

SPARK Alignment with Hawaii Physical Education Standards K-2

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
1. Students demonstrate successful movement forms at a basic level and some movement forms at a mastery level.			
Demonstrate various locomotor (e.g., walking, running, leaping, sliding, twisting, balancing, pushing galloping, skipping), non-locomotor (e.g., pulling), and manipulative (e.g., throwing, catching, striking, kicking) skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Body Management and Balance • Manipulatives Circuit 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives
Demonstrate transitions between motor skills (e.g., running into a jump, dance, gymnastics).	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Stunts Add-On • Hurdling Practice • Tarantella 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Jumping • Dance
Demonstrate control in balancing activities.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Static Balances • Body Management and Balance • Toys Alive! 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • ASAP

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
2. Students apply movement concepts and principles to the learning and development of motor skills.			
Observe and use conventions of personal and common space while moving (e.g., traveling in an open space without bumping into others).	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • General Space and Creative Moves • Dead Bugs 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Demonstrate critical features of movement skills (e.g., throwing a ball while stepping in opposition).	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Overhand Throw for Distance • Kicking for Accuracy • Dribbling, Volleying, and Striking Circuit 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Dribbling, Volleying, and Striking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3. Students exhibit a physically active lifestyle.			
Participate in regularly scheduled physical activities.	Games Rubric	<ul style="list-style-type: none"> • Squirrels in the Trees • Switcheroo! • Shoot and Score 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities
Practice the components of health-related physical fitness (e.g., flexibility, muscular strength and endurance, and cardiorespiratory endurance).	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Flexibility • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Parachute

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
4. Students demonstrate ways to achieve and maintain a health-enhancing level of physical fitness.			
List the physiological indicators that identify moderate to vigorous physical activities during participation (e.g., perspiration, increased heart rate and breathing).	Debrief/Fitness Introduction Wellness Integration	<ul style="list-style-type: none"> • Individual Rope Jumping I and II • Fitness Introduction • Chasing and Fleeing 	<ul style="list-style-type: none"> • Jumping • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
5. Students demonstrate responsible personal and social behavior in physical activity settings.			
Follow simple directions during physical activities with few reminders.	Games Rubric	<ul style="list-style-type: none"> • Catch a Tail • Kicking and Trapping Circuit • Stunts Circuit 	<ul style="list-style-type: none"> • Games • Kicking and Trapping • Balance, Stunts, and Tumbling
Work with others to complete tasks during physical activity.	Games Rubric	<ul style="list-style-type: none"> • Houdini Hoops • Frog Crossing • Oxygen Boogie 	<ul style="list-style-type: none"> • Games • Games • Games
Demonstrate respect for individuals, property, and equipment with few reminders.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Turning in Pairs • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
6. Students demonstrate understanding and respect for differences among people in physical activity settings.			
Demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disabilities).	Parachute Rubric	<ul style="list-style-type: none"> • Fly in the Web • SPUD • Houdini Hoops 	<ul style="list-style-type: none"> • Parachute • Recess Activities • Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
7. Students understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.			
Demonstrate the ability to try new skills and games for challenge.	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Volleying and Striking Introduction • Scoops and Balls Introduction • Hurdling Practice 	<ul style="list-style-type: none"> • Dribbling, Volleying, Striking • Catching and Throwing • Jumping
Demonstrate improvement in a movement skill for increased enjoyment (e.g., run faster, balance on one foot longer, throw farther).	Kicking and Trapping Rubric	<ul style="list-style-type: none"> • Kicking for Accuracy • Overhand Throw for Distance • Jump for Distance 	<ul style="list-style-type: none"> • Kicking and Trapping • Catching and Throwing • Jumping

SPARK Alignment with Hawaii Physical Education Standards 3-5

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
1. Students demonstrate successful movement forms at a basic level and some movement forms at a mastery level.			
Demonstrate basic movement forms and mastery of some movement forms in a variety of sports, games, dance and exercises (e.g., tennis—successful in serving and backhand, mastery in forehand).	Softball Self-Check	<ul style="list-style-type: none"> • Look, Learn and Leave • Ground Ball Mania • Introduction to Forearm Pass 	<ul style="list-style-type: none"> • Stunts and Tumbling • Softball • Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
2. Students apply movement concepts and principles to the learning and development of motor skills.			
Refine level of complexity of movement skills based on self-assessment.	Hockey Self-Check	<ul style="list-style-type: none"> • Batting Practice • Ball-Control Drills • Dribbling Drills 	<ul style="list-style-type: none"> • Softball • Soccer • Hockey
Self-assess personal movement skills in realistic physical activity settings, and use goal setting to improve performance.	Dance Self-Check	<ul style="list-style-type: none"> • California Strut • Achy Breaky Heart • 5, 6, 7, 8 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3. Students exhibit a physically active lifestyle.			
Review and investigate a variety of physical activities to independently maintain an active lifestyle.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Solo Aerobic Fitness • Figure 8 Walk/Jog • Moving Around the Track 	<ul style="list-style-type: none"> • Fitness Challenges • Walk/Jog/Run • Map Challenges
Evaluate personal performance on health-related fitness (e.g., flexibility, muscular strength and endurance, and cardiorespiratory endurance to improve physical fitness).	Personal Best Log	<ul style="list-style-type: none"> • Mixed Fitness Grid • Fitness Grab Bag • Fitness in the Middle 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
4. Students demonstrate ways to achieve and maintain a health-enhancing level of physical fitness.			
Set goals for improvement on a school designed health-related fitness assessment (e.g., FitnessGram, skills tests determined by the school).	Personal Best Log	<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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
5. Students demonstrate responsible personal and social behavior in physical activity settings.			
Follow multiple directions during physical activity with few or no reminders.	Hockey Self-Check	<ul style="list-style-type: none"> • Mini-Hockey • Quick-Play Mini-Football • Mini-Basketball 	<ul style="list-style-type: none"> • Hockey • Football • Basketball
Participate with partner or a small group in cooperative physical activities.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Cooperative Countdown • VIP Tag • Designated Driver 	<ul style="list-style-type: none"> • Volleyball • Chasing and Fleeing • Cooperatives
Demonstrate fair play (e.g., responsible and safe play, respect for individuals, property, equipments with few reminders).	Basketball Performance Rubric	<ul style="list-style-type: none"> • Mini-Basketball • Under Pressure • Keep Away (3 on 1) 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
6. Students demonstrate understanding and respect for differences among people in physical activity settings.			
Demonstrate an understanding for the differences among people (e.g., gender, ethnicity, disabilities) in physical activities.	Movement Bands Performance Rubric	<ul style="list-style-type: none"> • Add-On • Mirror, Mirror • Meet Me in the Middle 	<ul style="list-style-type: none"> • Movement Bands • Jump Rope • ASAP

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
7. Students understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.			
Participate in physical activities as means for self-expression and enjoyment (e.g., creative movement, non-competitive games).	Are You Part of the Cast Cooperative Self-Check	<ul style="list-style-type: none"> • Fun and Flexibility with a Friend • Partner Walk/Jog and Talk • Bumping Buddies 	<ul style="list-style-type: none"> • Fitness Challenges • Walk/Jog/Run • Volleyball

SPARK Alignment with Hawaii Physical Education Standards 6-8

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
1. Students demonstrate successful movement forms at a basic level and some movement forms at a mastery level.			
Demonstrate basic movement forms in a variety of modified sports, games, dance, and exercises (e.g., running, jumping and skipping to the rhythm of music).	5 Person Hit and Run Softball Assessment (Extra Extra)	<ul style="list-style-type: none"> • Shot on Goal • Hurdle Practice • Awesome Add-On 	<ul style="list-style-type: none"> • Hockey • Track and Field • Aerobic Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
2. Students apply movement concepts and principles to the learning and development of motor skills.			
Analyze and evaluate movement skills in realistic physical activity setting, and use feedback to improve those skills.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Modified Full-Court Games • Frisbee Speedball • Circle Bump and Set 	<ul style="list-style-type: none"> • Basketball • Frisbee • Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3. Students exhibit a physically active lifestyle.			
List and investigate a variety of physical activities for personal interest in and out of the physical education class.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California
Apply the components of health-related physical fitness (e.g., flexibility, muscular strength and endurance, and cardiorespiratory endurance) to improve personal fitness.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
4. Students demonstrate ways to achieve and maintain a health-enhancing level of physical fitness.			
Set a goal and work towards improvement on a school-designed health-related fitness assessment (e.g., FitnessGram, Physical Best, skill tests determined by the school).	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
Identify personal fitness goals.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
5. Students demonstrate responsible personal and social behavior in physical activity settings.			
Work with others to achieve group goals in competitive and cooperative activities.	Basketball Trick Skills Test (Extra Extra)	<ul style="list-style-type: none"> • 3 Catch with Shot • Group Passing Challenges • 3-Catch Lead Up 	<ul style="list-style-type: none"> • Basketball • Field Games • Frisbee
Identify causes and potential solutions to conflict during physical fitness activities.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Modified Full-Court Games • Frisbee Speedball • Circle Bump and Set 	<ul style="list-style-type: none"> • Basketball • Frisbee • Volleyball
Demonstrate fair play (e.g., responsible and safe play, respect for individuals, property, equipment with no reminders).	Skill Checklist: Volleyball Underhand Serve (Extra Extra)	<ul style="list-style-type: none"> • Swing • Face-Off • Keep It Up, Run Around 	<ul style="list-style-type: none"> • Golf • Hockey • Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
6. Students demonstrate understanding and respect for differences among people in physical activity settings.			
Demonstrate respect for differences (e.g., gender, ethnicity, disability) among people, and physical activities of a variety of national, cultural, and ethnic origins (e.g., Hawaiian games: ‘uku maika, pe ‘epe ‘e kua) and physical activities (hula, surfing).	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Straddleball • Red River Valley • Ultimate Frisbee 	<ul style="list-style-type: none"> • Cooperative Games • Dance • Frisbee

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
7. Students understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.			
Describe how physical activities promote positive social interactions (e.g., sense of team play).	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Houdini Hoops • Bodyguards • Double Dutch Jumping 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Jump Rope
Explain how physical activities provide opportunities for self-expression and enjoyment (e.g., dance, dribbling a basketball).	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Shot on Goal • Hurdle Practice • Awesome Add-On 	<ul style="list-style-type: none"> • Hockey • Track and Field • Aerobic Games

SPARK Alignment with Hawaii Physical Education Standards 9-12

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
1. Students demonstrate successful movement forms at a basic level and some movement forms at a mastery level.			
Demonstrate basic movement forms and mastery of some forms in a variety of sports, games, dance and exercises (e.g., tennis—successful in serving and backhand, mastery in forehand).	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> • Return Service to Target • 5-Person Hit and Run Softball • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Softball • Racquetball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
2. Students apply movement concepts and principles to the learning and development of motor skills.			
Refine level of complexity of movement skills based on self-assessment.	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands
Self assess personal movement skills in realistic physical activity settings, and use goal setting to improve performance.	Racquetball Skills Check-Off	<ul style="list-style-type: none"> • Return Service to Target • Skill Builder • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Basketball • Racquetball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3. Students exhibit a physically active lifestyle.			
Review and investigate a variety of physical activities to independently maintain an active lifestyle.	Weight Room and Fitness Lab Safety Test	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program
Evaluate personal performance on health-related fitness (e.g., flexibility, muscular strength and endurance, and cardiorespiratory endurance) to improve physical fitness.	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
4. Students demonstrate ways to achieve and maintain a health-enhancing level of physical fitness.			
Set a goal and work towards improvement on a school designed health-related fitness assessment (e.g., FitnessGram, Physical Best, skill tests determined by the school).	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program
Demonstrate ways to improve personal fitness goals.	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
5. Students demonstrate responsible personal and social behavior in physical activity settings.			
Practice leadership and follower roles to achieve individual and group goals.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Hula Hoop Pass • 2 Group Human Ladder • Minefield 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building
Evaluate responsible and safe personal behavior during physical activity settings.	Weight Room and Fitness Lab Safety Test	<ul style="list-style-type: none"> • Yoga/Power Stretching • Personal Fitness Program • Pass and Follow 	<ul style="list-style-type: none"> • Yoga/Power Stretching • Personal Fitness Program • Volleyball
Advocate fair play (e.g., responsible and safe play, respect for individuals, property, equipment).	Teambuilding Response Journal	<ul style="list-style-type: none"> • Two by Four Shuffle • Spider's Web • Warp Speed 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
6. Students demonstrate understanding and respect for differences among people in physical activity settings.			
Advocate for the respect of differences (e.g., gender, ethnicity, disability) among people and activities of a variety of national, cultural, and ethnic origins.	Dance Assessment	<ul style="list-style-type: none"> • 5, 6, 7, 8 • Pilates/Yoga • Troika 	<ul style="list-style-type: none"> • Dance • Pilates/Yoga • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
7. Students understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.			
Evaluate how physical activities promote opportunities for positive social interaction.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Everybody Up • Gordian Knot • Trolleys 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building
Justify positive benefits that result from participation in physical activities.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Wordles • Electric Fence • All-Aboard 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1: MOVEMENT FORMS: Use motor skills and movement patterns to perform a variety of physical activities			
PE.6-8.1.1 Use mature (proper) movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Volley Tennis • Swing Jigsaw (Lady's Turns, Gentleman's Turns) • Advanced Progressions 	<ul style="list-style-type: none"> • Volleyball • Dance • Stunts and Tumbling
PE.6-8.1.2. Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric 	<ul style="list-style-type: none"> • Stunts and Tumbling Buffet • Create a Hip Hop Routine • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Stunts and Tumbling • Dance • Handball
Standard 2: COGNITIVE CONCEPTS: Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities			
PE.6-8.2.1 Identify strategies to improve performance of movement skills.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubrics • Peer Coaching • Written Tests 	<ul style="list-style-type: none"> • Target Golf • Bullseye and Long Shot • Target Ball 	<ul style="list-style-type: none"> • Golf • Soccer • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.6-8.2.2 Describe basic strategies for simple and modified activities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubrics • Peer Coaching • Written Tests 	<ul style="list-style-type: none"> • Tee Ball Derby • Dribble Keep Away • Pass or Dribble? 	<ul style="list-style-type: none"> • Softball • Soccer • Basketball
PE.6-8.2.3 Apply rules and etiquette for safe participation in physical activities.	<ul style="list-style-type: none"> • Cooperatives Self-Check • Cooperatives Performance Rubric 	<ul style="list-style-type: none"> • Responsibility and Routines • Event: Let the Games Begin! • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • The First 5 Lessons • Track and Field • Cooperatives
Standard 3: ACTIVE LIFESTYLE: Participate regularly in physical activity			
PE.6-8.3.1 Identify opportunities for physical activity outside of the physical education class.	Sample debrief question: <i>What are some things you can do to increase the amount of physical activity you get in your every-day routines?</i>	<ul style="list-style-type: none"> • SPARKfit • Personally Fit 	SPARKfamily.org
PE.6-8.3.2 Participate regularly in moderate to vigorous physical activities to meet personal goals.	<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 • Basic Exercise 	Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Techniques <ul style="list-style-type: none"> • Fitness in the Middle • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Range of Motion Circuit • Balancing Strength and Flexibility Circuit • Introduction to Yoga • Introduction to Pilates • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	
PE.6-8.3.3 Explain the relationship between a healthy lifestyle and regular participation in physical activities.		SPARKfit Personally Fit (SPARKfamily.org)	
Standard 4: PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.6-8.4.1 Describe the principles of training and conditioning and how they affect the components of health-related fitness.	Sample debrief question: <i>How can you safely apply the principle of overload to your weight training routine?</i>	<ul style="list-style-type: none"> • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	Fitness
PE.6-8.4.2 Set goals for improving the components of personal health-related physical fitness.	SPARKfit Personally Fit (SPARKfamily.org)		

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1: MOVEMENT FORMS: Use motor skills and movement patterns to perform a variety of physical activities			
PE.9-12.1.1 Use combinations of specialized movement forms in a variety of activities, such as net and invasion games, field and target games, aquatics, dance, exercise, and gymnastics.	Specific Unit: <ul style="list-style-type: none"> • Performance Rubric • Personal Best Assessment 	<ul style="list-style-type: none"> • Wicket Busters • Stack Out • iCardio Kickboxing • Win the Point • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • World Games: Cricket • Flying Disc: Ultimate • Group Fitness • Badminton • Dance
Standard 2: COGNITIVE CONCEPTS: Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities			
PE.9-12.2.1 Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.	Specific Unit: <ul style="list-style-type: none"> • Written Test • Performance Rubric • Personal Best Assessment 	<ul style="list-style-type: none"> • Serve, Then Defend • Battle Zone • Pump Up the Base 	<ul style="list-style-type: none"> • Volleyball • Flying Disc: Ultimate • Softball
PE.9-12.2.2 Evaluate tactics and strategies for modified and traditional activities.	Specific Unit: <ul style="list-style-type: none"> • Written Test • Performance Rubric • Personal Best Assessment 	<ul style="list-style-type: none"> • Event: March Madness • The Navigational Invitational • Event: Ultimate Masters 	<ul style="list-style-type: none"> • Basketball • Cooperatives: Orienteering • Flying Disc: Ultimate

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.9-12.2.3 Assess the importance of rules and procedures for safe and fair play during physical activities.	<ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Not So Routine! • Adventure Race 101 • Game Day 101 	SPARK HS PE 101
Standard 3: ACTIVE LIFESTYLE: Participate regularly in physical activity			
PE.9-12.3.1 Participate in a variety of physical activities of personal interest to maintain an active lifestyle.	<ul style="list-style-type: none"> • Personal Fitness Program Development • Heart Rate Monitor Logs • Pedometer Logs 	<ul style="list-style-type: none"> • Aerobics Basic Training • Basic Training: FUNctional Fitness Jigsaw • Walking Circuits 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Wellness Walking
PE.9-12.3.2 Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so.	Personal Fitness Program Development	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training
Standard 4: PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.9-12.4.1 Set goals to improve personal fitness level based on various sources of information.	Personal Fitness Program Development	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training
PE.9-12.4.2 Assess the benefits of participation in selected physical activities on the components of health-related physical fitness.	Personal Fitness Program Development	<ul style="list-style-type: none"> • Fitness Personal Best • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best • Create Your Own ST Program 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking • Strength Training