

SPARK Alignment with Idaho Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2			
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, Directions • Body Management and Balance • Animal Balancing Act 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
Goal 2.1: Demonstrate understanding 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"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Scarf Exploration 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Games Rubric	<ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities
Goal 4.1: Achieve and maintain a health enhancing level of fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Parachute

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		<ul style="list-style-type: none"> • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Jumping
Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Jumping I and II • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games

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3-5			
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	Basketball Learning Log	<ul style="list-style-type: none"> • Dribbling Drills • Passing Drills • Addition Tag 	<ul style="list-style-type: none"> • Basketball • Soccer • Chasing and Fleeing
Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Create A Routine Rubric (Stunts and Tumbling)	<ul style="list-style-type: none"> • Learning the Stunts • 5-Person Kick and Dribble • Grid Passing 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Basketball
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Personal Best Log	<ul style="list-style-type: none"> • 4-Corner Scramble • Daily Dozen • Home Plays • Wall Ball 	<ul style="list-style-type: none"> • Recess Activities • Stunts and Tumbling • Various Units • Recess Activities
Goal 4.1: Achieve and maintain a health enhancing level of fitness.	Fitness Circuits Think About; Personal Best Log	<ul style="list-style-type: none"> • Resistance Band Workout • Flexibility Circuit • Body Composition BINGO 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges • Walk/Jog/Run

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		<ul style="list-style-type: none"> • Number Run 	
Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

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6-8			
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	Basketball 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
Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Skill Checklist: Volleyball Underhand Serve (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
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	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
Goal 4.1: Achieve and maintain a health enhancing level of 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
Goal 5.1: Exhibit responsible	Pair Share (Lesson	<ul style="list-style-type: none"> • Alaska Snowball 	<ul style="list-style-type: none"> • All Run Games

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and social behavior that respects self and others in physical activity settings.	Closure, Extra Extra)	<ul style="list-style-type: none"> • Houdini Hoops • Memory Ball 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games

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9-12			
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	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
Goal 2.1: Demonstrate understanding 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"> • Jump Rope • Line Dance • Tinikling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> • Group Jump Rope • Popsicle Push-Ups • Power Stretching/Yoga 	<ul style="list-style-type: none"> • Teambuilding • Teambuilding • Power Stretching/Yoga
Goal 4.1: Achieve and maintain a health enhancing level of 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

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Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	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