

SPARK Alignment with Maine Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Version)			
PHYSICAL FITNESS: Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Flexibility • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Parachute
MOTOR SKILLS: Students will develop motor skills and apply these to enhance their movement and physical performance.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Movement Concepts Using Hoops • Body Management and Balance 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
PERSONAL AND SOCIAL INTERACTIONS: The student will demonstrate responsible personal and social behaviors in physical activity settings.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Grouping and Moving Together • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Building a Foundation • Games

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3-5			
<p>PHYSICAL FITNESS: Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.</p>	<ul style="list-style-type: none"> • Fitness Circuits Performance Rubric • Home Plays (Various Units) 	<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
<p>MOTOR SKILLS: Students will develop motor skills and apply these to enhance their movement and physical performance.</p>	<ul style="list-style-type: none"> • Stunts and Tumbling Self-Check 	<ul style="list-style-type: none"> • Look, Learn and Leave • 4 Corners • Partner Throw and Catch 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Softball
<p>PERSONAL AND SOCIAL INTERACTIONS: The student will demonstrate responsible personal and social behaviors in physical activity settings.</p>	<ul style="list-style-type: none"> • 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

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6-8			
PHYSICAL FITNESS: Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.	<ul style="list-style-type: none"> • 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
MOTOR SKILLS: Students will develop motor skills and apply these to enhance their movement and physical performance.	<ul style="list-style-type: none"> • 5 Person Hit and Run Softball Assessment (Extra Extra) 	<ul style="list-style-type: none"> • Shot on Goal • Hurdle Practice • Awesome Add-On 	<ul style="list-style-type: none"> • Hockey • Track and Field • Aerobic Games
PERSONAL AND SOCIAL INTERACTIONS: The student will demonstrate responsible personal and social behaviors in physical activity settings.	<ul style="list-style-type: none"> • Pair Share (Lesson Closure, Extra Extra) 	<ul style="list-style-type: none"> • Alaska Snowball • Houdini Hoops • Memory Ball 	<ul style="list-style-type: none"> • All Run Games • Cooperative Games • Cooperative Games

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9-12			
PHYSICAL FITNESS: Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.	<ul style="list-style-type: none"> • Personal Fitness Program Evaluation • 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
MOTOR SKILLS: Students will develop motor skills and apply these to enhance their movement and physical performance.	<ul style="list-style-type: none"> • 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
PERSONAL AND SOCIAL INTERACTIONS: The student will demonstrate responsible personal and social behaviors in physical activity settings.	<ul style="list-style-type: none"> • Teambuilding Response Journal 	<ul style="list-style-type: none"> • Two by Four Shuffle • Spider's Web • Warp Speed 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building