

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Grade 6			
<p>PL-6-PS-U-1 Students will understand that movement concepts, principles, strategies and tactics apply to the learning and performance of physical activities.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Introduction to Shooting • Advanced Shots • Target Ball 	<ul style="list-style-type: none"> • Basketball • Handball • Racquets and Paddles
<p>PL-6-PS-U-2 Students will understand that motor skills need to be refined, combined and varied in the development of specialized skills (e.g., serving, catching with a glove, dribbling, punting).</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Self-Guided Tour • Individual Juggling • Putting to Targets 	<ul style="list-style-type: none"> • Stunts and Tumbling • World Games • Golf
<p>PL-6-PS-S-1 Students will identify and apply principles of motor skill refinement (e.g. accuracy, technique, movement) that are necessary for skill development</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Distance and Accuracy Target Golf • Shooting Drills 	<ul style="list-style-type: none"> • Flying Disc • Golf • Hockey
<p>PL-6-PS-S-2 Students will demonstrate a variety of locomotor and combination skills in a movement pattern</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Receiver Patterns • Durango Boot • Collect 'Em All 	<ul style="list-style-type: none"> • Football • Flying Disc • Soccer
<p>PL-6-PS-S-3</p>	<p>Dance:</p>	<ul style="list-style-type: none"> • Create a 4-Wall 	<ul style="list-style-type: none"> • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Students will use non-locomotor, locomotor and combination skills to demonstrate movements in creative sequences and in simple patterned dances, games and other activities	<ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Create-a-Dance Task Card 	<ul style="list-style-type: none"> Line Dance • Create a Poco Loco • Create a Hip Hop Routine • Creating Combinations 	<ul style="list-style-type: none"> • Dance • Dance • Stunts and Tumbling
<p>PL-6-PS-S-4</p> <p>Students will demonstrate a variety of non-locomotor, locomotor and combination skills while participating in different games and sports</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Zone Defense • Volleyball Xtreme • Bullseye and Long Shot 	<ul style="list-style-type: none"> • Hockey • Volleyball • Soccer
<p>PL-6-PS-S-5</p> <p>Students will demonstrate refined manipulative skills of throwing, catching, kicking and striking while developing motor skills (e.g., sliding, running, jumping) for use in games and other activities that lead to more complex games and sports (e.g., long jump, hurdles, volleyball, soccer, softball)</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • 7v7 Modified Softball • Extreme Rally • Volley Tennis 	<ul style="list-style-type: none"> • Softball • Racquets and Paddles • Volleyball
<p>PL-6-PS-S-6</p> <p>Students will demonstrate how transitional motor skills (e.g., punting, serving, dribbling) are influenced by space, force and time</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Teacher Rubric • Self-Check • Peer Coach 	<ul style="list-style-type: none"> • Dribbling to Open Space • Punting • Dribble Keep Away • Volleyball Stations • Fly Out Throw 	<ul style="list-style-type: none"> • Basketball • Football • Soccer • Volleyball • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Out	
<p>PL-6-LPW-U-1 Students will understand that leisure/recreational or competitive physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics • Coulda Shoulda Woulda 	<ul style="list-style-type: none"> • Hip Hop Basic Moves Jigsaw • Hockey Adventure Race • Cross the Great Divide 	<ul style="list-style-type: none"> • Dance • Hockey • Cooperatives
<p>PL-6-LPW-U-2 Students will understand that intrinsic values and other benefits (physical, emotional/mental, social) are gained by regular participation in leisure/recreational or competitive activities.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics • Coulda Shoulda Woulda 	<ul style="list-style-type: none"> • Swing Jigsaw (Lady's Turns, Gentleman's Turns) • Final Cooperative Adventure Race • Nutrition Team Challenge 	<ul style="list-style-type: none"> • Dance • Cooperatives • Fitness
<p>PL-6-LPW-U-3 Students will understand that techniques, strategies and practice are important for improving performance of sport skills.</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Advanced Shots • Pass or Dribble? • Putting to Targets 	<ul style="list-style-type: none"> • Handball • Basketball • Golf
<p>PL-6-LPW-U-4 Students will understand that rules impact effective participation in physical activities.</p>	<p>Coulda Shoulda Woulda (all units)</p>	<ul style="list-style-type: none"> • Singles/Doubles Game Play • Fly Out Throw Out • Mini-Volleyball 	<ul style="list-style-type: none"> • Racquets and Paddles • Softball • Volleyball
<p>PL-6-LPW-U-5 Students will understand that personal and social behavior that</p>	<p>Cooperatives:</p> <ul style="list-style-type: none"> • MS Unit Written Tests 	<ul style="list-style-type: none"> • Merengue Etiquette Basics • Radioactive River 	<ul style="list-style-type: none"> • Dance • Cooperatives • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
shows respect to self and others impacts enjoyment and safety in physical activity settings.	<ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Karrimor International Mountain Marathon 	
PL-6-LPW-U-6 Students will understand that regular participation in health-related, physical activity supports the goals of fitness and a healthier lifestyle throughout life.	Personally Fit SPARKfit (SPARKfamily.org)		
PL-6-LPW-U-7 Students will understand that fitness principles and techniques are used to improve/maintain physical health.	Sample debrief question: <i>How would you describe the principle of overload to improve your muscular strength?</i>	<ul style="list-style-type: none"> • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Fitness in the Middle 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PL-6-LPW-S-1 Students will identify several moderate to vigorous physical activities that provide personal pleasure	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
PL-6-LPW-S-2 Students will explain the physical, emotional/mental and social value in participating in physical activity	Sample debrief question: <i>What are the physical benefits of participating in physical activities?</i>	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Merengue Sweetheart • Problem-Solver 	<ul style="list-style-type: none"> • ASAP • Dance • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>Social and emotional benefits?</i>	Adventure Race	
PL-6-LPW-S-3 Students will describe the physical, emotional/mental and social benefits gained from regular participation in leisure/recreational or competitive physical activities	Sample debrief question: <i>What are the physical benefits of participating in physical activities?</i> <i>Social and emotional benefits?</i>	<ul style="list-style-type: none"> • Introduction to Yoga • Introduction to Pilates • Disc Golf • Target Golf 	<ul style="list-style-type: none"> • Fitness • Fitness • Flying Disc • Golf
PL-6-LPW-S-4 Students will recognize through participation in a variety of activities that personal skill development results from prior experiences, natural ability and practice	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Mini-Soccer • Mini-Hockey • 3-on-3 Basketball 	<ul style="list-style-type: none"> • Soccer • Hockey • Basketball
PL-6-LPW-S-5 Students will describe the relationship between effort and improvement in skills gained from physical activities	Fitness Unit Written Test	<ul style="list-style-type: none"> • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Fitness in the Middle 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PL-6-LPW-S-6 Students will participate regularly in physical activity	<ul style="list-style-type: none"> • Pedometer Log • Heart Rate Monitor Log • Personally Fit Activity 	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Challenge: In the Mood to Move		
<p>PL-6-LPW-S-7 Students will when participating in a variety of physical activities, sports and games:</p> <ul style="list-style-type: none"> a) identify and apply rules of behavior and fair play (e.g., accepting authoritative decisions, assessing one’s own performance level, accepting skills and abilities of others through verbal and nonverbal actions for spectators and/or participants) b) demonstrate sportsmanship, cooperation, teamwork and conflict resolution c) identify and use appropriate safety principles, rules, procedures and etiquette d) identify offensive and defensive strategies used in games and sports 	<p>Cooperatives:</p> <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics <p>Coulda Shoulda Woulda (all units)</p>	<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
<p>PL-6-LPW-S-8 Students will identify and assess</p>	Fitness Unit Written Test	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity 	Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>activities that enhance the health related fitness components (muscular strength, muscular endurance, flexibility, body composition, cardio respiratory endurance)</p>	<p>Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness components?</i></p>	<p>Circuit</p> <ul style="list-style-type: none"> • Heart Rate Highway • Basic Exercise Techniques • 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 • Body Composition 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		BINGO <ul style="list-style-type: none"> • Build a Pyramid • Nutrition Team Challenge • Fruit Smoothie 	
<p>PL-6-LPW-S-9 Students will explain the meaning of the F.I.T.T. Principle (Frequency, Intensity, Type, Time) and examine their impact on improving personal fitness</p> <p>PL-6-LPW-S-10 Students will identify and assess lifetime activities (e.g., biking, hiking, horseback riding, swimming) that enhance the health-related fitness components (muscular strength, muscular endurance, flexibility, body composition, cardio respiratory endurance)</p>		Personally Fit SPARKfit (SPARKfamily.org)	
<p>PL-6-LPW-S-11 Students will investigate how the systems of the body affect an individual's personal fitness level</p>	Sample debrief question: <i>Why does a strong heart return to its resting rate faster after exercise than a weaker heart?</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 • Create a Routine (Aerobic 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Capacity)	

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Grade 7			
PL-7-PS-U-1 Students will understand that movement concepts, principles, strategies and tactics apply to the learning and performance of physical activities.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Introduction to Shooting • Advanced Shots • Target Ball 	<ul style="list-style-type: none"> • Basketball • Handball • Racquets and Paddles
PL-7-PS-U-2 Students will understand that motor skills need to be refined, combined and varied in the development of specialized skills (e.g., serving, catching with a glove, dribbling, punting.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Self-Guided Tour • Individual Juggling • Putting to Targets 	<ul style="list-style-type: none"> • Stunts and Tumbling • World Games • Golf
PL-7-PS-S-1 Students will interpret the role that principles of motor skill refinements (e.g. accuracy, technique, movement) have in skill development.	Specific unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Distance and Accuracy Target Golf • Shooting Drills 	<ul style="list-style-type: none"> • Flying Disc • Golf • Hockey
PL-7-PS-S-2 Students will demonstrate increased competence in motor skills for individual, dual and team activities.	Specific unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Receiver Patterns • Durango Boot • Collect 'Em All 	<ul style="list-style-type: none"> • Football • Flying Disc • Soccer
PL-7-PS-S-3	Dance:	<ul style="list-style-type: none"> • Create a 4-Wall 	<ul style="list-style-type: none"> • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Students will use non-locomotor, locomotor and combination skills to demonstrate movements in creative sequences and in simple patterned dances, games and other activities.	<ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Create-a-Dance Task Card 	<ul style="list-style-type: none"> Line Dance • Create a Poco Loco • Create a Hip Hop Routine • Creating Combinations 	<ul style="list-style-type: none"> • Dance • Dance • Stunts and Tumbling
<p>PL-7-PS-S-4</p> <p>Students will improve techniques to achieve consistency in performance of fundamental manipulative skills (e.g., throwing, catching, kicking, dribbling, striking) for participation in games and activities.</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Zone Defense • 3-on-3 Basketball • Bullseye and Long Shot 	<ul style="list-style-type: none"> • Hockey • Basketball • Soccer
<p>PL-7-PS-S-5</p> <p>Students will demonstrate and explain how transitional motor skills (e.g., punting, serving, dribbling) are impacted by space, force and time.</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Extreme Rally • Volley Tennis 	<ul style="list-style-type: none"> • Basketball • Racquets and Paddles • Volleyball
<p>PL-7-LPW-U-1</p> <p>Students will understand that leisure/recreational or competitive physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics • Coulda Shoulda Woulda 	<ul style="list-style-type: none"> • Hip Hop Basic Moves Jigsaw • Hockey Adventure Race • Cross the Great Divide 	<ul style="list-style-type: none"> • Dance • Hockey • Cooperatives
<p>PL-7-LPW-U-2</p> <p>Students will understand that</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Unit Written Tests 	<ul style="list-style-type: none"> • Swing Jigsaw (Lady's Turns, Gentleman's 	<ul style="list-style-type: none"> • Dance • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
intrinsic values and other benefits (physical, emotional/mental, social) are gained by regular participation in leisure/recreational or competitive activities.	<ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics • Coulda Shoulda Woulda 	Turns) <ul style="list-style-type: none"> • Final Cooperative Adventure Race • Nutrition Team Challenge 	<ul style="list-style-type: none"> • Fitness
PL-7-LPW-U-3 Students will understand that techniques, strategies and practice are important for improving performance of sport skills.	Specific unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Advanced Shots • Pass or Dribble? • Putting to Targets 	<ul style="list-style-type: none"> • Handball • Basketball • Golf
PL-7-LPW-U-4 Students will understand that rules impact effective participation in physical activities.	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Singles/Doubles Game Play • Fly Out Throw Out • Mini-Volleyball 	<ul style="list-style-type: none"> • Racquets and Paddles • Softball • Volleyball
PL-7-LPW-U-5 Students will understand that personal and social behavior that shows respect to self and others impacts enjoyment and safety in physical activity settings.	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Merengue Etiquette Basics • Radioactive River • Karrimor International Mountain Marathon 	<ul style="list-style-type: none"> • Dance • Cooperatives • Cooperatives
PL-7-LPW-U-6 Students will understand that regular participation in health-related, physical activity supports the goals of fitness and a healthier	Personally Fit SPARKfit (SPARKfamily.org)		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
lifestyle throughout life.			
<p>PL-7-LPW-U-7 Students will understand that fitness principles and techniques are used to improve/maintain physical health.</p>	<p>Sample debrief question: <i>How would you describe the principle of overload to improve your muscular strength?</i></p>	<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
<p>PL-7-LPW-S-1 Students will identify moderate to vigorous physical activities that will provide for personal enjoyment and health benefits.</p>	<p>Personally Fit Activity Challenge: In the Mood to Move</p>	<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>PL-7-LPW-S-2 Students will examine and analyze the personal benefits derived from regular participation in leisure/recreational or competitive physical activities.</p>	<p>Sample debrief question: <i>What are the physical benefits of participating in physical activities? Social and emotional benefits?</i></p>	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Merengue Sweetheart Throw and Sprint Circuit 	<ul style="list-style-type: none"> • ASAP • Dance • Track
<p>PL-7-LPW-S-3 Students will evaluate the relationship between effort and skill improvement.</p>	<p>Specific Unit Self-Checks</p>	<ul style="list-style-type: none"> • Target Golf • Distance and Accuracy • Bulls-eye and Long Shot 	<ul style="list-style-type: none"> • Golf • Flying Disc • Soccer
<p>PL-7-LPW-S-4 Students will demonstrate and</p>	<p>Specific Unit Self-Checks</p>	<ul style="list-style-type: none"> • Serve, Return, Catch 	<ul style="list-style-type: none"> • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
apply the technique of practice progression to personal skill development.		<ul style="list-style-type: none"> • Volleyball Stations • Advanced Progressions 	<ul style="list-style-type: none"> • Volleyball • Stunts and Tumbling
PL-7-LPW-S-5 Students will access and describe techniques (e.g., practice, lessons, videos, drills, peer/teacher review, self-evaluation) for improving performance in games and sports.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Passing Drills • Shooting Drills • Chip and Putt Course 	<ul style="list-style-type: none"> • Hockey • Basketball • Golf
PL-7-LPW-S-6 Students will participate regularly in physical activity.	<ul style="list-style-type: none"> • Pedometer Log • Heart Rate Monitor Log • Personally Fit Activity Challenge: In the Mood to Move 	Personally Fit SPARKfit (SPARKfamily.org)	
PL-7-LPW-S-7 Students will when participating in a variety of physical activities, sports and games: <ol style="list-style-type: none"> a) Identify and apply rules of behavior and fair play (e.g., accepting authoritative decisions, assessing one’s own performance level, accepting skills and abilities of others through verbal and 	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>nonverbal actions for spectators and/or participants)</p> <p>b) Demonstrate sportsmanship, cooperation, teamwork and conflict resolution</p> <p>c) Recognize and use safety principles, rules, procedures and etiquette</p> <p>d) Describe how offensive and defensive strategies are used in games and sports; create, explore and devise strategies for games or physical activities</p>			
<p>PL-7-LPW-S-8 Students will explain the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory endurance) and how the FITT Principle (Frequency, Intensity, Type, Time) can be used to maintain and improve fitness.</p>	<p>Fitness Unit Written Test</p> <p>Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness components?</i></p>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Basic Exercise Techniques • Fitness in the Middle • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Range of Motion Circuit • Balancing Strength and Flexibility Circuit • Introduction to Yoga • Introduction to Pilates • Combining Aerobic Capacity and Flexibility • Body Composition Circuit • Body Composition BINGO • Build a Pyramid • Nutrition Team Challenge • Fruit Smoothie 	
<p>PL-7-LPW-S-9 Students will identify and assess lifetime activities (e.g., bowling, tennis, swimming, walking) that enhance the health-related fitness.</p>	<p>Personally Fit Activity Challenge: In the Mood to Move</p>	<ul style="list-style-type: none"> • Putting to Targets • Target Ball • Introduction to Yoga 	<ul style="list-style-type: none"> • Golf • Racquets and Paddles • Fitness
<p>PL-7-LPW-S-10 Students will investigate how the</p>	<p>Personally Fit SPARKfit</p>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
systems of the body affect an individual's personal fitness level.	(SPARKfamily.org)		
<p>PL-7-LPW-S-11 Students will explain the relationship of nutrition and exercise to physical fitness.</p>	<p>Fitness:</p> <ul style="list-style-type: none"> • MS Unit Written Tests • Teacher Rubrics 	<ul style="list-style-type: none"> • Body Composition Circuit • Body Composition BINGO • Build a Pyramid • Nutrition Team Challenge • Fruit Smoothie 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness

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Grade 8			
PL-8-PS-U-1 Students will understand that movement concepts, principles, strategies and tactics apply to the learning and performance of physical activities.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Introduction to Shooting • Advanced Shots • Target Ball 	<ul style="list-style-type: none"> • Basketball • Handball • Racquets and Paddles
PL-8-PS-U-2 Students will understand that motor skills need to be refined, combined and varied in the development of specialized skills (e.g., serving, catching with a glove, dribbling, punting).	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Fly Out Throw Out • Punting • Putting to Targets 	<ul style="list-style-type: none"> • Softball • Football • Golf
PL-8-PS-S-1 Students will critique transitional motor skills and patterns to make recommendations for improvement.	Specific unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Create your own Merengue Move • Create a Routine • Stunts and Tumbling Buffet 	<ul style="list-style-type: none"> • Dance • Jump Rope • Stunts and Tumbling
PL-8-PS-S-2 Students will select appropriate practice procedures to learn and master skills and movement patterns.	Specific unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Receiver Patterns • Volleyball Stations • Throw and Sprint Circuit 	<ul style="list-style-type: none"> • Football • Volleyball • Track

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>PL-8-PS-S-3 Students will analyze the principles of motor skill refinements (e.g. accuracy, technique, movement) have in skill development.</p>	<p>Dance:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Target Golf • Advanced Progressions • Bullseye and Long Shot 	<ul style="list-style-type: none"> • Golf • Stunts and Tumbling • Soccer
<p>PL-8-PS-S-4 Students will demonstrate increased competence in motor skills for individual, dual and team activities.</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Shot Put • Distance and Accuracy • Passing and Receiving 	<ul style="list-style-type: none"> • Track • Flying Disc • Football
<p>PL-8-PS-S-5 Students will explore the use of non-locomotor, locomotor and combination skills in movement sequences, patterned dances, games and other activities.</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher 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
<p>PL-8-PS-S-6 Students will refine techniques to achieve consistency in performance of fundamental manipulative skills (e.g., throwing, catching, kicking, dribbling, striking) for participation in games and activities.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Serve, Return, Catch • Shooting Drills • Collect 'Em All 	<ul style="list-style-type: none"> • Racquets and Paddles • Basketball • Soccer
<p>PL-8-PS-S-7 Students will demonstrate and explain how transitional motor skills are needed for participation in games, activities and rhythmic</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Swing Jigsaw (Lady's Turns, Gentleman's Turns) • Dribbling to Open Space 	<ul style="list-style-type: none"> • Dance • Basketball • Basketball •

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
movements (e.g., baseball, soccer, dance, golf, basketball).		<ul style="list-style-type: none"> • Pass or Dribble? 	
<p>PL-8-LPW-U-1 Students will understand that leisure/recreational or competitive physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging.</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Chip and Putt Course • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Dance • Golf • Handball
<p>PL-8-LPW-U-2 Students will understand that intrinsic values can be gained by regular participation in leisure/recreational or competitive activities.</p>	<p>Coulda Shoulda Woulda (all units)</p>	<ul style="list-style-type: none"> • Singles/Doubles Game Play • Fly Out Throw Out • Mini-Volleyball 	<ul style="list-style-type: none"> • Racquets and Paddles • Softball • Volleyball
<p>PL-8-LPW-U-3 Students will understand that techniques, strategies and practice are important for improving performance of sport skills.</p>	<p>Specific unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Sprint and Jump Circuit • Advanced Shots • Target Ball 	<ul style="list-style-type: none"> • Track • Handball • Racquets and Paddles
<p>PL-8-LPW-U-4 Students will understand that adhering to rules and procedures, etiquette, cooperation and teamwork, ethical behavior and positive social interaction impacts the effective participation in sports and physical activities.</p>	<p>Coulda Shoulda Woulda (all units)</p>	<ul style="list-style-type: none"> • Merengue Etiquette Basics • Responsibility and Routines • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Dance • The First 5 Lessons • Cooperatives
<p>PL-8-LPW-U-5</p>	<p>Personally Fit</p>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Students will understand that regular participation in health-related, physical activity supports the goals of fitness and a healthier lifestyle throughout life.	SPARKfit (SPARKfamily.org)		
PL-8-LPW-U-6 Students will understand that fitness principles and techniques are used to improve/maintain physical health.	Personally Fit SPARKfit (SPARKfamily.org)		
PL-8-LPW-S-1 Students will design and implement a personal lifetime leisure/recreational plan that includes challenging and enjoyable physical activities.	Personally Fit SPARKfit (SPARKfamily.org)		
PL-8-LPW-S-2 Students will examine and analyze the personal benefits derived from regular participation in leisure/recreational or competitive physical activities.	Personally Fit SPARKfit (SPARKfamily.org)		
PL-8-LPW-S-3 Students will develop and implement an appropriate practice plan for skill proficiency in games and sports.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Target Golf • Distance and Accuracy • Bulls-eye and Long Shot 	<ul style="list-style-type: none"> • Golf • Flying Disc • Soccer
PL-8-LPW-S-4 Students will examine the	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Serve, Return, Catch 	<ul style="list-style-type: none"> • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
relationship between and among effort, persistence, practice and improvement as they relate to skill development.		<ul style="list-style-type: none"> • Volleyball Stations • Advanced Progressions 	<ul style="list-style-type: none"> • Volleyball • Stunts and Tumbling
PL-8-LPW-S-5 Students will access and describe techniques (e.g., practice, lessons, videos, drills, peer/teacher review, self-evaluation) for improving performance in games and sports.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Passing Drills • Shooting Drills • Chip and Putt Course 	<ul style="list-style-type: none"> • Hockey • Basketball • Golf
PL-8-LPW-S-6 Students will participate regularly in physical activity.	<ul style="list-style-type: none"> • Pedometer Log • Heart Rate Monitor Log • Personally Fit Activity Challenge: In the Mood to Move 	Personally Fit SPARKfit (SPARKfamily.org)	
PL-8-LPW-S-7 Students will when participating in a variety of physical activities, sports and games: <ul style="list-style-type: none"> a) identify and apply rules of behavior and fair play (e.g., accepting authoritative decisions, assessing one's own performance level, accepting skills and abilities of others) 	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>through verbal and</p> <p>b) nonverbal actions for spectators and/or participants)</p> <p>c) demonstrate sportsmanship, cooperation, teamwork and conflict resolution</p> <p>d) identify and use safety principles, rules, procedures and etiquette</p> <p>e) describe how offensive and defensive strategies are used in games and sports</p>			
<p>PL-8-LPW-S-8 Students will conduct a self-assessment which includes the elements and of the FITT Principle (Frequency, Intensity, Type, Time) and design a fitness plan based on assessment results.</p>	<p>Personally Fit SPARKfit (SPARKfamily.org)</p>		
<p>PL-8-LPW-S-9 Students will compare and contrast lifetime activities (e.g., biking, dance, tennis, horseback riding, walking, golf) that improve or maintain the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory</p>	<p>Personally Fit Activity Challenge: In the Mood to Move</p>	<ul style="list-style-type: none"> • Putting to Targets • Target Ball • Introduction to Yoga 	<ul style="list-style-type: none"> • Golf • Racquets and Paddles • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
endurance).			
PL-8-LPW-S-10 Students will explain how the systems of the body (e.g., muscular, skeletal, nervous, respiratory, circulatory) affect an individual's personal fitness level.		Personally Fit SPARKfit (SPARKfamily.org)	
PL-8-LPW-S-11 Students will explain the relationship of nutrition and exercise to physical fitness.	Fitness: <ul style="list-style-type: none"> • MS Unit Written Tests • Teacher Rubrics 	<ul style="list-style-type: none"> • Body Composition Circuit • Body Composition BINGO • Build a Pyramid • Nutrition Team Challenge • Fruit Smoothie 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness