

## SPARK Alignment with Iowa Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>K-2 (2008 Edition)</b>			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, Directions</li> <li>• Body Management and Balance</li> <li>• Animal Balancing Act</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Movement Concepts Using Hoops</li> <li>• Pairs Combining Movement Concepts</li> <li>• Scarf Exploration</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Manipulatives</li> </ul>
Standard 3: Participates regularly in physical activity	Games Rubric	<ul style="list-style-type: none"> <li>• Catch and Chase</li> <li>• 2-Square</li> <li>• Switcheroo!</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Recess Activities</li> <li>• Recess Activities</li> </ul>
Standard 4: Achieves and maintains a health-enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Fitness Introduction</li> <li>• Parachute Fitness</li> <li>• Individual Rope Jumping I and II</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Parachute</li> <li>• Jumping</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Jumping Rubric	<ul style="list-style-type: none"> <li>• Rope Turning in Pairs</li> <li>• Houdini Hoops</li> <li>• The Mexican Hat Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping</li> <li>• Games</li> <li>• Dance</li> </ul>
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Parachute Rubric	<ul style="list-style-type: none"> <li>• Capture the Orb</li> <li>• Long Rope Jumping I and II</li> <li>• Frog Crossing</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Jumping</li> <li>• Games</li> </ul>
Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Dance Rubric	<ul style="list-style-type: none"> <li>• Create a Dance</li> <li>• Create a Routine</li> <li>• Showtime</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Balance, Stunts, and Tumbling</li> <li>• Manipulatives</li> </ul>

## SPARK Alignment with Iowa Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>3-5 (2007 Edition)</b>			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Hockey Self-Check	<ul style="list-style-type: none"> <li>• Batting Practice</li> <li>• Ball-Control Drills</li> <li>• Dribbling Drills</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> <li>• Survivor Challenge</li> <li>• Cooperative Countdown</li> <li>• Aerobic Bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Volleyball</li> <li>• Aerobic Games</li> </ul>
Standard 3: Participates regularly in physical activity	Walk / Jog / Run Think About	<ul style="list-style-type: none"> <li>• Moving Around the Track</li> <li>• Inside / Outside Walk / Jog</li> <li>• Partner Walk / Jog and Talk</li> </ul>	<ul style="list-style-type: none"> <li>• Map Challenges</li> <li>• Walk / Jog / Run</li> <li>• Walk / Jog / Run</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4: Achieves and maintains a health-enhancing level of physical fitness.	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> <li>• Muscular Strength and Endurance Circuit</li> <li>• Fun and Flexibility with a Friend</li> <li>• Aerobic Capacity Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Circuits</li> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Fitness Circuits</li> </ul>
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> <li>• Group Juggling</li> <li>• Stepping Stones</li> <li>• Beat the Clock</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> <li>• Mini-Hockey</li> <li>• Survivor Challenge</li> <li>• Stick with Me!</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Fitness Challenges</li> <li>• Cooperatives and Initiatives</li> </ul>
Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> <li>• Solo Aerobic Fitness</li> <li>• Jump the Circuit (Individual Tricks)</li> <li>• Moving Around the Track</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Jump Rope</li> <li>• Map Challenges</li> </ul>

## SPARK Alignment with Iowa Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>6-8 (2001 Edition)</b>			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Basketball Trick Skills Test (Extra Extra)	<ul style="list-style-type: none"> <li>• Pass and Shoot</li> <li>• Putting to Targets</li> <li>• Target Frisbee</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Golf</li> <li>• Frisbee</li> </ul>
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> <li>• Modified Full-Court Games</li> <li>• Frisbee Speedball</li> <li>• Circle Bump and Set</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Frisbee</li> <li>• Volleyball</li> </ul>
Standard 3: Participates regularly in physical activity	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>
Standard 4: Achieves and maintains a health-enhancing level of physical fitness.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>
Standard 5: Exhibits responsible personal and social behavior that	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> <li>• Straddleball</li> <li>• Red River Valley</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Dance</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
respects self and others in physical activity settings.		<ul style="list-style-type: none"> <li>• Ultimate Frisbee</li> </ul>	<ul style="list-style-type: none"> <li>• Frisbee</li> </ul>
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> <li>• Houdini Hoops</li> <li>• Bodyguards</li> <li>• Double Dutch Jumping</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Cooperative Games</li> <li>• Jump Rope</li> </ul>
Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>

## SPARK Alignment with Iowa Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>9-12 (2007 Edition)</b>			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> <li>• Return Service to Target</li> <li>• 5-Person Hit and Run Softball</li> <li>• Forehand and Backhand Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Softball</li> <li>• Racquetball</li> </ul>
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Choreography Project	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling / Jump Bands</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling / Jump Bands</li> </ul>
Standard 3: Participates regularly in physical activity	Weight Room and Fitness Lab Safety Test	<ul style="list-style-type: none"> <li>• Power Stretching / Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching / Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>
Standard 4: Achieves and maintains a health-enhancing level of physical fitness.	Jump Rope Routine Score Sheet	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Volleyball</li> <li>• Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Volleyball</li> <li>• Dance</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Teambuilding Response Journal	<ul style="list-style-type: none"> <li>• Two by Four Shuffle</li> <li>• Spider's Web</li> <li>• Warp Speed</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives / Team building</li> <li>• Cooperatives / Team building</li> <li>• Cooperatives / Team building</li> </ul>
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Teambuilding Response Journal	<ul style="list-style-type: none"> <li>• Everybody Up</li> <li>• Gordian Knot</li> <li>• Trolleys</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives / Team building</li> <li>• Cooperatives / Team building</li> <li>• Cooperatives / Team building</li> </ul>
Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Dance Assessment	<ul style="list-style-type: none"> <li>• 5, 6, 7, 8</li> <li>• Pilates / Yoga</li> <li>• Troika</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Pilates / Yoga</li> <li>• Dance</li> </ul>