

SPARK Alignment with Kentucky Physical Education Standards Grades 3-6 (Version 2007)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Psychomotor Skills (Physical Education) Cognitive information can be used to understand and enhance the development of motor skills such as movement sequences and patterns. Individuals who understand their bodies and how to perform various movements will be safer and more productive in recreation and work activities. Development of psychomotor skills contributes to the development of social and cognitive skills.</p>			
<p>2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p>	<p>Fitness Circuits Think About</p>	<ul style="list-style-type: none"> • Resistance Band Workout • Flexibility Circuit • Body Composition BINGO • Number Run 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges • Walk/Jog/Run
<p>2.34 Students perform physical movement skills effectively in a variety of settings.</p>	<p>Stunts and Tumbling Self-Check</p>	<ul style="list-style-type: none"> • Daily Dozen • Batting Practice • Medicine Ball Madness 	<ul style="list-style-type: none"> • Stunts and Tumbling • Softball • Group Fitness
<p>2.35 Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout lives.</p>	<p>Fitness Circuits Performance Rubric</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>4.1 Students effectively use interpersonal skills.</p>	<p>Cooperative All-Star Self Check</p>	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives

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		<ul style="list-style-type: none"> • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives
<p>Lifetime Physical Wellness (Physical Education) Lifetime Wellness is health-focused. The health-related activities and content utilized are presented to help students become more responsible for their overall health status and to prepare each student to demonstrate knowledge and skills that promote physical activity throughout their lives. Physical education uses physical activity as a means to help students acquire skills, fitness, knowledge and attitudes that contribute to their optimal development and well-being. Physical, mental, emotional, and social health is strengthened by regular involvement in physical activities. Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p>			
2.34 Students perform physical movement skills effectively in a variety of settings.	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
2.35 Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout lives.	Group Fitness Think About	<ul style="list-style-type: none"> • Mixed Fitness Circuit • Create a Routine • Personal Best Day 	<ul style="list-style-type: none"> • Fitness Circuits • Group Fitness • Personal Best Day
3.1 Students demonstrate positive growth in self-concept through appropriate tasks or projects.	Movement Bands Create a Routine Performance Rubric	<ul style="list-style-type: none"> • Create a Routine • Create a Routine • Create a Dance 	<ul style="list-style-type: none"> • Group Fitness • Movement Bands • Dance
3.2 Students demonstrate the ability to maintain a healthy lifestyle.	Group Fitness Think About	<ul style="list-style-type: none"> • Bench Step Basics • Resistance Band Workout • Stability Ball Fun 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
3.7 Students demonstrate the ability to learn on one's own.	Personal Best Log	<ul style="list-style-type: none"> • Personal Best Day • Look, Learn and Leave • Solo Aerobic Fitness 	<ul style="list-style-type: none"> • Personal Best Day • Stunts and Tumbling • Fitness Circuits
4.2 Students use productive team	Cooperative All-Star	<ul style="list-style-type: none"> • Cooperative 	<ul style="list-style-type: none"> • Volleyball

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membership skills.	Self Check	Countdown <ul style="list-style-type: none">• VIP Tag• Designated Driver	<ul style="list-style-type: none">• Chasing and Fleeing• Cooperatives