

SPARK Alignment with Michigan Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Edition)			
Content Standard 1: A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, Directions • Body Management and Balance • Animal Balancing Act 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
Content Standard 2: A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Scarf Exploration 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives
Content Standard 3: A physically educated person participates regularly in lifelong physical activity.	Games Rubric	<ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities
Content Standard 4: A physically educated person achieves and maintains a health-enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness • Individual Rope 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Jumping

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<p>Content Standard 5: A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	Parachute Rubric	<p>Jumping I and II</p> <ul style="list-style-type: none"> • Capture the Orb • Long Rope Jumping I and II • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games
<p>Content Standard 6: A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Showtime 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Manipulatives

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3-5 (2007 Edition)			
Content Standard 1: A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	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
Content Standard 2: A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> • Survivor Challenge • Cooperative Countdown • Aerobic Bowling 	<ul style="list-style-type: none"> • Fitness Challenges • Volleyball • Aerobic Games
Content Standard 3: A physically educated person participates regularly in lifelong physical activity.	Walk/Jog/Run Think About	<ul style="list-style-type: none"> • Moving Around the Track • Inside/Outside Walk/Jog • Partner Walk/Jog and Talk 	<ul style="list-style-type: none"> • Map Challenges • Walk/Jog/Run • Walk/Jog/Run
Content Standard 4: A physically educated person achieves and maintains a health-enhancing	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges

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level of physical fitness.		<ul style="list-style-type: none"> • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness Circuits
Content Standard 5: A physically educated person exhibits responsible personal and social behavior that respects self and others 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
Content Standard 6: A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me 	<ul style="list-style-type: none"> • Hockey • Fitness Challenges • Cooperatives

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6-8 (2001 Edition)			
Content Standard 1: A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Basketball Trick Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Pass and Shoot • Putting to Targets • Target Frisbee 	<ul style="list-style-type: none"> • Basketball • Golf • Frisbee
Content Standard 2: A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Modified Full-Court Games • Frisbee Speedball • Circle Bump and Set 	<ul style="list-style-type: none"> • Basketball • Frisbee • Volleyball
Content Standard 3: A physically educated person participates regularly in lifelong physical activity.	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
Content Standard 4: A physically educated person achieves and maintains a health-enhancing level of physical fitness.	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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<p>Content Standard 5: A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p>Dance Assessment (Extra Extra)</p>	<ul style="list-style-type: none"> • Straddleball • Red River Valley • Ultimate Frisbee 	<ul style="list-style-type: none"> • Cooperative Games • Dance • Frisbee
<p>Content Standard 6: A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	<p>Pair Share (Lesson Closure, Extra Extra)</p>	<ul style="list-style-type: none"> • Houdini Hoops • Bodyguards • Double Dutch Jumping 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Jump Rope

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9-12 (2007 Edition)			
Content Standard 1: A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	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
Content Standard 2: A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands
Content Standard 3: A physically educated person participates regularly in lifelong physical activity.	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
Content Standard 4: A physically educated person achieves and maintains a health-enhancing	Jump Rope Routine Score Sheet	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance 	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance

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level of physical fitness.			
Content Standard 5: A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings.	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
Content Standard 6: A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Everybody Up • Gordian Knot • Trolleys 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building