

## SPARK Alignment with Maryland Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008)			
<p><b>1. Exercise Physiology</b> – Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.</p>	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Fitness Introduction</li> <li>• Parachute Fitness</li> <li>• Individual Rope Jumping I and II</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Parachute</li> <li>• Jumping</li> </ul>
<p><b>2. Biomechanical Principles</b> – Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.</p>	Catching and Throwing Rubric	<ul style="list-style-type: none"> <li>• Overhand Throw for Distance</li> <li>• Kicking for Distance</li> <li>• Striking with Paddles</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> <li>• Kicking and Trapping</li> <li>• Dribbling, Volleying, and Striking</li> </ul>
<p><b>3. Social Psychological Principles</b> – Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of</p>	Parachute Rubric	<ul style="list-style-type: none"> <li>• Capture the Orb</li> <li>• Frog Crossing</li> <li>• Scoops and Balls in Groups</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Games</li> <li>• Dribbling, Volleying, and Striking</li> </ul>

<p><b>3. Social Psychological Principles</b> – Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.</p>	<p>Parachute Rubric</p>	<ul style="list-style-type: none"> <li>• Capture the Orb</li> <li>• Frog Crossing</li> <li>• Scoops and Balls in Groups</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Games</li> <li>• Dribbling, Volleying, and Striking</li> </ul>
<p><b>4. Motor Learning Principles</b> – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.</p>	<p>Building a Foundation Rubric</p>	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Movement Concepts Using Hoops</li> <li>• Body Management and Balance</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Building a Foundation</li> </ul>
<p><b>5. Physical Activity</b> – Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.</p>	<p>Building a Foundation Rubric</p>	<ul style="list-style-type: none"> <li>• Fitness Introduction</li> <li>• Fitness Introduction (SPARK It Up! And Wellness Integration)</li> <li>• Flexibility (Home Play)</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Building a Foundation</li> </ul>
<p><b>6. Skillfulness</b> – Students will demonstrate the ability to enhance their performance of a variety of</p>	<p>Balance, Stunts, and Tumbling Rubric</p>	<ul style="list-style-type: none"> <li>• Create a Routine</li> <li>• Create a Dance</li> <li>• Pairs Combining</li> </ul>	<ul style="list-style-type: none"> <li>• Balance, Stunts, and Tumbling</li> <li>• Dance</li> </ul>

## SPARK Alignment with Maryland Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>3-5</b>			
<p><b>1. Exercise Physiology</b> – Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.</p>	<ul style="list-style-type: none"> <li>• Group Fitness Think About</li> <li>• Personal Best Log</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Fitness Circuit</li> <li>• Create a Routine</li> <li>• Personal Best Day</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Circuits</li> <li>• Group Fitness</li> <li>• Personal Best Day</li> </ul>
<p><b>2. Biomechanical Principles</b> – Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.</p>	<ul style="list-style-type: none"> <li>• Softball Learning Log</li> </ul>	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Introduction to Forward Pass</li> <li>• Intro to Throw and Catch</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Football</li> <li>• Frisbee</li> </ul>
<p><b>3. Social Psychological Principles</b> – Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working</p>	<ul style="list-style-type: none"> <li>• Cooperative All-Star Self Check</li> </ul>	<ul style="list-style-type: none"> <li>• Group Juggling</li> <li>• Stepping Stones</li> <li>• Beat the Clock</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>

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effectively with others in physical activity settings.			
<b>4. Motor Learning Principles</b> – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.	<ul style="list-style-type: none"> <li>• Stunts and Tumbling Self-Check</li> </ul>	<ul style="list-style-type: none"> <li>• Look, Learn and Leave</li> <li>• 4 Corners</li> <li>• Capture the Flag</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• ASAP</li> <li>• Aerobic Games</li> </ul>
<b>5. Physical Activity</b> – Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.	<ul style="list-style-type: none"> <li>• Fitness Circuits Performance Rubric</li> <li>• Home Plays (Various Units)</li> </ul>	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> <li>• Muscular Strength and Endurance Circuit</li> <li>• Fun and Flexibility with a Friend</li> <li>• Aerobic Capacity Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Circuits</li> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Fitness Circuits</li> </ul>
<b>6. Skillfulness</b> – Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations,	<ul style="list-style-type: none"> <li>• Hockey Self-Check</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-Hockey</li> <li>• Quick-Play Mini-Football</li> <li>• Mini-Basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Football</li> <li>• Basketball</li> </ul>

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combining skills effectively in skill themes, and applying skills.			

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6-8			
<p><b>1. Exercise Physiology</b> – Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.</p>	<ul style="list-style-type: none"> <li>• Basketball Trick Skills Test (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Catch with Shot</li> <li>• Group Passing Challenges</li> <li>• 3-Catch Lead Up</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Field Games</li> <li>• Frisbee</li> </ul>
<p><b>2. Biomechanical Principles</b> – Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.</p>	<ul style="list-style-type: none"> <li>• Basketball Trick Skills Test (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Catch with Shot</li> <li>• Group Passing Challenges</li> <li>• 3-Catch Lead Up</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Field Games</li> <li>• Frisbee</li> </ul>
<p><b>3. Social Psychological Principles</b> – Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working</p>	<ul style="list-style-type: none"> <li>• Pair Share (Lesson Closure, Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Alaska Snowball</li> <li>• Houdini Hoops</li> <li>• Memory Ball</li> </ul>	<ul style="list-style-type: none"> <li>• All Run Games</li> <li>• Cooperative Games</li> <li>• Cooperative Games</li> </ul>

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<p><b>4. Motor Learning Principles</b> – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.</p>	<ul style="list-style-type: none"> <li>• 5 Person Hit and Run Softball Assessment (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Shot on Goal</li> <li>• Hurdle Practice</li> <li>• Awesome Add-On</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Track and Field</li> <li>• Aerobic Games</li> </ul>
<p><b>5. Physical Activity</b> – Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.</p>	<ul style="list-style-type: none"> <li>• Personal Best Log (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>
<p><b>6. Skillfulness</b> – Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations,</p>	<ul style="list-style-type: none"> <li>• Basketball Skills Test (Extra Extra)</li> </ul>	<ul style="list-style-type: none"> <li>• Modified Full-Court Games</li> <li>• Frisbee Speedball</li> <li>• Circle Bump and Set</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Frisbee</li> <li>• Volleyball</li> </ul>

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<b>9-12</b>			
<p><b>1. Exercise Physiology</b> – Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.</p>	<ul style="list-style-type: none"> <li>• Personal Fitness Program Evaluation</li> <li>• Weight Room and Fitness Lab Safety Test</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>
<p><b>2. Biomechanical Principles</b> – Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.</p>	<ul style="list-style-type: none"> <li>• Racquetball Skills Check-Off</li> </ul>	<ul style="list-style-type: none"> <li>• Return Service to Target</li> <li>• Skill Builder</li> <li>• Forehand and Backhand Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Basketball</li> <li>• Racquetball</li> </ul>
<p><b>3. Social Psychological Principles</b> – Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working</p>	<ul style="list-style-type: none"> <li>• Teambuilding Response Journal</li> </ul>	<ul style="list-style-type: none"> <li>• Two by Four Shuffle</li> <li>• Spider’s Web</li> <li>• Warp Speed</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> </ul>

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effectively with others in physical activity settings.			
<p><b>4. Motor Learning Principles</b> – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.</p>	<ul style="list-style-type: none"> <li>• Choreography Project</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling/Jump Bands</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling/Jump Bands</li> </ul>
<p><b>5. Physical Activity</b> – Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.</p>	<ul style="list-style-type: none"> <li>• Personal Fitness Program Evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• 5, 6, 7, 8</li> <li>• Pilates/Yoga</li> <li>• Troika</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Pilates/Yoga</li> <li>• Dance</li> </ul>
<p><b>6. Skillfulness</b> – Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations,</p>	<ul style="list-style-type: none"> <li>• 5-Person Hit and Run Softball Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Return Service to Target</li> <li>• 5-Person Hit and Run Softball</li> <li>• Forehand and Backhand</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Softball</li> <li>• Racquetball</li> </ul>

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combining skills effectively in skill themes, and applying skills.		Techniques	