

## SPARK Alignment with Louisiana Physical Education Standards Grades 9-12: High School Cluster Level

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms.</b>			
<b>1-H-1</b> Demonstrates proficiency in applying advanced skills, strategies and rules for specific activities (e.g., plays games such as racquet, field, and court sports that require advanced eye/body coordination and high levels of strategy.	Specific Unit: <ul style="list-style-type: none"> <li>• Performance Rubric</li> <li>• Self-Check</li> </ul>	<ul style="list-style-type: none"> <li>• Big D (4-on-4 Royal Court)</li> <li>• Rally &amp; Recover</li> <li>• D-Fence (5-on-5 Royal Field)</li> <li>• Run the Wickets!</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Badminton</li> <li>• Football</li> <li>• World Games: Cricket</li> </ul>
<b>1-H-2</b> Develops outdoor and lifelong leisure pursuits.	Specific Unit: <ul style="list-style-type: none"> <li>• Performance Rubric</li> <li>• Self-Check</li> </ul>	<ul style="list-style-type: none"> <li>• Dive In: FUNctional Aquatic Jigsaw</li> <li>• Star Quest</li> <li>• Waltzing Royalty Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics (online unit)</li> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> </ul>

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<b>Standard 2: Applies movement concepts and principles to the learning and development of motor skills.</b>			
<p><b>2-H-1</b> Synthesizes previously learned skills and incorporates them into dynamic physical activity settings.</p>	<p>Specific Unit Performance Rubrics</p>	<ul style="list-style-type: none"> <li>• Event: The Navigational Invitational</li> <li>• Event: Uber 'Bad' Cup (Singles and Doubles Round Robin)</li> <li>• Event: Dance Olympics</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives: Orienteering</li> <li>• Badminton</li> <li>• Dance</li> </ul>
<p><b>2-H-2</b> Identifies and applies critical elements to enable the development of movement competence/proficiency (e.g., applies biomechanical concepts and principles to analyze and improve performance of self and others).</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>

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<b>Standard 3: Exhibits a physically active lifestyle.</b>			
<b>3-H-1</b> Utilizes available community resources to promote an active lifestyle (e.g., develop strategies to deal with participation that will occur over their life span).	Personal Fitness Program Development	<ul style="list-style-type: none"> <li>• iCardio</li> <li>• Kickboxing</li> <li>• Wellness Walking</li> <li>• Personal Best</li> <li>• Walk-Jog-Run</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Wellness Walking</li> <li>• Wellness Walking</li> </ul>
<b>3-H-2</b> Participates in lifetime recreational activities specific to fitness components (e.g., rock climbing, backpacking, power walking, rollerblading, orienteering).	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> <li>• Yoga Basic Training</li> <li>• Spinning Personal Best</li> <li>• iHIIT (High Intensity Interval Training)</li> <li>• Walk-Jog-Run</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness (online unit)</li> <li>• Group Fitness</li> <li>• Wellness Walking</li> </ul>
<b>3-H-3</b> Participates regularly in physical activities that contribute to improved physical fitness and wellness.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> <li>• Aerobics Basic Training</li> <li>• Cardio Kickboxing</li> <li>• Basic Training</li> <li>• Walk-Jog-Run</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Wellness Walking</li> </ul>

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<b>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</b>			
<b>4-H-1</b> Participates in a variety of health-enhancing physical activities in both school and non-school settings.	<ul style="list-style-type: none"> <li>• Heart Rate Monitor Logs</li> <li>• Pedometer Logs</li> </ul>	<ul style="list-style-type: none"> <li>• Walk and Talk Fun-day-mentals Jigsaw</li> <li>• Cardio Kickboxing</li> <li>• iFreestyle Aerobics</li> <li>• Basic Training: FUNctional Fitness Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Walking</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Strength Training</li> </ul>
<b>4-H-2</b> Identifies and evaluates personal physiological response to exercise (e.g., monitor body responses before, during, and after exercise by checking such factors as heart rate, perceived exertion, recovery time and adequate fluid intake).	Heart Rate Monitor Logs	<ul style="list-style-type: none"> <li>• Aerobics Basic Training</li> <li>• Cardio Kickboxing Basic Training</li> <li>• Walk-Jog-Run</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Wellness Walking</li> </ul>
<b>4-H-3</b> Designs health-related fitness programs based on accurately assessed fitness profiles.	Personal Fitness Program Development  Fitness Personal Best Assessments	Personally Fit SPARKfit (SPARKfamily.org)	

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<b>Standard 5: Demonstrates responsible personal and social behavior in physical activity settings.</b>			
<p><b>5-H-1</b> Demonstrates safe and appropriate use and care of equipment and facilities (e.g., anticipated potentially dangerous situations related to physical activity).</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>• Strength Training Adventure Race</li> <li>• Game Day 101</li> <li>• Create Your Own ST Program</li> <li>• Dive In: FUNctional Aquatic Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• SPARK HS PE 101</li> <li>• Strength Training</li> <li>• Aquatics (online unit)</li> </ul>
<p><b>5-H-2</b> Identifies the inherent risks associated with physical activity in extreme environments (e.g., describe safety techniques to use to avoid dehydration, over-exertion, heat exhaustion and hypothermia during physical activity in extreme environments).</p>	<p>Walk and Talk Fun-day-mentals Jigsaw Think About...</p>	<ul style="list-style-type: none"> <li>• Orienteering Adventure Race</li> <li>• iHIIT (High Intensity Interval Training)</li> <li>• Walk-Jog-Run</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives: Orienteering</li> <li>• Group Fitness</li> <li>• Wellness Walking</li> </ul>
<p><b>5-H-3</b> Initiates and models independent and interdependent personal behaviors in physical activity settings.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training Adventure Race</li> <li>• Create Your Own ST Program</li> <li>• Hip Hop Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Strength Training</li> <li>• Dance</li> </ul>

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	Character Ed Journaling Pages		

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<b>Standard 6: Demonstrates an understanding and respect for differences among people in physical activity settings.</b>			
<b>6-H-1</b> Explores how age, gender, ethnicity, culture and economic status affects physical activity selection and participation.	Walk and Talk Fun-day-mentals Jigsaw Think About...	Personally Fit SPARKfit (SPARKfamily.org)	
<b>6-H-2</b> Develops and integrates strategies for inclusion of <b>all</b> in physical activities.	Specific Unit: <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>

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<b>Standard 7: Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.</b>			
<p><b>7-H-1</b> Participates for enjoyment in a variety of physical activities in competitive and recreational settings (e.g., identifies participation factors that contribute to enjoyment and achievement of a team).</p>	<p>Personally Fit Activity Challenge: In the Mood to Move</p>	<ul style="list-style-type: none"> <li>• iCardio</li> <li>• Kickboxing</li> <li>• Star Quest</li> <li>• Event: Dance Olympics</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> </ul>
<p><b>7-H-2</b> Identifies positive aspects of participation in several different physical and social activities with others (e.g., jogging, dancing, walking, recreational activities).</p>	<p>Walk and Talk Fun-day-mentals Jigsaw Think About...</p>	<ul style="list-style-type: none"> <li>• Walk-Jog-Run</li> <li>• The Crackerjack Classic</li> <li>• Event: The V League Classic</li> <li>• Event: Ultimate Masters (Disc Golf Tournament)</li> <li>• Waltzing Royalty Jigsaw (Mixer)</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Walking</li> <li>• Softball</li> <li>• Volleyball</li> <li>• Flying Disc: Ultimate</li> <li>• Dance</li> </ul>
<p><b>7-H-3</b> Illustrates benefits of physical education on social and emotional wellbeing (e.g., participates in physical activities to relax and relieve stress).</p>	<p>Walk and Talk Fun-day-mentals Jigsaw Think About...</p>	<ul style="list-style-type: none"> <li>• Walk and Talk</li> <li>• iYoga</li> <li>• iCardio</li> <li>• Kickboxing</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Walking</li> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>