/Run Grab Bag (Home Integration) 	<ul style="list-style-type: none"> • Flying Disc • Walk/Jog/Run
PE.4.C.2.5	Specific Unit Self-	<ul style="list-style-type: none"> • Look, Learn, and 	<ul style="list-style-type: none"> • Stunts and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Detect errors in personal movement patterns.	Checks	<ul style="list-style-type: none"> • Leave • Jump the Circuit (Individual Tricks) • Target Throw 	Tumbling <ul style="list-style-type: none"> • Jump Rope • Flying Disc
PE.4.C.2.6 Compare and discuss skills/sports that use similar movement patterns.	Sample debrief question: <i>What movement patterns do you use in soccer that are similar to basketball or hockey?</i>	<ul style="list-style-type: none"> • Mini-Soccer • Mini-Hockey • Mini-Basketball 	<ul style="list-style-type: none"> • Soccer • Hockey • Basketball
PE.4.C.2.7 Identify proper warm-up and cool-down techniques and the reasons for using them.	Sample debrief question: <i>What is the reason for doing a warm-up before participating in a physical activity?</i>	<ul style="list-style-type: none"> • Daily Dozen • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness Challenges • Fitness Circuits • Group Fitness
PE.4.C.2.8 Identify the importance of hydration before, during and after physical activity.	Sample debrief question: <i>Why is it important to stay hydrated when you are performing physical activities?</i> <i>What is the best drink to choose?</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
PE.4.C.2.9	Specific Unit	<ul style="list-style-type: none"> • Offense/Defense 	<ul style="list-style-type: none"> • ASAP

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Identify basic offensive and defensive tactics for modified invasion and net activities.	Performance Rubric	<ul style="list-style-type: none"> • Mini-Soccer • Defense! 	<ul style="list-style-type: none"> • Soccer • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.4.L: Lifetime Fitness			
PE.4.L.3.1 Identify a moderate physical activity.	Sample debrief question: <i>Name a physical activity that you would classify as "moderate".</i>	<ul style="list-style-type: none"> • Daily Dozen • Fun and Flexibility with a Friend • Muscular Strength and Endurance • 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness Challenges • Fitness Circuits •
PE.4.L.3.2 Identify a vigorous physical activity.	Sample debrief question: <i>Name a physical activity that you would classify as "vigorous".</i>	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Fitness Circuits
PE.4.L.3.3 Identify opportunities for involvement in physical activities during the school day.	Fitness Challenges Self-Check	<ul style="list-style-type: none"> • 4-Corner Scramble • Flag Tag • 3-Catch Game 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.4.L.3.4 Identify opportunities for involvement in physical activities after the school day.	Fitness Challenges Self-Check	Fitness Challenges, Fitness Circuits, Group Fitness Home Plays	
PE.4.L.3.5 Implement at least one lifestyle behavior to increase physical activity.	Personal Best Day: My Personal Best Progress and Goals Card	<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
PE.4.L.3.6 Discuss the importance of wearing a bicycle helmet.	Cycling not addressed in 3-6 curriculum		
PE.4.L.4.1 Identify the muscles being strengthened during the performance of specific activities.	Fitness Challenges Self-Check	<ul style="list-style-type: none"> • Muscular Strength and Endurance • Mixed Fitness Circuit • Partner Muscular Strength and Endurance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges
PE.4.L.4.2 Identify several activities related to each component of physical fitness.	Sample debrief question: <i>What are the five components of health-related fitness? Can you give an example of each?</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Fitness Circuits Think About...	with a Friend • Aerobic Capacity Circuit	
PE.4.L.4.3 Maintain heart rate within the target heart rate zone for a specified length of time during an aerobic activity.	Fitness Challenges Self-Check	• Aerobic Capacity Circuit • Moving for Time • Figure 8 Walk/Jog	• Fitness Circuits • Map Challenges • Walk, Jog, Run Activities
PE.4.L.4.4 Identify ways to participate in selected physical activities for the purpose of improving physical fitness.	• Walk/Jog/Run Performance Rubric • Map Challenges Mileage Chart	• Aerobic Capacity Circuit • Moving for Time • Figure 8 Walk/Jog	• Fitness Circuits • Map Challenges • Walk, Jog, Run Activities
PE.4.L.4.5 Identify ways to participate in formal and informal physical fitness assessment.	• Personal Best Day: My Personal Best Progress and Goals Card Fitness Circuits Think About...	• Personal Best Day • Pedometer Activity • Mixed Fitness Circuit	• Personal Best Day • Map Challenges • Fitness Circuits
PE.4.L.4.6 Identify how specific stretches increase flexibility and reduce the chance of injury.	Sample debrief question: <i>How can performing specific stretches reduce your chances of getting injured?</i>	• Daily Dozen • Fun and Flexibility with a Friend	• Stunts and Tumbling • Fitness Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.4.L.4.7 Understand appropriate serving size.	Sample debrief question: <i>What is an appropriate serving size?</i>	<ul style="list-style-type: none"> • Body Composition BINGO • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits
PE.4.L.4.8 Explain the principles of physical fitness.	Sample debrief question: <i>Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits • Group Fitness
PE.4.L.4.9 Develop short- and long-term fitness goals.	<ul style="list-style-type: none"> • Personal Best Day: My Personal Best Progress and Goals Card Fitness Circuits Think About...	<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
PE.4.L.4.10 Describe ways that technology can	Sample debrief question:	<ul style="list-style-type: none"> • Pedometer Activity 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
assist in the pursuit of physical fitness.	<i>How can you use technology to improve your fitness?</i>	<ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.4.M: Movement Competency			
PE.4.M.1.1 Apply movement concepts to the performance of locomotor skills in a variety of movement settings.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Louisiana Saturday Night • Stunt Stories and Tumbling Tales • Create a Routine • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Jump Rope • Group Fitness
PE.4.M.1.2 Strike a moving object using body parts so that the object travels in the intended direction at the desired height.	Volleyball Performance Rubric	<ul style="list-style-type: none"> • Introduction to Underhand Serve • Serving Challenges • Serving Shower 	<ul style="list-style-type: none"> • Volleyball • Volleyball • Volleyball
PE.4.M.1.3 Strike an object continuously using a paddle/racquet demonstrating correct technique of a forehand	Racquets and Paddles Performance Rubric	<ul style="list-style-type: none"> • Stroke and Catch • Paddle Call Ball 	<ul style="list-style-type: none"> • Racquets and Paddles • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
pattern.			
PE.4.M.1.4 Strike moving and/or stationary objects with long-handled implements using correct technique so the objects travel in the intended direction.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Batting Practice • Open Base • 3-Trap Hockey 	<ul style="list-style-type: none"> • Softball • Softball • Hockey
PE.4.M.1.5 Dribble and pass to a moving partner.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Mini-Basketball • Mini-Soccer • Corner to Corner Give and Go 	<ul style="list-style-type: none"> • Basketball • Soccer • Soccer
PE.4.M.1.6 Perform a variety of swim strokes.	Aquatics not addressed in 3-6 curriculum		
PE.4.M.1.7 Move in different directions to catch objects of different sizes and weights thrown by a stationary partner from varying distances.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Air It Out • Hoop to Hoop • 3-Catch Game 	<ul style="list-style-type: none"> • Football • Flying Disc • Aerobic Games
PE.4.M.1.8 Throw balls of various sizes and weights to a stationary partner from varying distances using a correct overhand motion.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Corner to Corner Give and Go • Beat the Ball • 4-Zone Football 	<ul style="list-style-type: none"> • Softball • Softball • Football
PE.4.M.1.9 Perform a teacher-designed sequence, with or without	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Resistance Band Workout 	<ul style="list-style-type: none"> • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
manipulatives, while demonstrating balance, coordination, clear shapes, purposeful movements and smooth transitions.			
PE.4.M.1.10 Perform two or more dances accurately.	Dance Performance Rubric	<ul style="list-style-type: none"> • Jekyll Island Stomp • Louisiana Saturday Night • Irish Jig 	<ul style="list-style-type: none"> • Dance • Dance • Dance
PE.4.M.1.11 Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and three different movement elements with correct technique and smooth transitions.	Stunts and Tumbling Performance Rubric	<ul style="list-style-type: none"> • Stunt Stories and Tumbling Tales • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
PE.4.M.1.12 Run and hurdle a succession of low-to medium-level obstacles.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Look, Learn and Leave (SPARK It Up Mini-Obstacle Course) • Track and Field • Agility Run 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Walk/Jog/Run

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.4.R: Responsible Behaviors and Values			
PE.4.R.5.1 Discuss the influence of individual differences on participation in physical activities.	Sample debrief question: <i>Name a physical activity that you enjoy doing on a regular basis. Why is that a favorite? Does everyone in your group have the same favorites? Why and why not?</i>	<ul style="list-style-type: none"> • Soccer Group Challenge • Group Jump Rope Challenge • Survivor Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope • Fitness Challenges
PE.4.R.5.2 List ways to encourage others while refraining from insulting/negative statements.	Cooperatives Self-Check	<ul style="list-style-type: none"> • Cooperative Volleyball • Create A Dance • Group Trick Add-On 	<ul style="list-style-type: none"> • Volleyball • Dance • Movement Bands
PE.4.R.5.3 Demonstrate respect and caring for students with disabilities through verbal and non-verbal encouragement and assistance.	Cooperatives Self-Check	<ul style="list-style-type: none"> • Orientation to SPARK PE • Establishing Basics • Cooperation and Trust 	<ul style="list-style-type: none"> • 1st Three Lessons • 1st Three Lessons • 1st Three Lessons
PE.4.R.6.1 Discuss how physical activity can be a positive opportunity for social and group interaction.	Cooperatives Self-Check	<ul style="list-style-type: none"> • Stick with Me! • Stepping Stones • Log Jam 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.4.R.6.2 Describe the connection between skill competence and enjoyment of physical activity.	Sample debrief question: <i>Do you enjoy activities more when your skills improve?</i>	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Parachute Play (Small Group) 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
PE.4.R.6.3 Discuss ways to celebrate one's own physical accomplishments while displaying sportsmanship.	Sample debrief question: <i>How can you celebrate your successes and still show good sportsmanship?</i>	<ul style="list-style-type: none"> • Mini-Soccer • Mini-Hockey • Mini-Basketball 	<ul style="list-style-type: none"> • Soccer • Hockey • Basketball

SPARK Alignment with Florida Physical Education Standards
5th Grade (3-6 2007 Version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.5.C: Cognitive Abilities			
PE.5.C.2.1 Apply purposeful movement to a variety of movement settings to include designing and performing movement routines.	Create a Routine Performance Rubric	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Create a Routine 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Jump Rope
PE.5.C.2.2 Design or modify a game incorporating skills, rules and strategies.	Create a Game Performance Rubric	<ul style="list-style-type: none"> • Cooperative Volleyball • Create A Dance • Group Trick Add-On 	<ul style="list-style-type: none"> • Volleyball • Dance • Movement Bands
PE.5.C.2.3 Apply feedback gathered from the use of technology to assess and enhance performance.	Sample Debrief Question: <i>How can you use pedometers to improve your performance?</i>	<ul style="list-style-type: none"> • Pedometer SPARK It Up! Activities 	<ul style="list-style-type: none"> • Various units
PE.5.C.2.4 Identify the different types of basic water- rescue techniques, using various types of items.	Aquatics/water safety not addressed in 3-6 curriculum		
PE.5.C.2.5	Specific Unit Self-	<ul style="list-style-type: none"> • Look, Learn, and 	<ul style="list-style-type: none"> • Stunts and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Detect, analyze and correct errors in personal movement patterns.	Checks	Leave <ul style="list-style-type: none"> • Jump the Circuit (Individual Tricks) • Target Throw 	Tumbling <ul style="list-style-type: none"> • Jump Rope • Flying Disc
PE.5.C.2.6 Compare and contrast skills/sports that use similar movement patterns and concepts.	Sample debrief question: <i>What movement patterns do you use in soccer that is similar to basketball or hockey?</i>	<ul style="list-style-type: none"> • Mini-Soccer • Mini-Hockey • Mini-Basketball 	<ul style="list-style-type: none"> • Soccer • Hockey • Basketball
PE.5.C.2.7 Identify basic practice and conditioning principles that enhance performance.	Sample Debrief Question: <i>How does practicing a skill correctly improve your performance?</i>	<ul style="list-style-type: none"> • Look, Learn, and Leave • Ball Control Drills • Catching Drills 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Flying Disc
PE.5.C.2.8 Categorize basic offensive and defensive tactics for modified invasion and net activities.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Mini-Hockey • Quick-Play Mini-Football • Mini-Basketball 	<ul style="list-style-type: none"> • Hockey • Football • Basketball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.5.L: Lifetime Fitness			
PE.5.L.3.1 Identify a moderate physical activity.	Sample debrief question: <i>Name a physical activity that you would classify as “moderate”.</i>	<ul style="list-style-type: none"> • Daily Dozen • Fun and Flexibility with a Friend • Muscular Strength and Endurance 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness Challenges • Fitness Circuits
PE.5.L.3.2 Identify a vigorous physical activity.	Sample debrief question: <i>Name a physical activity that you would classify as “vigorous”.</i>	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Fitness Circuits
PE.5.L.3.3 Identify opportunities for involvement in physical activities during the school day.	Fitness Challenges Self-Check	<ul style="list-style-type: none"> • 4-Corner Scramble • Flag Tag • 3-Catch Game 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities
PE.5.L.3.4 Identify opportunities for involvement in physical activities after the school day.	Fitness Challenges Self-Check	Fitness Challenges, Fitness Circuits, Group Fitness Home Plays	
PE.5.L.3.5 Formulate a plan to increase the amount of time spent in physical activity.	Fitness Circuits Think About...	<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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.5.L.3.6 Discuss lifestyle behaviors that can be made to increase physical activity.	Fitness Circuits Think About...	<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
PE.5.L.3.7 Use technology to enhance regular participation in physical activities.	<ul style="list-style-type: none"> • Personal Best Day: My Personal Best Progress and Goals Card Fitness Circuits Think About...	<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
PE.5.L.3.8 Discuss the importance of being visible, being predictable and communicating when cycling.	Cycling not addressed in 3-6 curriculum		
PE.5.L.4.1 Differentiate between muscular strength and muscular endurance.	Fitness Challenges Self-Check	<ul style="list-style-type: none"> • Muscular Strength and Endurance • Mixed Fitness Circuit • Partner Muscular Strength and Endurance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges
PE.5.L.4.2 Identify activities that develop and maintain each component of	Sample debrief question: <i>What are the five</i>	<ul style="list-style-type: none"> • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
physical fitness.	<i>components of health-related fitness? Can you give an example of each?</i> Fitness Circuits Think About...	<ul style="list-style-type: none"> • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness Circuits
PE.5.L.4.3 Identify that an increase in heart rate intensity is necessary to enhance cardiorespiratory endurance.	<ul style="list-style-type: none"> • Walk/Jog/Run Performance Rubric • Map Challenges Mileage Chart 	<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
PE.5.L.4.4 Analyze one's own physical fitness assessment results and develop strategies to enhance performance.	<ul style="list-style-type: none"> • Personal Best Day: My Personal Best Progress and Goals Card • Fitness Circuits Think About... 	<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
PE.5.L.4.5 Select proper stretching exercises to increase flexibility and reduce the chance of injury.	Fitness Circuits Think About...	<ul style="list-style-type: none"> • Daily Dozen • Fun and Flexibility with a Friend • 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness Challenges •
PE.5.L.4.6 Plan a menu for a balanced meal.	Sample debrief question: <i>Give an example of a</i>	<ul style="list-style-type: none"> • Body Composition BINGO 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>balanced meal.</i>	<ul style="list-style-type: none"> • Body Composition Circuit 	
PE.5.L.4.7 Apply the principles of physical fitness to exercise.	Sample debrief question: <i>Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits • Group Fitness
PE.5.L.4.8 Evaluate progress toward short- and long-term fitness goals.	<ul style="list-style-type: none"> • Personal Best Day: My Personal Best Progress and Goals Card • Fitness Circuits Think About... 	<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
PE.5.L.4.9 Explain how technology can assist in the pursuit of physical fitness.	Sample debrief question: <i>How can you use technology to improve your fitness?</i>	<ul style="list-style-type: none"> • Pedometer Activity • Solo Aerobic Fitness Challenge • Aerobic Capacity 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Circuit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.5.M: Movement Competency			
PE.5.M.1.1 Apply locomotor skills in a variety of movement settings, while applying the appropriate movement concepts as the situation demands.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Louisiana Saturday Night • Stunt Stories and Tumbling Tales • Create a Routine • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Jump Rope • Group Fitness
PE.5.M.1.2 Approach and strike a moving object with body parts so that the object travels in the intended direction at the desired height using correct technique.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Crossover • Mini-Volleyball • 5-Player Kick and Dribble 	<ul style="list-style-type: none"> • Volleyball • Volleyball • Soccer
PE.5.M.1.3 Strike an object continuously with a partner using a paddle/racquet demonstrating correct technique of a forehand pattern.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Paddle 2-Square 	<ul style="list-style-type: none"> • Racquets and Paddles
PE.5.M.1.4	Specific Unit	<ul style="list-style-type: none"> • Pass and Follow 	<ul style="list-style-type: none"> • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strike moving and/or stationary objects with long-handled implements so the objects travel in the intended direction at the desired height using correct technique.	Performance Rubrics	<ul style="list-style-type: none"> • Corner to Corner Pass and Go • Shooting Drills 	<ul style="list-style-type: none"> • Hockey • Hockey
PE.5.M.1.5 Apply dribbling skills in modified games, focusing on offensive strategies.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Mini-Basketball • Mini-Soccer • Keep Away (3 on 1) 	<ul style="list-style-type: none"> • Basketball • Soccer • Soccer
PE.5.M.1.6 Demonstrate proficiency in one or more swim strokes.	Aquatics not addressed in 3-6 curriculum		
PE.5.M.1.7 Catch a variety of objects while traveling and being defended.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Air It Out • 4-Zone Football • 3-Catch Game 	<ul style="list-style-type: none"> • Football • Football • Aerobic Games
PE.5.M.1.8 Throw a leading pass overhand to a moving partner using a variety of objects.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Air It Out • 4-Zone Football • Under Pressure 	<ul style="list-style-type: none"> • Football • Football • Football
PE.5.M.1.9 Perform a self-designed sequence, with or without manipulatives, while demonstrating balance, coordination, clear shapes, purposeful movements and smooth	Stunts and Tumbling Performance Rubric	<ul style="list-style-type: none"> • Stunt Stories and Tumbling Tales • Create a Routine • Create a Dance 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
transitions.			
PE.5.M.1.10 Perform a variety of dances accurately.	Dance Performance Rubric	<ul style="list-style-type: none"> Jekyll Island Stomp Louisiana Saturday Night Irish Jig 	<ul style="list-style-type: none"> Dance Dance Dance
PE.5.M.1.11 Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and four different movement elements with correct technique and smooth transitions.	Stunts and Tumbling Performance Rubric	<ul style="list-style-type: none"> Stunt Stories and Tumbling Tales Create a Routine 	<ul style="list-style-type: none"> Stunts and Tumbling Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.5.R: Responsible Behaviors and Values			
PE.5.R.5.1 Describe a benefit of working productively with a partner to improve performance.	Sample debrief question:	<ul style="list-style-type: none"> Soccer Group Challenge Group Jump Rope Challenge Survivor Challenge 	<ul style="list-style-type: none"> Soccer Jump Rope Fitness Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.5.R.5.2 Describe ways to utilize equipment safely during physical activities.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Mini-Hockey • Mini-Basketball • Mini-Soccer 	<ul style="list-style-type: none"> • Hockey • Basketball • Soccer
PE.5.R.5.3 Describe the influence of individual differences on participation in physical activities.	Sample debrief question: <i>Name a physical activity that you enjoy doing on a regular basis. Why is that a favorite? Does everyone in your group have the same favorites? Why and why not?</i>	<ul style="list-style-type: none"> • Soccer Group Challenge • Group Jump Rope Challenge • Survivor Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope • Fitness Challenges
PE.5.R.6.1 Describe how participation in physical activity is a source of self-expression and meaning.	Sample debrief question: <i>How can you use physical activity as a source of self-expression?</i>	<ul style="list-style-type: none"> • Create a Game • Create a Dance • Create a Routine 	<ul style="list-style-type: none"> • Softball • Dance • Group Fitness
PE.5.R.6.2 Explain the benefits of physical activity.	Sample debrief question: <i>What are some benefits of participating in fitness activities throughout</i>	<ul style="list-style-type: none"> • Aerobic Dance • Muscular Strength and Endurance • Fitness Grids 	<ul style="list-style-type: none"> • Group Fitness • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>your lifetime?</i>		
PE.5.R.6.3 Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship.	Sample debrief question: <i>How can you celebrate your successes and still show good sportsmanship?</i>	<ul style="list-style-type: none"> • Mini-Soccer • Mini-Hockey • Mini-Basketball 	<ul style="list-style-type: none"> • Soccer • Hockey • Basketball

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.6.C: Cognitive Abilities			
<p>PE.6.C.2.1 Identify at least two movements or activities which will lead to improvement in each of the health-related components of fitness.</p>	<p>Sample debrief question: <i>What are the components of health-related fitness? Name two activities that would improve each component.</i></p>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Stability Ball and Medicine Ball Workout • Range of Motion Circuit • Balancing Strength and Flexibility Circuit • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness
<p>PE.6.C.2.2 List safety procedures that should be followed when engaging in activities to improve the health-related components of fitness.</p>	<p>SPARKfit Personally Fit (sparkfamily.org)</p>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Stability Ball and Medicine Ball Workout • Range of Motion Circuit • Balancing Strength and Flexibility Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Body Composition Circuit 	
<p>PE.6.C.2.3 Describe how each of the health-related components of fitness are improved through the application of training principles.</p>	<p>Sample debrief question: <i>Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i></p>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Stability Ball and Medicine Ball Workout • Range of Motion Circuit • Balancing Strength and Flexibility Circuit • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness
<p>PE.6.C.2.4 Describe the long-term benefits of regular physical activity.</p>	<p>Sample debrief question: <i>What are some benefits of regular physical activity?</i></p>	<ul style="list-style-type: none"> • Introduction to Pilates • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness •
<p>PE.6.C.2.5</p>	<p>Sample debrief</p>	<ul style="list-style-type: none"> • Aerobic Capacity 	<ul style="list-style-type: none"> • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Describe the training principles of overload, progression and specificity.	question: <i>Describe the training principles of overload, progression, and specificity.</i>	<ul style="list-style-type: none"> Circuit • Stability Ball and Medicine Ball Workout • Balancing Strength and Flexibility Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness
PE.6.C.2.6 Classify activities as aerobic or anaerobic.	<i>Create a Routine (Fitness/Aerobic Capacity) Wellness Integration</i>	<ul style="list-style-type: none"> • Combining Aerobic Capacity and Flexibility • Aerobic Capacity Circuit • Create a Routine (Aerobic Capacity) 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.6.C.2.7 Determine personal target heart-rate zone and explain how to adjust intensity level to stay within the desired range.	Heart Rate Monitor Log	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.6.C.2.8 List methods of monitoring intensity level during aerobic activity.	Heart Rate Monitor Log Sample debrief question: <i>How can you use the</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • <i>Create A Routine</i> 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>scale of perceived exertion to monitor your workout intensity?</i>	<i>(Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	
PE.6.C.2.10 Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.	SPARKfit Personally Fit (sparkfamily.org)		
PE.6.C.2.11 Prepare a log noting the food intake, calories consumed and energy expended through physical activity and describe results.	SPARKfit Personally Fit (sparkfamily.org)	<ul style="list-style-type: none"> • Body Composition Circuit • Body Composition BINGO • Build a Pyramid • Nutrition Challenge • Fruit Smoothie 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness
PE.6.C.2.12 List the components of skill-related fitness.	Sample debrief question: <i>What are the components of skill-related fitness? Which components did you use in the activity</i>	<ul style="list-style-type: none"> • Sprints and Jumps Circuit • Shot Put • Flag Pulling 	<ul style="list-style-type: none"> • Track and Field • Track and Field • Football

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>today?</i>		
PE.6.C.2.13 List appropriate warm-up and cool-down techniques and the reasons for using them.	Sample debrief question: <i>What is the reason for doing a warm-up before participating in a physical activity?</i>	<ul style="list-style-type: none"> • Range of Motion • Individual Warm-Up Routines • Partner Warm-Up Routines 	<ul style="list-style-type: none"> • Fitness • Jump Rope • Jump Rope
PE.6.C.2.14 List terminology and etiquette in educational gymnastics or dance.	Dance Rubric	<ul style="list-style-type: none"> • Merengue Etiquette and Basics • Swing Etiquette and Basics 	<ul style="list-style-type: none"> • Dance • Dance
PE.6.C.2.15 Choreograph basic dance or gymnastic sequences alone, with a partner or in a small group.	Dance, Tumbling Rubrics	<ul style="list-style-type: none"> • Create a 4-Wall Line Dance • Create a Poco Loco • Create a Hip Hop Routine • Stunts and Tumbling Buffet 	<ul style="list-style-type: none"> • Dance • Dance • Dance • Stunts and Tumbling
PE.6.C.2.16 Evaluate the movement performance of others.	Specific Unit Peer Coach	<ul style="list-style-type: none"> • Partner Stunts • Partner Trick Circuit • Target Ball 	<ul style="list-style-type: none"> • Stunts and Tumbling • Jump Rope • Handball
PE.6.C.2.17 Describe the mechanical principles	Sample debrief question:	<ul style="list-style-type: none"> • Self-Guided Tour • Creating 	<ul style="list-style-type: none"> • Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
of balance, force and leverage and how they relate to the performance of skills in gymnastics or dance.	<i>How are balance, force, and leverage used in a gymnastics routine?</i>	Combinations	<ul style="list-style-type: none"> • Stunts and Tumbling
PE.6.C.2.18 List and describe the risks and safety procedures in gymnastics and dance.	Stunts and Tumbling Rubric	<ul style="list-style-type: none"> • Hip Hop Basic Moves Jigsaw • Stunts and Tumbling Conditioning Circuit 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling
PE.6.C.2.19 Recognize the relationship between music and dance or gymnastics skills.	Sample debrief question: <i>How are gymnastics skills incorporated into a Hip Hop routine?</i>	<ul style="list-style-type: none"> • Hip Hop Basic Moves Jigsaw • Create a Hip Hop Routine • Self-Guided Tour 	<ul style="list-style-type: none"> • Dance • Dance • Stunts and Tumbling
PE.6.C.2.20 Know how improvisation is used to create movements for choreography.	Dance Rubric	<ul style="list-style-type: none"> • Create a 4-Wall Line Dance • Create a Poco Loco • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Dance • Dance • Dance
PE.6.C.2.21 Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.	Extreme weather conditions not addressed in MS curriculum		
PE.6.C.2.22			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
List the three different types of heat illnesses associated with fluid loss.	Heat illnesses not addressed in MS curriculum		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.6.L: Lifetime Fitness			
PE.6.L.3.1 Participate in moderate physical activity on a daily basis.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move 	<ul style="list-style-type: none"> • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.6.L.3.2 Participate in vigorous physical activity on a daily basis.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move 	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.6.L.3.3 Participate in a variety of fitness, wellness, gymnastics and dance activities that promote the	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Stability Ball and Medicine Ball 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
components of health-related fitness.		Workout <ul style="list-style-type: none"> • Range of Motion Circuit • Balancing Strength and Flexibility Circuit • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness •
PE.6.L.3.4 Identify the in-school opportunities for physical activity that promote fitness, wellness, gymnastics and dance.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
PE.6.L.3.5 Identify the community opportunities for physical activity that promote fitness, wellness, gymnastics and dance	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
PE.6.L.3.6 Identify a variety of fitness, wellness, gymnastics and dance activities that promote stress management.	Sample debrief question: <i>Name some physical activities one can use to deal with stress.</i>	<ul style="list-style-type: none"> • Introduction to Yoga 	<ul style="list-style-type: none"> • Fitness
PE.6.L.4.1 Create, implement and assess a	Personally Fit SPARKfit		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
personal fitness program in collaboration with a teacher.	(SPARKfamily.org)		
PE.6.L.4.2 Develop goals and strategies for a personal physical fitness program.	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: In the Mood to Move • Heart Rate Monitor Log • Pedometer Log 	Personally Fit SPARKfit (SPARKfamily.org)	
PE.6.L.4.3 Use available technology to assess, design and evaluate a personal physical-activity plan.	<ul style="list-style-type: none"> • Heart Rate Monitor Log • Pedometer Log 	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Body Composition Circuit • <i>Create A Routine (Fitness Aerobic Capacity)</i> <i>Extension: Heart Rate Monitors</i> 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.6.L.4.4 Develop a personal fitness program including a variety of physical activities.	SPARKfit Personally Fit (sparkfamily.org)	<ul style="list-style-type: none"> • Create an Aerobic Capacity Routine • Create a Muscular Strength and Endurance Routine 	<ul style="list-style-type: none"> • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
composition.		Circuit <ul style="list-style-type: none"> • Balancing Strength and Flexibility Circuit • Body Composition Circuit 	
PE.6.M.1.2 Perform at least three different activities that achieve target heart rate.	Heart Rate Monitor Log	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.6.M.1.3 Demonstrate the principles of training (overload, specificity and progression) and conditioning (frequency, intensity, time and type) for specific physical activities.	Sample debrief questions: <i>Describe the principles of training (F.I.T.T.)</i> <i>How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i> <i>How would you use the principle of overload to safely</i>	<ul style="list-style-type: none"> • Basic Exercise Techniques • Fitness in the Middle • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>improve your muscular strength?</i>		
<p>PE.6.M.1.4 Perform at least three activities having value for cardiorespiratory fitness.</p>	<ul style="list-style-type: none"> • Heart Rate Monitor Log • Pedometer Log 	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
<p>PE.6.M.1.5 Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.</p>	<p>Personally Fit Activity Challenge: In the Mood to Move</p>	<ul style="list-style-type: none"> • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness
<p>PE.6.M.1.6 Design and perform smooth, flowing sequences of stunts, tumbling and rhythmic patterns that combine traveling, rolling, balancing and transfer of weight.</p>	<p>Stunts and Tumbling Teacher Rubric</p>	<ul style="list-style-type: none"> • Creating Combinations • Stunts and Tumbling Buffet • Event: Stunts and Tumbling World Championships 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
<p>PE.6.M.1.7 Design and perform a routine to rhythm, with a partner or a group, while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.</p>	<p>Stunts and Tumbling Teacher Rubric</p>	<ul style="list-style-type: none"> • Creating Combinations • Stunts and Tumbling Buffet • Event: Stunts and Tumbling World Championships 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>PE.6.M.1.8 Perform complex dance sequences from a variety of dances accurately and with correct technique.</p>	<p>Dance:</p> <ul style="list-style-type: none"> • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Merengue Mixer! • Swing Sweetheart Jigsaw • Corazon Espinado Poco Loco Jigsaw 	<ul style="list-style-type: none"> • Dance • Dance • Dance
<p>PE.6.M.1.9 Create and perform a rhythmic movement sequence while working with a partner or group.</p>	<p>Dance:</p> <ul style="list-style-type: none"> • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Create Your Own Swing Moves • Create a Hip Hop Routine • Create Your Own Merengue Move 	<ul style="list-style-type: none"> • Dance • Dance • Dance
<p>PE.6.M.1.10 Design and perform different group dance and rhythm sequences that incorporate equipment.</p>	<p>Jump Rope Teacher Rubric</p>	<ul style="list-style-type: none"> • Create a Routine 	<ul style="list-style-type: none"> • Jump Rope
<p>PE.6.M.1.11 Apply proper warm-up and cool-down techniques.</p>	<p>Sample debrief question: <i>What is the reason for doing a warm-up before participating in a physical activity?</i></p>	<ul style="list-style-type: none"> • Range of Motion • Individual Warm-Up Routines • Partner Warm-Up Routines 	<ul style="list-style-type: none"> • Fitness • Jump Rope • Jump Rope
<p>PE.6.M.1.12 Use proper safety practices.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Self Check • Teacher Rubric 	<ul style="list-style-type: none"> • Strength Ball Workout • Shot Put • Introduction to Stick-Handling 	<ul style="list-style-type: none"> • Fitness • Track and Field • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.6.M.1.13 Use technology to assess, enhance and maintain motor skill performance.	Specific Unit Self-Check	<ul style="list-style-type: none"> Which Takes More Steps? (Pedometer) 	<ul style="list-style-type: none"> Jump Rope

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.6.R: Responsible Behaviors and Values			
PE.6.R.5.1 List ways that peer pressure can be positive and negative.	<ul style="list-style-type: none"> Teacher Rubric, Self Check (Cooperatives) Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> Problem-Solver Adventure Race Adventure Racing 101 Hoopla Adventure Race 	<ul style="list-style-type: none"> Cooperatives Cooperatives Cooperatives
PE.6.R.5.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	Teacher Rubric, Self Check (Cooperatives) <ul style="list-style-type: none"> Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> Acceptance and Super Grouping Problem-Solver Adventure Race Corridor Challenges 	<ul style="list-style-type: none"> First 5 Lessons Cooperatives Cooperatives
PE.6.R.5.3 Demonstrate responsible behaviors	<ul style="list-style-type: none"> Teacher Rubric, Self Check 	<ul style="list-style-type: none"> Royal Court Tournament 	<ul style="list-style-type: none"> Handball Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
during physical activities.	(Cooperatives) <ul style="list-style-type: none"> • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Volleyball Xtreme (Create a Game) • Team Paddleball 	<ul style="list-style-type: none"> • Racquets and Paddles
PE.6.R.5.4 Describe the personal, social and ethical behaviors that apply to specific physical activities.	Teacher Rubric, Self Check (Cooperatives) <ul style="list-style-type: none"> • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Problem-Solver Adventure Race • Corridor Challenges 	<ul style="list-style-type: none"> • First 5 Lessons • Cooperatives • Cooperatives
PE.6.R.5.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Royal Court Tournament • Volleyball Xtreme (Create a Game) • Team Paddleball • Merengue Etiquette and Basics • Swing Etiquette and Basics 	<ul style="list-style-type: none"> • Handball • Volleyball • Racquets and Paddles • Dance • Dance
PE.6.R.6.1 Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: • In the Mood to Move 	SPARKfit Personally Fit (sparkfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
and the attainment or maintenance of a healthy lifestyle.			
PE.6.R.6.2 Identify the potential benefits of participation in a variety of physical activities.	Sample debrief question: <i>Name some benefits from participation in a variety of physical activities.</i>	<ul style="list-style-type: none"> • Introduction to Pilates • Introduction to Yoga • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.6.R.6.3 Participate in games, sports and/or physical activities from other cultures.	World Games Teacher Rubric	<ul style="list-style-type: none"> • Sepak Takraw • Modified Cricket • Modified Team Handball 	<ul style="list-style-type: none"> • World Games • World Games • World Games

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.7.C: Cognitive Abilities			
PE.7.C.2.1 Identify the basic rules for team sports.	Specific Unit Written Test	<ul style="list-style-type: none"> • 3-on-3 Basketball • Mini-Hockey • 7v7 Modified Softball 	<ul style="list-style-type: none"> • Basketball • Hockey • Softball
PE.7.C.2.2 Identify the basic rules for outdoor pursuits/aquatics.	<i>Outdoor pursuit skills and aquatics addressed in SPARK HS curriculum</i>		
PE.7.C.2.3 Explain basic offensive and defensive strategies in modified games or activities and team sports.	Specific Unit: Teacher Rubric	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Defense • Zone and Person Defense • Zone and Player-to-Player Defenses • Zone Defense 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer • Hockey
PE.7.C.2.4 Explain basic offensive and defensive strategies in modified games or activities and outdoor pursuits/aquatics.	Specific Unit Teacher Rubrics	<ul style="list-style-type: none"> • Modified Team Handball • Under Pressure • Keep Away (3 on 2) 	<ul style="list-style-type: none"> • World Games • Football • Basketball
PE.7.C.2.5 Identify and explain different types of safety equipment and practices	Water safety/aquatics not addressed in MS curriculum		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
relating to water activities.			
PE.7.C.2.6 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	Specific Unit Peer Coach, Self Check	<ul style="list-style-type: none"> • Hammer Throw and 1-Handed C Catch • Partner Passing • Batting Practice 	<ul style="list-style-type: none"> • Flying Disc • Basketball • Softball
PE.7.C.2.7 Identify the critical elements for successful performance of a variety of sport skills.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Beat the Ball • Forearm Pass (Bump) • Extreme Rally 	<ul style="list-style-type: none"> • Softball • Volleyball • Racquets and Paddles
PE.7.C.2.8 List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.	Stunts and Tumbling Teacher Rubric	<ul style="list-style-type: none"> • Advanced Progressions • Partner Stunts 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
PE.7.C.2.9 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.7.L: Lifetime Fitness			
PE.7.L.3.1 Participate in moderate physical activity on a daily basis.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move 	<ul style="list-style-type: none"> • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.7.L.3.2 Participate in vigorous physical activity on a daily basis.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move 	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.7.L.3.3 Participate in a variety of team sports, outdoor pursuits and aquatics activities that promote health-related physical fitness.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • 3-on-3 Basketball • Mini-Soccer • Mini-Hockey 	<ul style="list-style-type: none"> • Basketball • Soccer • Hockey
PE.7.L.3.4 Identify the in-school opportunities for participation in team sports, outdoor pursuits and aquatics activities.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
PE.7.L.3.5 Identify the community	Personally Fit Activity Challenge:	Personally Fit SPARKfit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
opportunities that promote team sports, outdoor pursuits and aquatics activities.	In the Mood to Move	(SPARKfamily.org)	
PE.7.L.3.6 Identify a variety of team sports, outdoor pursuits and aquatics activities that promote stress management.	Sample debrief question: <i>Name some physical activities one can use to deal with stress.</i>	<ul style="list-style-type: none"> • A Round of Golf • Chip and Putt Course • Mini-Volleyball 	<ul style="list-style-type: none"> • Golf • Golf • Volleyball
PE.7.L.4.1 Create, implement and assess a personal fitness program in collaboration with a teacher.	Personally Fit SPARKfit (SPARKfamily.org)		
PE.7.L.4.2 Develop goals and strategies for a personal physical fitness program.	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: In the Mood to Move • Heart Rate Monitor Log • Pedometer Log 	Personally Fit SPARKfit (SPARKfamily.org)	
PE.7.L.4.3 Use available technology to assess, design and evaluate a personal physical-activity plan.	<ul style="list-style-type: none"> • Heart Rate Monitor Log • Pedometer Log 	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Body Composition Circuit • <i>Create A Routine</i> 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<i>(Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	
PE.7.L.4.4 Develop a personal fitness program including a variety of physical activities.	SPARKfit Personally Fit (sparkfamily.org)	<ul style="list-style-type: none"> • Create an Aerobic Capacity Routine • Create a Muscular Strength and Endurance Routine 	<ul style="list-style-type: none"> • Fitness • Fitness
PE.7.L.4.5 Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	Sample debrief question: <i>What are some health problems associated with low levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition?</i>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Stability Ball and Medicine Ball Workout • Range of Motion Circuit • Balancing Strength and Flexibility Circuit • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness •

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.7.M: Movement Competency			
PE.7.M.1.1 Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.	Specific Unit Teacher Rubrics	<ul style="list-style-type: none"> • Modified Team Handball • Under Pressure • Keep Away (3 on 2) 	<ul style="list-style-type: none"> • World Games • Football • Basketball
PE.7.M.1.2 Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.	Specific Unit: Teacher Rubric	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Defense • Zone and Person Defense • Zone and Player-to-Player Defenses • Zone Defense 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer • Hockey
PE.7.M.1.3 Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.	Specific Unit: Teacher Rubric	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Defense • Zone and Person Defense • Zone and Player-to-Player Defenses • Zone Defense 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer • Hockey
PE.7.M.1.4 Demonstrate introductory outdoor pursuits skills.	<i>Outdoor pursuit skills addressed in SPARK HS curriculum</i>		
PE.7.M.1.5			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Perform aquatics activities to improve or maintain health-related fitness.	Aquatics not addressed in MS curriculum		
PE.7.M.1.6 Demonstrate the critical elements in specialized skills related to a variety of team sports or outdoor pursuits activities.	Specific Unit: • Teacher Rubric • Self Check Peer Coach	<ul style="list-style-type: none"> • Beat the Ball • Forearm Pass (Bump) • Extreme Rally 	<ul style="list-style-type: none"> • Softball • Volleyball • Racquets and Paddles
PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.	Stunts and Tumbling Teacher Rubric	<ul style="list-style-type: none"> • Advanced Progressions • Partner Stunts 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
PE.7.M.1.8 Apply technology to evaluate, monitor and improve individual skill performance.	<ul style="list-style-type: none"> • Heart Rate Monitor Log • Pedometer Log • Specific Unit Self-Checks 	<ul style="list-style-type: none"> • Advanced Shots • Target Golf • Disc Throwing Stations 	<ul style="list-style-type: none"> • Handball • Golf • Flying Disc
PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.	Specific Unit: • Self Check • Peer Coach	<ul style="list-style-type: none"> • Hammer Throw and 1-Handed C Catch • Advanced Progressions • Batting Practice 	<ul style="list-style-type: none"> • Flying Disc • Stunts and Tumbling • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.7.R: Responsible Behaviors and Values			
PE.7.R.5.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Problem-Solver Adventure Race • Adventure Racing 101 • Hoopla Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
PE.7.R.5.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Problem-Solver Adventure Race • Corridor Challenges 	<ul style="list-style-type: none"> • First 5 Lessons • Cooperatives • Cooperatives
PE.7.R.5.3 Demonstrate responsible behaviors during physical activities.	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Royal Court Tournament • Volleyball Xtreme (Create a Game) • Team Paddleball 	<ul style="list-style-type: none"> • Handball • Volleyball • Racquets and Paddles
PE.7.R.5.4 List examples of appropriate personal, social and ethical behaviors that apply to specific	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Problem-Solver Adventure Race 	<ul style="list-style-type: none"> • First 5 Lessons • Cooperatives • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
physical activities.	Woulda, Shoulda (Various Units)	<ul style="list-style-type: none"> • Corridor Challenges 	
PE.7.R.5.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Royal Court Tournament • Volleyball Xtreme (Create a Game) • Team Paddleball • Merengue Etiquette and Basics • Swing Etiquette and Basics 	<ul style="list-style-type: none"> • Handball • Volleyball • Racquets and Paddles • Dance • Dance
PE.7.R.6.1 Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: • In the Mood to Move 	SPARKfit Personally Fit (sparkfamily.org)	
PE.7.R.6.2 Discuss the potential benefits of participation in a variety of physical activities.	Sample debrief question: <i>Name some benefits from participation in a variety of physical activities.</i>	<ul style="list-style-type: none"> • Introduction to Pilates • Introduction to Yoga • Stability Ball and Medicine Ball 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Workout	
PE.7.R.6.3 Participate in games, sports and/or physical activities from other cultures.	<ul style="list-style-type: none"> • World Games Teacher Rubric 	<ul style="list-style-type: none"> • Sepak Takraw • Modified Cricket • Modified Team Handball 	<ul style="list-style-type: none"> • World Games • World Games • World Games

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.8.C: Cognitive Abilities			
PE.8.C.2.1 Identify basic rules for individual/dual sports.	Specific Unit Written Test	<ul style="list-style-type: none"> • Singles/Doubles Game Play • A Round of Golf • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Handball • Golf • Racquets and Paddles
PE.8.C.2.2 Identify basic rules for alternative/extreme sports activities.	World Games Written Test	<ul style="list-style-type: none"> • Kin-Ball Sport • Sepak Takraw • Kin-Ball 4-Square 	<ul style="list-style-type: none"> • World Games • World Games • World Games
PE.8.C.2.3 Explain basic offensive and defensive strategies in individual/dual sports.	Specific Unit Written Test	<ul style="list-style-type: none"> • Singles/Doubles Game Play • A Round of Golf • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Handball • Golf • Racquets and Paddles
PE.8.C.2.4 Explain basic offensive and defensive strategies in alternative/extreme sports activities.	World Games Written Test	<ul style="list-style-type: none"> • Kin-Ball Sport • Sepak Takraw • Kin-Ball 4-Square 	<ul style="list-style-type: none"> • World Games • World Games • World Games
PE.8.C.2.5 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	Specific Unit Peer Coach, Self Check	<ul style="list-style-type: none"> • Hammer Throw and 1-Handed C Catch • Partner Passing • Batting Practice 	<ul style="list-style-type: none"> • Flying Disc • Basketball • Softball
PE.8.C.2.6	Specific Unit:	<ul style="list-style-type: none"> • Beat the Ball 	<ul style="list-style-type: none"> • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Identify the critical elements for successful performance in a variety of sport skills or physical activities.	<ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Forearm Pass (Bump) • Extreme Rally 	<ul style="list-style-type: none"> • Volleyball • Racquets and Paddles
PE.8.C.2.7 List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.	Stunts and Tumbling Teacher Rubric	<ul style="list-style-type: none"> • Advanced Progressions • Partner Stunts 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
PE.8.C.2.8 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.	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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.8.L: Lifetime Fitness			
PE.8.L.3.1 Participate in moderate physical activity on a daily basis.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move 	<ul style="list-style-type: none"> • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Workout	
PE.8.L.3.2 Participate in vigorous physical activity on a daily basis.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move 	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.8.L.3.3 Participate in a variety of individual/dual and alternative/extreme sport activities that promote health-related components of fitness.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Singles/Doubles Game Play • Sepak Takraw Individual Juggling • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Handball • World Games • Racquets and Paddles
PE.8.L.3.4 Identify the in-school opportunities for participation in individual/dual and alternative/extreme sports.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
PE.8.L.3.5 Identify the community opportunities for participation in individual/dual and alternative/extreme sports.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
PE.8.L.3.6 Identify a variety of individual/dual and alternative/extreme sport	Sample debrief question: <i>Name some physical</i>	<ul style="list-style-type: none"> • Sepak Takraw Individual Juggling 	<ul style="list-style-type: none"> • World Games • Golf

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activities that promote stress management.	<i>activities one can use to deal with stress.</i>	<ul style="list-style-type: none"> A Round of Golf 	
PE.8.L.4.1 Create, implement and assess a personal fitness program in collaboration with a teacher.	Personally Fit SPARKfit (SPARKfamily.org)		
PE.8.L.4.2 Develop goals and strategies for a personal physical fitness program.	<ul style="list-style-type: none"> Personally Fit Activity Challenge: In the Mood to Move Heart Rate Monitor Log Pedometer Log 	Personally Fit SPARKfit (SPARKfamily.org)	
PE.8.L.4.3 Use available technology to assess, design and evaluate a personal physical fitness program.	<ul style="list-style-type: none"> Heart Rate Monitor Log Pedometer Log 	<ul style="list-style-type: none"> Aerobic Capacity Circuit Body Composition Circuit <i>Create A Routine (Fitness Aerobic Capacity)</i> <i>Extension: Heart Rate Monitors</i> 	<ul style="list-style-type: none"> Fitness Fitness Fitness
PE.8.L.4.4 Develop a personal fitness program	SPARKfit Personally Fit	<ul style="list-style-type: none"> Create an Aerobic Capacity Routine 	<ul style="list-style-type: none"> Fitness Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
including a variety of physical activities.	(sparkfamily.org)	<ul style="list-style-type: none"> • Create a Muscular Strength and Endurance Routine 	
<p>PE.8.L.4.5</p> <p>Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.</p>	<p>Sample debrief question:</p> <p><i>What are some health problems associated with low levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition?</i></p>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Stability Ball and Medicine Ball Workout • Range of Motion Circuit • Balancing Strength and Flexibility Circuit • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness
<p>PE.8.L.4.6</p> <p>Define training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.</p>	<p>Sample debrief question:</p> <p><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></p>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Stability Ball and Medicine Ball Workout • Range of Motion Circuit • Balancing Strength and Flexibility 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>Body composition?</i>	Circuit <ul style="list-style-type: none"> • Body Composition Circuit 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.8.M: Movement Competency			
PE.8.M.1.1 Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Singles/Doubles Game Play • A Round of Golf • Singles/Doubles Game Play • Advanced Shots • Target Golf • Disc Throwing Stations 	<ul style="list-style-type: none"> • Handball • Golf • Racquets and Paddles • Handball • Golf • Flying Disc
PE.8.M.1.2 Demonstrate critical elements when striking with an object or implement.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Target Golf • Shooting Drills • Extreme Ralley 	<ul style="list-style-type: none"> • Golf • Hockey • Racquets and Paddles •
PE.8.M.1.3	Specific Unit:	<ul style="list-style-type: none"> • Modified Team 	<ul style="list-style-type: none"> • World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrate body management for successful participation in a variety of modified games and activities.	<ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> Handball • 7v7 Modified Softball • Modified Team Handball 	<ul style="list-style-type: none"> • Softball • World Games
PE.8.M.1.4 Apply principles of biomechanics necessary for safe and successful performance.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Advanced Progressions • Partner Stunts 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
PE.8.M.1.5 Demonstrate appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Sprints and Sprint Starts • Long Jump • Shot Put • 1600-Meter Run 	<ul style="list-style-type: none"> • Track and Field • Track and Field • Track and Field • Track and Field
PE.8.M.1.6 Demonstrate offensive, defensive and transition strategies and tactics.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Defense • Zone and Person Defense • Zone and Player-to-Player Defenses • Zone Defense 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer • Hockey
PE.8.M.1.7 Apply skill-related components of balance, reaction time, agility,	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check 	<ul style="list-style-type: none"> • Under Pressure • Sepak Takraw • Modified Team 	<ul style="list-style-type: none"> • Football • World Games • World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
coordination, power and speed to enhance performance levels.		Handball	
PE.8.M.1.8 Apply technology to evaluate, monitor and improve individual motor skills.	<ul style="list-style-type: none"> Heart Rate Monitor Log Pedometer Log Specific Unit Self-Checks 	<ul style="list-style-type: none"> Advanced Shots Target Golf Disc Throwing Stations 	<ul style="list-style-type: none"> Handball Golf Flying Disc
PE.8.M.1.9 Select and utilize appropriate safety equipment.	Specific Unit Teacher Rubrics	<ul style="list-style-type: none"> Quick-Play Mini-Football Mini-Hockey 	<ul style="list-style-type: none"> Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.8.R: Responsible Behaviors and Values			
PE.8.R.5.1 List ways to act independently of peer pressure during physical activities.	<ul style="list-style-type: none"> Teacher Rubric, Self Check (Cooperatives) Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> Problem-Solver Adventure Race Adventure Racing 101 Hoopla Adventure Race 	<ul style="list-style-type: none"> Cooperatives Cooperatives Cooperatives
PE.8.R.5.2 Develop strategies for including	<ul style="list-style-type: none"> Teacher Rubric, Self Check 	<ul style="list-style-type: none"> Acceptance and Super Grouping 	<ul style="list-style-type: none"> First 5 Lessons Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
persons of diverse backgrounds and abilities while participating in a variety of physical activities.	<ul style="list-style-type: none"> (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Problem-Solver Adventure Race • Corridor Challenges 	<ul style="list-style-type: none"> • Cooperatives
PE.8.R.5.3 Demonstrate sportsmanship during game situations.	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Royal Court Tournament • Volleyball Xtreme (Create a Game) • Team Paddleball 	<ul style="list-style-type: none"> • Handball • Volleyball • Racquets and Paddles
PE.8.R.5.4 Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Problem-Solver Adventure Race • Corridor Challenges 	<ul style="list-style-type: none"> • First 5 Lessons • Cooperatives • Cooperatives
PE.8.R.5.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	<ul style="list-style-type: none"> • Teacher Rubric, Self Check (Cooperatives) • Coulda, Woulda, Shoulda (Various Units) 	<ul style="list-style-type: none"> • Royal Court Tournament • Volleyball Xtreme (Create a Game) • Team Paddleball • Merengue Etiquette and 	<ul style="list-style-type: none"> • Handball • Volleyball • Racquets and Paddles • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Basics <ul style="list-style-type: none"> • Swing Etiquette and Basics 	
PE.8.R.6.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: • In the Mood to Move 	SPARKfit Personally Fit (sparkfamily.org)	
PE.8.R.6.2 Describe the potential benefits of participation in a variety of physical activities.	Sample debrief question: <i>Name some benefits from participation in a variety of physical activities.</i>	<ul style="list-style-type: none"> • Introduction to Pilates • Introduction to Yoga • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.8.R.6.3 Compare and contrast games, sports and/or physical activities from other cultures.	World Games Teacher Rubric	<ul style="list-style-type: none"> • Sepak Takraw • Modified Cricket • Modified Team Handball 	<ul style="list-style-type: none"> • World Games • World Games • World Games

**SPARK Alignment with Florida Physical Education Standards
Grades 9-12 (HS Version 2011)**

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.912.C: Cognitive Abilities			
PE.912.C.2.1 Identify and describe the critical elements of a basic water rescue.	Aquatics: <ul style="list-style-type: none"> • Jigsaw Notes • Self-Check 	<ul style="list-style-type: none"> • Dive In: FUNctional Aquatic Jigsaw 	Aquatics (online unit)
PE.912.C.2.2 Apply terminology and etiquette in dance.	Dance: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Event: Dance Olympics 	<ul style="list-style-type: none"> • Dance • Dance
PE.912.C.2.3 Analyze the movement performance of self and others.	Specific Unit: Self-Check	<ul style="list-style-type: none"> • Badminton Personal Best • Flying Disc: Ultimate Personal Best • Softball Personal Best • Volleyball Personal Best 	<ul style="list-style-type: none"> • Badminton • Flying Disc • Softball • Volleyball
PE.912.C.2.4 Choreograph complex dance sequences individually, with a partner or in a small group.	Dance Performance Rubric	<ul style="list-style-type: none"> • Event: Dance Olympics • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Dance • Dance
PE.912.C.2.5 Analyze the relationship between music and dance.	Dance: <ul style="list-style-type: none"> • Self-Check Performance Rubric	<ul style="list-style-type: none"> • Hip Hop Jigsaw • Stutter Stomp • Waltzing Royalty 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> Jigsaw • Cha-Cha Challenge 	<ul style="list-style-type: none"> • Dance
<p>PE.912.C.2.6 Compare and contrast the health-related benefits of various physical activities.</p>	<p>Wellness Walking Go the Distance Think About...</p>	<ul style="list-style-type: none"> • Go the Distance • Walk-Jog-Run • iCardio Kickboxing 	<ul style="list-style-type: none"> • Wellness Walking • Wellness Walking • Group Fitness
<p>PE.912.C.2.7 Evaluate the effectiveness of specific warm-up and cool-down activities.</p>	<p>Personal Fitness Program Development</p>	<ul style="list-style-type: none"> • Aerobics Basic Training • Yoga Basic Training • Basic Training: FUNctional Fitness Jigsaw 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Strength Training
<p>PE.912.C.2.8 Differentiate between the three different types of heat illnesses associated with fluid loss.</p>	<p>Walk and Talk Fun-day-mentals Jigsaw Think About...</p>	<ul style="list-style-type: none"> • Walk and Talk Fun-day-mentals Jigsaw • Walking Circuits • Been There, Done That! 	<ul style="list-style-type: none"> • Wellness Walking • Wellness Walking • Wellness Walking (ASAP)
<p>PE.912.C.2.9 Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.</p>	<p>Create Your Own Navigational Invitational Think About...</p>	<ul style="list-style-type: none"> • ABC's • 1-2-3's • Event: The Navigational Invitational 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Cooperatives: Orienteering • Cooperatives: Orienteering

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.912.C.2.10 Analyze long-term benefits of regularly participating in physical activity.	Create Your Own Strength Training Program Think About...	<ul style="list-style-type: none"> • Event: Strength in Numbers • Score More! • Walk-Jog-Run 	<ul style="list-style-type: none"> • Strength Training • Cooperatives: Orienteering • Wellness Walking
PE.912.C.2.11 Explain how each of the health-related components of fitness are improved through the application of training principles.	Sample debrief question: <i>Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i>	<ul style="list-style-type: none"> • Basic Training: FUNctional Fitness Jigsaw • iHIIT (High Intensity Interval Training) • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Strength Training
PE.912.C.2.12 Compare and contrast aerobic versus anaerobic activities.	Group Fitness, Wellness Walking: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Race Walking • iFreestyle Aerobics • iCardio Kickboxing 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness Group Fitness
PE.912.C.2.13 Document food intake, calories consumed and energy expended	Wellness Walking Go the Distance Think About...	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
through physical activity and analyze the results.			
PE.912.C.2.14 Compare and contrast the skill-related components of fitness used in various physical activities.	Specific Unit: <ul style="list-style-type: none"> • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Yoga Basic Training • Cardio Kickboxing • Boot & Bolt • S-P-A-C-E Out 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Soccer • Hockey
PE.912.C.2.15 Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range.	<ul style="list-style-type: none"> • Heart Rate Monitor Logs • Pedometer Logs 	<ul style="list-style-type: none"> • Walk-Jog-Run • Cardio Kickboxing • iFreestyle Aerobics 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness
PE.912.C.2.16 Explain the methods of monitoring levels of intensity during aerobic activity.	<ul style="list-style-type: none"> • Heart Rate Monitor Logs • Pedometer Logs 	<ul style="list-style-type: none"> • Walk-Jog-Run • Cardio Kickboxing • iFreestyle Aerobics 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness
PE.912.C.2.17 Assess physiological effects of exercise during and after physical activity.	<ul style="list-style-type: none"> • Heart Rate Monitor Logs 	<ul style="list-style-type: none"> • Walk-Jog-Run • Cardio Kickboxing • iFreestyle Aerobics 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness
PE.912.C.2.18 Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.C.2.19	Dance:	<ul style="list-style-type: none"> • Event: Dance 	<ul style="list-style-type: none"> • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Choreograph complex sequences individually, with a partner or in a small group.	<ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Olympics • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Dance
PE.912.C.2.20 Identify appropriate methods to resolve physical conflict.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Score More! • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race • Adventure Race 101 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Softball • SPARK HS PE 101
PE.912.C.2.21 Diagram, explain and justify the use of advanced offensive, defensive and transition strategies and tactics.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • A Strong Side 	<ul style="list-style-type: none"> • Basketball • Football • Football
PE.912.C.2.22 Explain the skill-related components of fitness and how they enhance performance levels.	Specific Unit: <ul style="list-style-type: none"> • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Yoga Basic Training • Cardio Kickboxing • Boot & Bolt • S-P-A-C-E Out 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Soccer • Hockey
PE.912.C.2.23 Apply appropriate technology and analyze data to evaluate, monitor	<ul style="list-style-type: none"> • Heart Rate Monitor Logs • Pedometer Logs 	<ul style="list-style-type: none"> • Football Personal Best • Basketball 	<ul style="list-style-type: none"> • Football • Basketball • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
and/or improve performance.	<ul style="list-style-type: none"> • Specific Unit Personal Best Assessments 	Personal Best <ul style="list-style-type: none"> • Hockey Personal Best 	
PE.912.C.2.24 Analyze the mechanical principles as they apply to specific course activities.	Specific Unit Fundamentals Jigsaw Notes	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Cricket Adventure Race • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • World Games: Cricket • World Games: Cricket • Flying Disc: Ultimate
PE.912.C.2.25 Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities.	Specific Unit Fundamentals Jigsaw Notes	<ul style="list-style-type: none"> • Star Quest • The Deuce • Tri-Pod 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Cooperatives: Orienteering • Cooperatives: Orienteering
PE.912.C.2.26 Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fundamentals Jigsaw Notes 	<ul style="list-style-type: none"> • Basketball Personal Best • Football Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
PE.912.C.2.27 Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.	Specific Unit: Fundamentals Jigsaw Notes	<ul style="list-style-type: none"> • Run the Wickets! • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • World Games: Cricket • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.912.C.2.28 Interpret and apply the rules associated with specific course activities.	Specific Unit Written Tests	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw 101 • Adventure Race 101 • Game Day 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.912.L: Lifetime Fitness			
PE.912.L.3.1 Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week.	<ul style="list-style-type: none"> • Pedometer Log • Heart Rate Monitor Log 	<ul style="list-style-type: none"> • HIIT Basic Training • Cardio Kickboxing Basic Training • Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
PE.912.L.3.2 Participate in a variety of activities that promote the health-related components of fitness.	<ul style="list-style-type: none"> • Pedometer Log • Heart Rate Monitor Log 	<ul style="list-style-type: none"> • Yoga Basic Training • HIIT Basic Training • Basic Training: FUNctional Fitness Jigsaw 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.912.L.3.3 Identify a variety of activities that promote effective stress management.	Walk and Talk (Wellness Walking)	<ul style="list-style-type: none"> • Yoga Basic Training • Walk and Talk Fun-day-mentals Jigsaw • iCardio Kickboxing 	<ul style="list-style-type: none"> • Group Fitness • Wellness • Group Fitness
PE.912.L.3.4 Identify the in-school opportunities for participation in a variety of physical activities.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.L.3.5 Identify the community opportunities for participation in a variety of physical activities.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.L.3.6 Identify risks and safety factors that may affect physical activity throughout life.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.L.4.1 Design a personal fitness program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.L.4.2 Identify ways to self-assess and modify a personal fitness program.	Personal Fitness Program Development	Personally Fit SPARKfit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		(SPARKfamily.org)	
PE.912.L.4.3 Identify strategies for setting goals when developing a personal fitness program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.L.4.4 Use available technology to assess, design and evaluate a personal fitness program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.L.4.5 Apply the principles of training to personal fitness goals.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.L.4.6 Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.L.4.7 Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.912.M: Movement Competency			
PE.912.M.1.1 Demonstrate critical elements of basic skills relating to aquatics.	Aquatics Personal Best Assessment	<ul style="list-style-type: none"> • Dive In: Front Crawl • Dive In: Elementary Backstroke • Dive In: Back Crawl • Dive In: Breaststroke • Dive In: Sidestroke • Dive In: Butterfly 	Aquatics (online unit)
PE.912.M.1.2 Demonstrate proficiency in combination of motor skills related to aquatics.	Aquatics Personal Best Assessment	<ul style="list-style-type: none"> • Dive In: Front Crawl • Dive In: Elementary Backstroke • Dive In: Back Crawl • Dive In: Breaststroke • Dive In: Sidestroke • Dive In: Butterfly 	Aquatics (online unit)
PE.912.M.1.3	Aquatics Self Check	<ul style="list-style-type: none"> • Dive In: 	Aquatics (online unit)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Perform a basic water rescue, with or without equipment, without entering the water.		FUNctional Aquatic Jigsaw	
PE.912.M.1.4 Perform refinement of one or more swim strokes to enhance efficiency, power and cardiorespiratory endurance in a variety of aquatics settings.	Aquatics Self-Check	<ul style="list-style-type: none"> • Dive In: Front Crawl • Dive In: Elementary Backstroke • Dive In: Back Crawl • Dive In: Breaststroke • Dive In: Sidestroke • Dive In: Butterfly 	Aquatics (online unit)
PE.912.M.1.5 Apply strategies for self improvement based on individual strengths and needs.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.M.1.6 Select appropriate music for dance forms and choreograph dance movements to music.	Dance Performance Rubric	<ul style="list-style-type: none"> • Event: Dance Olympics • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Dance • Dance
PE.912.M.1.7 Perform advanced dance sequences from a variety of dances accurately.	Dance Performance Rubric	<ul style="list-style-type: none"> • Event: Dance Olympics • Dance Personal 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Best <ul style="list-style-type: none"> • Create a Hip Hop Routine 	
PE.912.M.1.8 Design and perform a creative movement sequence while working with a small or large group, with or without equipment/props.	Dance Performance Rubric	<ul style="list-style-type: none"> • Event: Dance Olympics • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Dance • Dance
PE.912.M.1.9 Demonstrate complex skills and advanced rhythmic movements in dance.	Dance Performance Rubric	<ul style="list-style-type: none"> • Hip Hop Jigsaw • Stutter Stomp • Waltzing Royalty Mixer 	<ul style="list-style-type: none"> • Dance • Dance • Dance
PE.912.M.1.10 Apply sport specific skills in simulation and in real-life applications.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Win the Point (Singles Royal Court) • Event: The Navigational Invitational • The Cricket World Cup 	<ul style="list-style-type: none"> • Badminton • Cooperatives: Orienteering • World Games
PE.912.M.1.11 Demonstrate competency in two or more extreme sports activities.	Specific Unit Personal Best Assessment	<ul style="list-style-type: none"> • Orienteering Personal Best 	<ul style="list-style-type: none"> • Cooperatives: Orienteering
PE.912.M.1.12 Select and perform complex movements using a variety of	Strength Training: <ul style="list-style-type: none"> • Self-Check • Fun-day- 	<ul style="list-style-type: none"> • Basic Training: FUNctional Fitness Jigsaw 	<ul style="list-style-type: none"> • Strength Training • Strength Training • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
equipment which lead to improved or maintained muscular strength and endurance.	mentals Jigsaw Notes <ul style="list-style-type: none"> • Performance Rubric 	<ul style="list-style-type: none"> • Create Your Own ST Program • Strength Training Adventure Race 	
PE.912.M.1.13 Perform a student-designed cardiorespiratory enhancing workout.	Group Fitness Performance Rubric	<ul style="list-style-type: none"> • iFreestyle Aerobics • iCardio Kickboxing • iHIIT (High Intensity Interval Training) 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
PE.912.M.1.14 Utilize technology to assess, enhance and maintain health and skill-related fitness levels.	Specific Unit: <ul style="list-style-type: none"> • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Yoga Basic Training • Cardio Kickboxing • Boot & Bolt • S-P-A-C-E Out 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Soccer • Hockey
PE.912.M.1.15 Select and apply sport/activity specific warm-up and cool-down techniques.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.M.1.16 Apply the principles of training and conditioning to accommodate individual needs and strengths.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.M.1.17 Demonstrate basic cardiopulmonary resuscitation	CPR not addressed in HS curriculum		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
(CPR) procedures.			
PE.912.M.1.18 Demonstrate a variety of gymnastics skills with a level of control.	Gymnastics not addressed in HS manual		
PE.912.M.1.19 Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.	Strength Training Jigsaw Notes	<ul style="list-style-type: none"> • Basic Training: Chest • Basic Training: Back • Basic Training: Shoulders 	<ul style="list-style-type: none"> • Strength Training • Strength Training • Strength Training
PE.912.M.1.20 Perform complex combinations and sequences demonstrating smooth transitions while alone, with a partner or in a small group.	Group Fitness Performance Rubric	<ul style="list-style-type: none"> • iFreestyle Aerobics • iCardio Kickboxing • iHIIT (High Intensity Interval Training) 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
PE.912.M.1.21 Demonstrate the relationship between complex dance elements and rhythmic movements related to educational gymnastics skills and sequences.	Dance Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Event: Dance Olympics • Dance Personal Best • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Dance • Dance • Dance
PE.912.M.1.22 Demonstrate proficiency in advanced combinations of motor	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day- 	<ul style="list-style-type: none"> • Win the Point (Singles Royal Court) 	<ul style="list-style-type: none"> • Badminton • Badminton • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
skills for a variety of individual and dual sports.	mentals Jigsaw Notes	<ul style="list-style-type: none"> • Badminton Personal Best • iYoga 	
PE.912.M.1.23 Demonstrate proficiency of critical elements when striking with objects, implements or body parts.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Badminton Personal Best • Fun-day-mentals Jigsaw • Volleyball Personal Best 	<ul style="list-style-type: none"> • Badminton • World Games: Cricket
PE.912.M.1.24 Apply a combination of complex movement patterns in a game setting.	Specific Unit Fundamentals Jigsaw Notes	<ul style="list-style-type: none"> • National Arbor Day • Fielder's Choice • Battle Zone 	<ul style="list-style-type: none"> • Football • Softball • Flying Disc: Ultimate
PE.912.M.1.25 Apply appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball
PE.912.M.1.26 Analyze and apply offensive, defensive and transition strategies and tactics to reflect a higher order of thinking.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • 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) • A Strong Side 	<ul style="list-style-type: none"> • Basketball • Football • Football

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"> • Performance Rubric 		
PE.912.M.1.27 Demonstrate proficiency in a variety of outdoor pursuit activities.	Cooperatives: Orienteering Performance Rubric	<ul style="list-style-type: none"> • Star Quest • The Deuce • Tri-Pod 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Cooperatives: Orienteering • Cooperatives: Orienteering
PE.912.M.1.28 Apply strategies and tactics in a variety of outdoor pursuits.	Cooperatives: Orienteering Performance Rubric	<ul style="list-style-type: none"> • Star Quest • The Deuce • Tri-Pod 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Cooperatives: Orienteering • Cooperatives: Orienteering
PE.912.M.1.29 Demonstrate proficiency in self-defense movement skills.	Self-Defense Online Unit		
PE.912.M.1.30 Combine and apply movement patterns from simple to complex.	Group Fitness Performance Rubric	<ul style="list-style-type: none"> • Create a Hip Hop Routine • iFreestyle Aerobics • iYoga • iHITT • iCardio Kickboxing 	<ul style="list-style-type: none"> • Dance • Group Fitness • Group Fitness • Group Fitness • Group Fitness
PE.912.M.1.31 Demonstrate advanced offensive,	Specific Unit: <ul style="list-style-type: none"> • Self-Check 	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) 	<ul style="list-style-type: none"> • Basketball • Football

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
defensive and transition strategies and tactics.	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • D-Fence (5-on-5 Royal Field) • A Strong Side 	<ul style="list-style-type: none"> • Football
PE.912.M.1.32 Apply sport specific skills in a variety of game settings.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • National Arbor Day • Stack Up • Volley-Call 1 	<ul style="list-style-type: none"> • Football • Flying Disc: Ultimate • Volleyball
PE.912.M.1.33 Practice complex motor activities in order to improve performance.	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Badminton Personal Best • Cooperatives: Orienteering Personal Best • Flying Disc: Ultimate Personal Best • Softball Personal Best • Volleyball Personal Best 	<ul style="list-style-type: none"> • Badminton • Cooperatives: Orienteering • Flying Disc • Softball • Volleyball
PE.912.M.1.34 Demonstrate use of the mechanical principles as they apply to specific course activities.	Specific Unit: Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • World Games: Cricket • Flying Disc: Ultimate

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Football
PE.912.M.1.35 Select proper equipment and apply all appropriate safety procedures necessary for participation.	Specific Unit: Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • World Games: Cricket • Strength Training • Football

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand PE.912.R: Responsible Behaviors and Values			
PE.912.R.5.1 Describe ways to act independently of peer pressure during physical activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Event: Gridiron Classic (5-on-5 Round Robin Tournament) • Event: Star-Hockey “Shockey” Cup (4-on-4 Round Robin) • Event: World Cup (4-on-4 Round 	<ul style="list-style-type: none"> • Football • Hockey • Soccer

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>PE.912.R.5.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<p>Robin)</p> <ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Cricket Adventure Race • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • World Games: Cricket • World Games: Cricket • Flying Disc: Ultimate
<p>PE.912.R.5.3 Demonstrate sportsmanship during game situations.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Win the Point (Singles Royal Court) • The Navigational Invitational • Event: Ultimate Masters ()Disc Golf and 5-on-5 Hat Tournament) 	<ul style="list-style-type: none"> • Badminton • Cooperatives: Orienteering • Flying Disc: Ultimate
<p>PE.912.R.5.4 Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, 	<ul style="list-style-type: none"> • Game Day 101 • Uber “Bad” Cup (Singles and Doubles Round Robin) 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Badminton • Basketball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Shoulda, Woulda Character Ed Journaling Pages	<ul style="list-style-type: none"> Event: March Madness (4-on-4 Round Robin) 	
PE.912.R.5.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	Specific Unit: <ul style="list-style-type: none"> Character Matters Assessments Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> Game Day 101 Adventure Race 101 FUN-DAY-MENTALS Jigsaw 101 	<ul style="list-style-type: none"> SPARK HS PE 101 SPARK HS PE 101 SPARK HS PE 101
PE.912.R.6.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.R.6.2 Analyze physical activities from which benefits can be derived.	Wellness Walking Go the Distance Think About...	Personally Fit SPARKfit (SPARKfamily.org)	
PE.912.R.6.3	Specific Unit:	<ul style="list-style-type: none"> Fun-day-mentals 	<ul style="list-style-type: none"> World Games:

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Analyze the roles of games, sports and/or physical activities in other cultures.	<ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<p>Jigsaw</p> <ul style="list-style-type: none"> • Cricket Adventure Race • The Cricket World Cup 	<p>Cricket</p> <ul style="list-style-type: none"> • World Games: Cricket • World Games: Cricket •