

SPARK Alignment with Massachusetts Physical Education Standards K-2 (2008 Version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<i>Motor Skill Development</i>			
2.1 Apply movement concepts including direction, balance, level (high, low), pathway (straight, curve, zigzag), range (expansive, narrow), and force absorption (rigid, with bent knees) to extend versatility and improve physical performance.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and Creative Moves • Jump for Distance 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Jumping
2.2 Use a variety of manipulative (throwing, catching, striking), locomotor (walking, running, skipping, hopping, galloping, sliding, jumping, leaping), and non-locomotor (twisting, balancing, extending) skills as individuals and in teams.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Catching and Throwing Circuit • Pairing and Moving Together • Body Management and Balance 	<ul style="list-style-type: none"> • Catching and Throwing • Building a Foundation • Building a Foundation
2.3 Perform rhythm routines, including dancing, to demonstrate fundamental movement skills.	Dance Rubric	<ul style="list-style-type: none"> • Hawaiian Roller Coaster Ride • Alley Cat • Showtime 	<ul style="list-style-type: none"> • Dance • ASAP • Dribbling, Volleying, and Striking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<i>Fitness</i>			
2.4 Identify physical and psychological changes that result from participation in a variety of physical activities.	Debrief	<ul style="list-style-type: none"> • Fitness Introduction • Emotion Motion • Flexibility 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Building a Foundation
2.5 Explain the benefits of physical fitness to good health and increased active lifestyle.	Fitness Introduction (Wellness Integration)	<ul style="list-style-type: none"> • Individual Rope Jumping I and II • Fitness Introduction • Chasing and Fleeing 	<ul style="list-style-type: none"> • Jumping • Building a Foundation • Building a Foundation
2.6 Identify the major behaviors that contribute to wellness (exercise, nutrition, hygiene, rest, and recreation, refraining from using tobacco, alcohol, and other substances).	Parachute Rubric	<ul style="list-style-type: none"> • Emotion Motion (Wellness Integration) • Parachute Fitness (Wellness Integration) • Fitness Introduction (Wellness Integration) 	<ul style="list-style-type: none"> • ASAP • Parachute • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<i>Personal and Social Competency</i>			
2.7 Demonstrate responsible personal and social conduct used in physical activity settings.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Turning in Pairs • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games

SPARK Alignment with Massachusetts Physical Education Standards 3-5

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<i>Motor Skill Development</i>			
2.1 Apply movement concepts including direction, balance, level (high, low), pathway (straight, curve, zigzag), range (expansive, narrow), and force absorption (rigid, with bent knees) to extend versatility and improve physical performance.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Look, Learn and Leave • 4 Corners • Capture the Flag 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Aerobic Games
2.2 Use a variety of manipulative (throwing, catching, striking), locomotor (walking, running, skipping, hopping, galloping, sliding, jumping, leaping), and non-locomotor (twisting, balancing, extending) skills as individuals and in teams.	Hockey Self-Check	<ul style="list-style-type: none"> • Batting Practice • Ball-Control Drills • Dribbling Drills 	<ul style="list-style-type: none"> • Softball • Soccer • Hockey
2.3 Perform rhythm routines, including dancing, to demonstrate fundamental movement skills.	Dance Self-Check	<ul style="list-style-type: none"> • Mambo #5 • Alunelul • Cotton Eyed Joe 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<i>Fitness</i>			
2.4 Identify physical and psychological changes that result from participation in a variety of physical activities.	Fitness Circuits Think About	<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
2.5 Explain the benefits of physical fitness to good health and increased active lifestyle.	Fitness Circuits Performance Rubric	<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
2.6 Identify the major behaviors that contribute to wellness (exercise, nutrition, hygiene, rest, and recreation, refraining from using tobacco, alcohol, and other substances).	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

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<i>Personal and Social Competency</i>			
2.7 Demonstrate responsible personal and social conduct used 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

SPARK Alignment with Massachusetts Physical Education Standards 6-8

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<i>Motor Skill Development</i>			
2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Tinikling • Troika • Long Rope Jumping 	<ul style="list-style-type: none"> • Dance • Dance • Jump Rope
2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • 3 Catch with Shot • Frisbee Golf • Dodge and Pass 	<ul style="list-style-type: none"> • Basketball • Frisbee • Hockey
2.10 Perform a rhythm routine that combines traveling, rolling, balancing, and weight transfer into smooth flowing sequences with intentional changes in direction, speed, and flow.	Dance Assessment	<ul style="list-style-type: none"> • Tinikling 	<ul style="list-style-type: none"> • Dance

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<i>Fitness</i>			
2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.	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
2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fat Cell Tag • 5 Servings Tag • Heart Alert 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Aerobic Games
2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.	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

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<i>Personal and Social Competency</i>			
2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance.	Skill Checklist: Volleyball Underhand Serve (Extra Extra)	<ul style="list-style-type: none"> • Swing • Face-Off • Keep It Up, Run Around 	<ul style="list-style-type: none"> • Golf • Hockey • Volleyball
2.15 Demonstrate strategies for inclusion of all students in physical activity settings related to strength and speed.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Workout Tag • All-Run Kickball • Group Moon Ball 	<ul style="list-style-type: none"> • Aerobic Games • All-Run Games • Cooperative Games
2.16 Describe the purpose and benefits of sports, games, and dance in modern society.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Modified Full Court Games • The Virginia Reel • Speedball 	<ul style="list-style-type: none"> • Basketball • Dance • Field Games

SPARK Alignment with Massachusetts Physical Education Standards 9-12

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<i>Motor Skill Development</i>			
2.17 Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastics).	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
2.18 Demonstrate activities for warming up and cooling down before and after aerobic exercise.	Weight Room and Fitness Lab Safety Test	<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
2.19 Apply concepts about sequential motor learning and development, biomechanics, exercise physiology, and sports psychology.	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> • Return Service to Target • 5-Person Hit and Run Softball • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Softball • Racquetball

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<i>Fitness</i>			
2.20 Demonstrate exercises in strength training, cardiovascular activities, and flexibility training.	Weight Room and Fitness Lab Safety Test	<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
2.21 Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle.	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
2.22 Conduct a personally developed physical activity program.	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
2.23 Meet developmentally appropriate health-related fitness benchmarks.	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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<i>Personal and Social Competency</i>			
2.24 Identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans.	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
2.25 Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes, including a plan for life-long wellness.	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
2.26 Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity.	Weight Room and Fitness Lab Safety Test	<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
2.27 Define the functions of leadership in team sports (increasing motivation, efficiency,	Teambuilding Response Journal	<ul style="list-style-type: none"> • Two by Four Shuffle • Spider's Web 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team

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and satisfaction).		<ul style="list-style-type: none"> • Warp Speed 	<ul style="list-style-type: none"> building • Cooperatives/Team building