

## SPARK Alignment with Kentucky Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>HS Version 2011</b>			
<b>PL-H-PS-U-1</b> 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"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Big D (4-on-4 Royal Court)</li> <li>• D-Fence (5-on-5 Royal Field)</li> <li>• A Strong Slide</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Football</li> </ul>
<b>PL-H-PS-U-2</b> Students will understand that motor skills and movement patterns allow individuals to perform a variety of physical activities and to achieve a degree of success that make the activities enjoyable.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball Personal Best</li> <li>• Football Personal Best</li> <li>• Hockey Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Hockey</li> </ul>
<b>PL-H-PS-U-3</b> Students will understand that basic and advance skills and tactics need to be refined, combined and varied in the development of specialized skills.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Wicket Busters</li> <li>• Boot &amp; Bolt</li> <li>• S-P-A-C-E Out!</li> </ul>	<ul style="list-style-type: none"> <li>• World Games: Cricket</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
<b>PL-H-PS-S-1</b>	Specific Unit:	<ul style="list-style-type: none"> <li>• Badminton</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> </ul>

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Students will identify and describe the mechanical principles (e.g., force, rotation, extension, leverage) that apply to movement skills in physical activities.	<ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	Personal Best <ul style="list-style-type: none"> <li>• Dive In: Front Craw</li> <li>• Dive In: Breaststroke</li> <li>• Event: Dance Olympics</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics (online unit)</li> <li>• Aquatics (online unit)</li> <li>• Dance</li> <li>• Strength Training</li> </ul>
<b>PL-H-PS-S-2</b> Students will analyze the contribution mechanical principles have in improving movement performance.	Specific Unit Written Tests	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc: Ultimate</li> <li>• Hockey</li> <li>• Softball</li> </ul>
<b>PL-H-PS-S-3</b> Students will explain how successful performance is impacted by physical, intellectual and emotional behaviors.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton Personal Best</li> <li>• Dive In: Front Craw</li> <li>• Dive In: Breaststroke</li> <li>• Event: Dance Olympics</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Aquatics (online unit)</li> <li>• Aquatics (online unit)</li> <li>• Dance</li> <li>• Strength Training</li> </ul>
<b>PL-H-PS-S-4</b> Students will provide examples of	Specific Unit Written Tests	<ul style="list-style-type: none"> <li>• Basketball Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> </ul>

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how basic technical skills can help overcome certain physical limitations (e.g., height, muscle development).		<ul style="list-style-type: none"> <li>• Football Personal Best</li> <li>• Hockey Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> </ul>
<p><b>PL-H-PS-S-5</b> Students will explain the role the body (e.g., muscles, bones) has in the performance of skills and tactics used in sports and other physical activities.</p>	Specific Unit Written Tests	<ul style="list-style-type: none"> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• iHIIT (High Intensity Interval Training)</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Group Fitness</li> <li>• Strength Training</li> </ul>
<p><b>PL-H-PS-S-6</b> Students will recognize physical activity as an opportunity for positive social and group interaction.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK Event 101</li> <li>• Strength Training Adventure Race</li> <li>• Event: Dance Olympics</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• Strength Training</li> <li>• Dance</li> </ul>
<p><b>PL-H-PS-S-7</b> Students will evaluate how an analysis of specialized movement patterns (e.g., golf club swing, shooting a basketball) and sequence evaluation (e.g., positioning, performing, follow through) can be</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc: Ultimate</li> <li>• Hockey</li> <li>• Softball</li> </ul>

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used to detect and correct errors in performances.			
<p><b>PL-H-LPW-U-1</b> 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"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Event: Dance Olympics</li> <li>• Event: Strength in Numbers</li> <li>• SPARK Event 101</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Strength Training</li> <li>• SPARK HS PE 101</li> </ul>
<p><b>PL-H-LPW-U-2</b> Students will understand that regular participation in health-enhancing and personally rewarding physical activities has physical, emotional/mental and social benefits.</p>	<p>Personal Fitness Program Development</p>	<p>Personally Fit SPARKfit (SPARKfamily.org)</p>	
<p><b>PL-H-LPW-U-3</b> 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"> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw 101</li> <li>• Adventure Race 101</li> <li>• Game Day 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> </ul>

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	Character Ed Journaling Pages		
<p><b>PL-H-LPW-U-4</b> 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>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw 101</li> <li>• Adventure Race 101</li> <li>• Game Day 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> </ul>
<p><b>PL-H-LPW-U-5</b> Students will understand that basic components of fitness impacts lifetime physical wellness.</p>	Fitness Personal Best Assessment	<ul style="list-style-type: none"> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• iHIIT (High Intensity Interval Training)</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Group Fitness</li> <li>• Strength Training</li> </ul>
<p><b>PL-H-LPW-U-6</b> Students will understand that principles and techniques are used to improve/maintain physical fitness levels throughout life.</p>	Fitness Personal Best Assessment	<ul style="list-style-type: none"> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• iHIIT (High Intensity Interval Training)</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Group Fitness</li> <li>• Strength Training</li> </ul>

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<p><b>PL-H-LPW-U-7</b> Students will understand that an individual needs a personal plan for achieving and maintaining fitness goals.</p>	<p>Personal Fitness Program Development</p>	<p>Personally Fit SPARKfit (SPARKfamily.org)</p>	
<p><b>PL-H-LPW-S-1</b> Students will design and implement a personal lifetime leisure/recreational plan that includes challenging and enjoyable physical activities.</p>	<p>Personal Fitness Program Development</p>	<p>Personally Fit SPARKfit (SPARKfamily.org)</p>	
<p><b>PL-H-LPW-S-2</b> Students will evaluate the personal benefits derived from regular participation in leisure/recreational or competitive physical activities as it relates to the quality and quantity of life.</p>	<p>Personal Fitness Program Development</p>	<p>Personally Fit SPARKfit (SPARKfamily.org)</p>	
<p><b>PL-H-LPW-S-3</b> Students will analyze (e.g., through self-assessment) the relationship between and among effort, persistence, practice and improvement as they relate to skill development.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball Personal Best</li> <li>• Football Personal Best</li> <li>• Hockey Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Hockey</li> </ul>
<p><b>PL-H-LPW-S-4</b> Students will evaluate the impact of techniques used to improve motor skills (e.g., self-evaluation,</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc: Ultimate</li> <li>• Hockey</li> <li>• Softball</li> </ul>

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individualized coaching, feedback).	<ul style="list-style-type: none"> <li>• Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw</li> </ul>	
<p><b>PL-H-LPW-S-5</b> Students will participate regularly in physical activity.</p>	<ul style="list-style-type: none"> <li>• Pedometer Log</li> <li>• Heart Rate Monitor Log</li> <li>• Personally Fit Activity Challenge: In the Mood to Move</li> </ul>	<ul style="list-style-type: none"> <li>• HIIT Basic Training</li> <li>• Cardio Kickboxing Basic Training</li> <li>• Aerobics Basic Training</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>
<p><b>PL-H-LPW-S-6</b> Students will, when participating in a variety of physical activities, sports and games:</p> <ul style="list-style-type: none"> <li>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)</li> <li>b) analyze the value of rules, fair play, cooperation, sportsmanship, teamwork and conflict resolution</li> </ul>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> <li>• Written Tests</li> </ul>	<ul style="list-style-type: none"> <li>• Game Day 101</li> <li>• Adventure Race 101</li> <li>• SPARK Event 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> </ul>

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c) develop and compare effectiveness of game strategies for offensive and defensive play.			
<b>PL-H-LPW-S-7</b> Students will design, implement, assess and refine a personal fitness plan based on the FITT Principle (Frequency, Intensity, Type, Time).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
<b>PL-H-LPW-S-8</b> Students will compare and contrast lifetime activities (e.g., golf, tennis, walking, dance, yoga, swimming) that improve or maintain the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory endurance).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
<b>PL-H-LPW-S-9</b> Students will explain how the systems of the body (e.g., muscular, skeletal, nervous, respiratory, circulatory) respond to exercise.	Fitness Unit Written Test	<ul style="list-style-type: none"> <li>• Create Your Own ST Program</li> <li>• Personal Fitness Program Development</li> <li>• Wellness Walking Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Group Fitness</li> <li>• Wellness Walking</li> </ul>
<b>PL-H-LPW-S-10</b> Students will analyze and explain the relationships between caloric intake and caloric expenditure in	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	



<b>Standard</b>	<b>Suggested Assessments</b>	<b>Sample SPARK Activities</b>	<b>Corresponding SPARK Unit</b>
relation to body composition, nutrition and physical activity.			