

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate progress toward the functional form of locomotor and nonlocomotor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Basic Body Positions • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
Students will demonstrate progress toward the functional form of manipulative skills	Manipulatives Rubric	<ul style="list-style-type: none"> • Clean Your Room • Switcheroo • Line Boogie 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing • Manipulatives
Students will demonstrate progress towards rhythmical patterns and movements (e.g., creative)	Dance Rubric	<ul style="list-style-type: none"> • Tempos and Creative Moves • Seven Jumps • Monkey See, Monkey Do 	<ul style="list-style-type: none"> • Building a Foundation • Dance • ASAP
Students will demonstrate progress towards control in weight-bearing and balancing activities on a variety	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Static Balances • Dynamic Balances • Body 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
of body parts		Management and Balance	<ul style="list-style-type: none"> Tumbling Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will identify fundamental movement patterns	Building a Foundation Rubric	<ul style="list-style-type: none"> General Space and Creative Moves Locomotor Skills, Levels, and Directions Locomotor Grab Bag 	<ul style="list-style-type: none"> Building a Foundation Building a Foundation ASAP
Students will establish a beginning movement vocabulary (e.g., start, stop, personal space, high/low levels, fast/slow speeds, Light/heavy weights, balance, twist).	Building a Foundation Rubric	<ul style="list-style-type: none"> Locomotor Skills, Levels, and Directions Pathways and Creative Moves Tempos and Creative Moves 	<ul style="list-style-type: none"> Building a Foundation Building a Foundation Building a Foundation
Students will apply appropriate concept to performance (e.g., change direction while running).	Building a Foundation Rubric	<ul style="list-style-type: none"> Movement Concepts Using Hoops 	<ul style="list-style-type: none"> Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Students will identify various body parts and their location	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Basic Body Positions • Body Management and Balance • Beanbag Balances 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Balance, Stunts, and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will engage in moderate to vigorous physical activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • 4 Corners • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
Students will participate in activities that require some physical exertion.	Games Rubric	<ul style="list-style-type: none"> • Locomotor Grab Bag • Fitness Introduction • Crazy Cones 	<ul style="list-style-type: none"> • ASAP • Building a Foundation • Games
Students will participate in physical activity that is good for one's health.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Partner Tag • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Jumping

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will sustain moderate to vigorous physical activity for short periods of time	Building a Foundation Rubric	<ul style="list-style-type: none"> • Seven Jumps • Color Tag • Chasing and Fleeing 	<ul style="list-style-type: none"> • Dance • Games • Building a Foundation
Students will identify how the body feels during different kinds of physical activity	Games Rubric	<ul style="list-style-type: none"> • Emotion Motion • The Hokey Pokey • Scarf Exploration 	<ul style="list-style-type: none"> • ASAP • Dance • Manipulatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will apply, with teacher reinforcement, classroom rules and procedures and safe practices.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • Parachute Introduction • Stunts Orientation 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Balance, Stunts, and Tumbling
Students will apply with teacher reinforcement, respect for individuals, property, and equipment	Parachute Rubric	<ul style="list-style-type: none"> • Shark Attack • Space Mountain • Partner Stunts 	<ul style="list-style-type: none"> • Parachute • Parachute • Balance, Stunts, and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will try new movement and activity skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Showtime • Dribbling Introduction • Scoops and Balls Introduction 	<ul style="list-style-type: none"> • Parachute • Dribbling, Volleying, and Striking • Catching and Throwing
Students will participate in a variety of physical activities.	Games Rubric	<ul style="list-style-type: none"> • Parachute Fitness • Switcheroo! • Keep It Up 	<ul style="list-style-type: none"> • Parachute • Recess Activities • Dribbling, Volleying, and Striking
Students will associate positive feelings with participation in physical activity.	Games Rubric	<ul style="list-style-type: none"> • Cookie Monster Tag • Emotion Motion • Popcorn 	<ul style="list-style-type: none"> • Games • ASAP • Parachute
Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	Games Rubric	<ul style="list-style-type: none"> • Frog Crossing • Parachute Switcheroo • Superhero's Cape 	<ul style="list-style-type: none"> • Games • Parachute • Parachute

SPARK Alignment with Minnesota Physical Education Standards
K-2 (Version 2008)
Grade 1

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate functional form of locomotor and nonlocomotor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Basic Body Positions • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
Students will travel and change directions quickly in response to a signal.	Building a Foundation Rubric	<ul style="list-style-type: none"> • I Want a Home • Airplanes • Roadway 	<ul style="list-style-type: none"> • ASAP • ASAP • ASAP
Students will demonstrate functional form of manipulative skills.	Manipulatives Rubric Catching and Throwing Rubric	<ul style="list-style-type: none"> • Catching and Throwing Circuit • Scarf Juggling Lead-Up • Manipulatives Circuit 	<ul style="list-style-type: none"> • Catching and Throwing • Manipulatives • Manipulatives
Students will travel in relationship to objects (e.g., over, under, behind, and through).	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Movement Concepts <ul style="list-style-type: none"> • Pathways and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation
Students will perform simple rhythmical patterns (e.g., scattered, circle, partner).	Dance Rubric	<ul style="list-style-type: none"> • The Mexican Hat Dance • Seven Jumps • Hawaiian Roller Coaster Ride 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will increase the movement vocabulary (e.g., pathways–curved, zigzag; levels high, medium, low).	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pathways and Creative Moves • Locomotor Skills, Levels, and Directions • Movement Concepts Using Hoops 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Students will identify the basic functions of bones and muscles.	Sample debrief question: <i>What jobs do muscles and bones perform?</i>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) 	Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Students will apply appropriate movement concept to performance.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pathways and Creative Moves • Locomotor Skills, Levels, and Directions • Movement Concepts Using Hoops 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will participate in regularly scheduled physical activities in a variety of settings.	Games Rubric	<ul style="list-style-type: none"> • Oxygen Boogie • Chasing and Fleeing • Rock, Paper, Scissors Tag 	<ul style="list-style-type: none"> • Games • Building a Foundation • Recess Activities
Students will practice the components of health-related fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction (SPARK It Up!) • Flexibility • Twist and Turn/Bend and Stretch 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives
Students will engage in moderate to vigorous physical activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Chasing and Fleeing 	<ul style="list-style-type: none"> • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • High-Five Tag • Crazy Cones 	<ul style="list-style-type: none"> • ASAP • Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will identify how the body feels during different kinds of physical activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Tempos and Creative Moves • Emotion Motion • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Building a Foundation
Students will sustain moderate to vigorous physical activity for short periods of time.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK 	<ul style="list-style-type: none"> • Games • Building a Foundation • ASAP
Students will recognize the components of health-related fitness.	Fitness Introduction Debrief	<ul style="list-style-type: none"> • Sugar and Fat Tag • Cookie Monster Tag • Fruits and Veggies Tag • Flexibility • Fitness Introduction 	<ul style="list-style-type: none"> • Games • Games • ASAP • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will apply with teacher reinforcement, classroom rules, procedures, and safe practices.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • Parachute Introduction • Stunts Orientation 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Balance, Stunts, and Tumbling
Students will share space and equipment with others.	Games Rubric Recess Rubric	<ul style="list-style-type: none"> • Line Boogie • Keep It Up • Superhero's Cape 	<ul style="list-style-type: none"> • Manipulatives • Dribbling, Volleying, and Striking • Parachute
Students will use equipment safely and responsibly.	Games Rubric Recess Rubric	<ul style="list-style-type: none"> • Parachute Introduction • Manipulatives Circuit • Striking with Paddles 	<ul style="list-style-type: none"> • Parachute • Manipulatives • Dribbling, Volleying, and Striking
Students will stop activity immediately at the signal to do so.	Games Rubric Parachute Rubric	<ul style="list-style-type: none"> • Dead Bugs • Popcorn • General Space and Creative Moves 	<ul style="list-style-type: none"> • ASAP • Parachute • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will interact positively with others regardless of personal differences.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pairing and Moving Together • Grouping and Moving Together • Frogs Across the Pond 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Students will recognize opportunities to be physically active at school, home, or in the community.	Sample debrief question: <i>Name some activities that make your heart beat faster that you can do outside of school.</i>	<ul style="list-style-type: none"> • Fitness Introduction • 2-Square • Wallball 	<ul style="list-style-type: none"> • Building a Foundation • Recess Activities • Recess Activities
Students will associate positive feelings with participation in physical activity.	Games Rubric	<ul style="list-style-type: none"> • Cookie Monster Tag • Emotion Motion • Popcorn 	<ul style="list-style-type: none"> • Games • ASAP • Parachute
Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	Games Rubric	<ul style="list-style-type: none"> • Houdini Hoops • Changing Places • Line Boogie 	<ul style="list-style-type: none"> • Games • Parachute • Manipulatives

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate skills of chasing, fleeing, and dodging in a variety of situations.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Cat and Mice • Chasing and Fleeing • High-five Tag 	<ul style="list-style-type: none"> • Recess Activities • Building a Foundation • ASAP
Students will demonstrate progress toward mature locomotor and non-locomotor skills in a variety of settings.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Basic Body Positions • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
Students will demonstrate progress toward a mature form in manipulative skills.	Manipulatives Rubric Catching and Throwing Rubric	<ul style="list-style-type: none"> • Catching and Throwing Circuit • Scarf Juggling Lead-Up • Manipulatives Circuit 	<ul style="list-style-type: none"> • Catching and Throwing • Manipulatives • Manipulatives
Students will demonstrate a variety of rhythmical patterns.	Dance Rubric	<ul style="list-style-type: none"> • Tarantella • Mayonesa • Hawaiian Roller 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Coaster Ride	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will demonstrate motor patterns in simple combinations.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Stunts Add-On • Showtime • Showtime 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling • Dance
Students will apply movement concepts to a variety of basic skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Toys Alive! 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Students will follow cues to improve performance.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Volleying and Striking Introduction • Scoops and Balls Introduction • Kicking for Accuracy 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Catching and Throwing • Kicking and Trapping
Students will use feedback to	Create a Dance Rubric	<ul style="list-style-type: none"> • Stunts Circuit 	<ul style="list-style-type: none"> • Balance, Stunts, and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
improve performance.		<ul style="list-style-type: none"> • Create a Dance • Animal Balancing Act 	Tumbling <ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling
Students will identify at least one activity related to the components of health-related fitness.	Fitness Introduction Debrief	<ul style="list-style-type: none"> • Sugar and Fat Tag • Cookie Monster Tag • Fruits and Veggies Tag • Flexibility • Fitness Introduction 	<ul style="list-style-type: none"> • Games • Games • ASAP • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will experience and express pleasure from participation in physical activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Tempos and Creative Moves • Emotion Motion • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Building a Foundation
Students will engage in moderate to vigorous physical activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Oxygen Boogie • Chasing and Fleeing • The Good Ship SPARK 	<ul style="list-style-type: none"> • Games • Building a Foundation • ASAP

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Students will identify and participate in at least one activity related to the components of health-related fitness.	Fitness Introduction Debrief	<ul style="list-style-type: none"> • Sugar and Fat Tag • Cookie Monster Tag • Fruits and Veggies Tag • Flexibility • Fitness Introduction 	<ul style="list-style-type: none"> • Games • Games • ASAP • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will engage in sustained physical activity that causes an increased heart rate and heavy breathing.	Games Rubric	<ul style="list-style-type: none"> • Crazy Cones • Cookie Monster Tag • Fitness Introduction 	<ul style="list-style-type: none"> • Games • Games • Building a Foundation
Students will recognize the physiological indicators that accompany moderate to vigorous physical activity (e.g., sweating, increased heart rate, heavy breathing).	Sample debrief question: <i>What happens to your heart when you exercise?</i>	<ul style="list-style-type: none"> • Locomotor Grab Bag • Fitness Introduction • Crazy Cones 	<ul style="list-style-type: none"> • ASAP • Building a Foundation • Games
Students will progress in their ability to participate in moderate physical activities.	Building a Foundation Rubric	Fitness Introduction (SPARK It Up!)	Building a Foundation
Students will participate in physical	Building a Foundation	<ul style="list-style-type: none"> • Sugar and Fat Tag 	<ul style="list-style-type: none"> • Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activities that reflect the components of health-related fitness.	Rubric	<ul style="list-style-type: none"> • Cookie Monster Tag • Fruits and Veggies Tag • Flexibility • Fitness Introduction 	<ul style="list-style-type: none"> • Games • ASAP • Building a Foundation • Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will apply rules, procedures and safe practices with few reminders.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • Parachute Introduction • Stunts Orientation 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Balance, Stunts, and Tumbling
Students will work cooperatively with a partner or small group to complete a task.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pairing and Moving Together • Grouping and Moving Together • Frogs Across the Pond 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Students will practice conflict resolution skills.	Recess Rubric	<ul style="list-style-type: none"> • 2-Square • Marbles • Switcheroo! 	<ul style="list-style-type: none"> • Recess Activities • Recess Activities • Recess Activities

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will gain competence to provide enjoyment of movement.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Body Management and Balance • Dribbling, Volleying, and Striking Circuit • Scarf Juggling Lead-up 	<ul style="list-style-type: none"> • Building a Foundation • Dribbling, Volleying, and Striking • Manipulatives
Students will try new skills and games for challenge.	Games Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch Challenges • Triangle Passing and 3-Player Kick and Score • Houdini Hoops 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Games
Students will enjoy interaction with friends through physical activity.	Games Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Changing Places • Long Rope Turning in Pairs 	<ul style="list-style-type: none"> • Catching and Throwing • Parachute • Jumping
Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	Games Rubric	<ul style="list-style-type: none"> • Pairing and Moving Together • Grouping and Moving Together • Frogs Across the Pond 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP

SPARK Alignment with Minnesota Physical Education Standards
3-6 (Version 2007)
Grade 3

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate mature form in all locomotor and nonlocomotor skills.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Perimeter Move • Movement Band Circuit • Stroke and Catch 	<ul style="list-style-type: none"> • ASAP • Movement Bands • Racquets and Paddles
Students will demonstrate an understanding the elements of dance.	Dance Performance Rubric	<ul style="list-style-type: none"> • 5-6-7-8 • California Strut • Jekyll Island Stomp 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Students will demonstrate dynamic and static balance in a variety of activities.	Stunts and Tumbling Performance Rubric	<ul style="list-style-type: none"> • Look, Learn, and Leave • Stunts and Tumbling Circuit • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
Students will develop manipulative skills in game situations.	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • 3-Catch Game • Keep Away (2-on-1) • Quidditch 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Aerobic Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will learn to focus on important cues and adjust movement to specific situations.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Soccer Group Challenge • Grid Passing • 9 Grid Basketball 	<ul style="list-style-type: none"> • Soccer • Football • Basketball
Students will use feedback to improve performance.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Batting Practice • Stroke and Catch • Group Trick Circuit 	<ul style="list-style-type: none"> • Softball • Racquets and Paddles • Movement Bands
Students will identify major bones and muscles.	Sample debrief question: <i>What muscles are you working with each specific exercise?</i>	<ul style="list-style-type: none"> • Fitness Grids • Flexibility Circuit • Fitness in the Middle 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges
Students will recognize the fitness components.	Sample debrief question: <i>What are the components of health-related fitness?</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will identify opportunities to be physically active outside of the school setting.	Sample debrief question: <i>What are some activities that are available for fitness throughout your lifetime?</i>	<ul style="list-style-type: none"> • Wallball • Bench Step Basics • Introduction to Badminton 	<ul style="list-style-type: none"> • Recess Activities • Group Fitness • Racquets and Paddles
Students will experience and express pleasure from daily participation in physical activity.	Map Challenges Mileage Chart	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Walk/Jog Switcheroo 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Walk, Jog, Run Activities

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will participate in moderate to vigorous physical activity.	Map Challenges Mileage Chart	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge • Walk/Jog Switcheroo 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Walk, Jog, Run Activities
Students will identify the physiological indicators that accompany moderate to vigorous activity.	Sample debrief question: <i>What was your heart rate before you started the activity? What was your heart rate during the activity? What was your heart rate two minutes after the activity? Five minutes after?</i>	<ul style="list-style-type: none"> • Aerobic Dance • Walk/Jog Switcheroo • Moving for Time 	<ul style="list-style-type: none"> • Group Fitness • Walk, Jog, Run Activities • Map Challenges
Students will identify personal (fitness-component) strengths and weaknesses using a National Fitness Test.	Sample debrief question: <i>Compare your fitness scores to the scores in the 'Healthy Fitness Zone'. How could you improve a score</i>	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>that fell short of the 'Healthy Fitness Zone'?</i>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will apply rules, procedures, etiquette, and safe practices with little or no reinforcement.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Mini-Hockey • Mini-Basketball • Mini-Soccer 	<ul style="list-style-type: none"> • Hockey • Basketball • Soccer
Students will work cooperatively with a partner or small group.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Survivor Challenge • Roll the Dice • Soccer Group Challenge 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Soccer
Students will apply conflict resolution skills with little or no reinforcement.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Cooperative Volleyball • Create A Dance • Group Trick Add-On 	<ul style="list-style-type: none"> • Volleyball • Dance • Movement Bands

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will experience enjoyment while participating in physical activity.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Aerobic Dance • Sport Moves Aerobics • Bench Step Basics 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Students will accept the feelings resulting from challenges, successes, and failures in physical activity.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Soccer Group Challenge • Group Jump Rope Challenge • Survivor Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope • Fitness Challenges
Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Cooperation and Trust • 4 Zone Football • 5-Player Kickball 	<ul style="list-style-type: none"> • First 5 Lessons • Football • Aerobic Games
Students will interact appropriately with peers while participating in group activities.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Cooperative Volleyball • Create A Dance • Group Trick Add-On 	<ul style="list-style-type: none"> • Volleyball • Dance • Movement Bands

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Grade 4

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate a mature form in all locomotor patterns and selective manipulative and nonlocomotor skills.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Perimeter Move • Movement Band Circuit • Stroke and Catch 	<ul style="list-style-type: none"> • ASAP • Movement Bands • Racquets and Paddles
Students will adapt a skill to the demands of a dynamic, unpredictable environment.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Mini-Hockey • Mini-Basketball • Mini-Soccer 	<ul style="list-style-type: none"> • Hockey • Basketball • Soccer
Students will acquire beginning skills of a few specialized movement forms (e.g., lead-up skills).	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Bench Step Basics • Introduction to Badminton 	<ul style="list-style-type: none"> • Group Fitness • Racquets and Paddles
Students will combine movement skills in applied settings.	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • 9 Grid Basketball • 4 Zone Football • 5-Player Kickball 	<ul style="list-style-type: none"> • Basketball • Football • Aerobic Games
Students will create a dance sequence and refine it into a repeatable pattern.	Create a Dance Rubric	<ul style="list-style-type: none"> • Create A Dance • Create A Routine • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Movement Bands • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will apply critical elements to improve personal performance in fundamental and selected specialized motorized motor skills.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Dribbling Drills • Batting Practice • Look, Learn, and Leave 	<ul style="list-style-type: none"> • Basketball • Softball • Stunts and Tumbling
Students will use critical elements of fundamental and specialized movement skills to provide feedback to others.	Specific Unit Peer Coach Rubrics	<ul style="list-style-type: none"> • Partner Throw and Catch • Fun and Flexibility with a Friend • Group Jump Rope Challenge 	<ul style="list-style-type: none"> • Softball • Fitness Challenges • Jump Rope
Students will identify the fitness components. (e.g. health related and skill related)	Sample debrief question: <i>What are the components of health-related fitness?</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits • Group Fitness
Students will understand that appropriate practice improves performance.	Sample debrief question: <i>What are some things you can do in practice that will help you improve your skill?</i>	<ul style="list-style-type: none"> • Dribbling Drills • Batting Practice • Look, Learn, and Leave 	<ul style="list-style-type: none"> • Basketball • Softball • Stunts and Tumbling
Students will recognize strategies that improve movement	Sample debrief Question:	<ul style="list-style-type: none"> • Partner Basketball Activity Challenge 	<ul style="list-style-type: none"> • Basketball • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
performance (e.g., angle of throw, spin).	<i>What tip can you give your partner if they are having trouble throwing their ball with sufficient force to reach their target?</i>	<ul style="list-style-type: none"> • Partner Throw and Catch • Hoop-To-Hoop 	<ul style="list-style-type: none"> • Frisbee

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will select and participate regularly in physical activities for the purpose of improving skill and health.	Sample debrief question: <i>What are some activities that you enjoy that improve skill and fitness?</i>	<ul style="list-style-type: none"> • Wallball • Bench Step Basics • Introduction to Badminton 	<ul style="list-style-type: none"> • Recess Activities • Group Fitness • Racquets and Paddles
Students will identify the benefits derived from physical activity.	Sample debrief question: <i>What are some benefits of participating in fitness activities throughout your lifetime?</i>	<ul style="list-style-type: none"> • Wallball • Bench Step Basics • Introduction to Badminton 	<ul style="list-style-type: none"> • Recess Activities • Group Fitness • Racquets and Paddles
Students will identify and participate in several moderate to vigorous activities that provide personal pleasure.	Sample debrief question: <i>What are some activities that improve</i>	<ul style="list-style-type: none"> • Aerobic Dance • Muscular Strength and Endurance • Fitness Grids 	<ul style="list-style-type: none"> • Group Fitness • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>muscular strength?</i> <i>Aerobic capacity?</i>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will identify and participate in several activities related to each component of physical fitness.	Fitness Challenges Self-Check	<ul style="list-style-type: none"> • Body Composition Circuit • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits • Group Fitness
Students will associate results of fitness testing to personal health status and ability to perform various activities	Sample debrief question: <i>Compare your fitness scores to the scores in the 'Healthy Fitness Zone'. How could you improve a score that fell short of the 'Healthy Fitness Zone'?</i>	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits
Students will meet the health-related fitness standards as defined by a National Fitness Test.	Personal Best Day: My Personal Best Progress and Goals Card	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> Mixed Fitness Circuit 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will follow, with few reminders, activity specific rules, procedures and etiquette.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> Mini-Hockey Mini-Basketball Mini-Soccer 	<ul style="list-style-type: none"> Hockey Basketball Soccer
Students will utilize safety principles in activity situations.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> Survivor Challenge Roll the Dice Soccer Group Challenge 	<ul style="list-style-type: none"> Fitness Challenges Fitness Circuits Soccer
Students will work cooperatively and productively with a partner or small group resulting in good sportsmanship.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> Cooperative Volleyball Create A Dance Group Trick Add-On 	<ul style="list-style-type: none"> Volleyball Dance Movement Bands
Students will work independently and on-task for short periods of time.	Specific Unit Self-Checks	<ul style="list-style-type: none"> Solo Aerobic Fitness Challenge Basketball Skills Stations Learning the Stunts 	<ul style="list-style-type: none"> Fitness Challenges Basketball Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will experience enjoyment while participating in physical activity.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Aerobic Dance • Sport Moves Aerobics • Bench Step Basics 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Students will practice activities to increase skill competence.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Dribbling Drills • Batting Practice • Look, Learn, and Leave 	<ul style="list-style-type: none"> • Basketball • Softball • Stunts and Tumbling
Students will interact appropriately with peers while participating in group activities.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Cooperative Volleyball • Create A Dance • Group Trick Add-On 	<ul style="list-style-type: none"> • Volleyball • Dance • Movement Bands
Students will use physical activity as a means of self-expression.	Create a Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Create a Routine 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Movement Bands
Students will demonstrate the acceptance of other skills and abilities.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Soccer Group Challenge • Group Jump Rope Challenge • Survivor Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope • Fitness Challenges

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Grade 5

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will manipulate objects with accuracy and speed.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Group Juggling • Grid Passing • Paddle 2-Square 	<ul style="list-style-type: none"> • Cooperative Games • Football • Racquets and Paddles
Students will develop specialized movement skills (e.g., juggling, jump rope).	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Movement Band Circuit • Jump Rope Add-On • Group Trick Circuit 	<ul style="list-style-type: none"> • Movement Bands • Jump Rope • Movement Bands
Students will demonstrate beginning strategies for games and activities.	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • Mini-Basketball • Mini-Volleyball • Raiders of the Ark 	<ul style="list-style-type: none"> • Basketball • Volleyball • Aerobic Games
Students will perform sequences of rhythmic movement with a beginning, middle, and end.	Dance Performance Rubric	<ul style="list-style-type: none"> • Hot Time • Virginia Reel 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will use fundamental strategies in modified sports-related games.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Mini-Soccer • Quidditch • Mini-Hockey 	<ul style="list-style-type: none"> • Soccer • Aerobic Games • Hockey
Students will identify and apply the functions of bone and muscles to performance.	Sample debrief question: <i>What muscles are you working with each specific exercise?</i>	<ul style="list-style-type: none"> • Fitness Grids • Flexibility Circuit • Fitness in the Middle 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges
Students will describe the fitness components.	Sample debrief question: <i>What are the components of health-related fitness?</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will select and participate regularly in physical activities for the purpose of improving skill and health.	Sample debrief question: <i>What are some activities that you enjoy that improve skill and fitness?</i>	<ul style="list-style-type: none"> • Wallball • Bench Step Basics • Introduction to Badminton 	<ul style="list-style-type: none"> • Recess Activities • Group Fitness • Racquets and Paddles
Students will identify the benefits derived from physical activity.	Sample debrief question: <i>What are some benefits of participating in fitness activities throughout your lifetime?</i>	<ul style="list-style-type: none"> • Wallball • Bench Step Basics • Introduction to Badminton 	<ul style="list-style-type: none"> • Recess Activities • Group Fitness • Racquets and Paddles
Students will participate in moderate to vigorous physical activity.	Sample debrief question: <i>What are some activities that improve muscular strength? Aerobic capacity?</i>	<ul style="list-style-type: none"> • Aerobic Dance • Muscular Strength and Endurance • Fitness Grids 	<ul style="list-style-type: none"> • Group Fitness • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will assess personal fitness based on valid, reliable fitness test.	Personal Best Day: My Personal Best Progress and Goals Card	<ul style="list-style-type: none"> • Personal Best Day • Mixed Fitness Circuit • Fitness Grids 	<ul style="list-style-type: none"> • Personal Best Day • Fitness Circuits • Fitness Circuits
Students will set goals to improve or maintain personal fitness.	Sample debrief question: <i>Give an example of a short-term fitness goal. A long-term goal? How would you select goals appropriate for you?</i>	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits
Students will identify and choose activities and work to improve personal fitness level.	Sample debrief question: <i>Compare your fitness scores to the scores in the 'Healthy Fitness Zone'. How could you improve a score that fell short of the 'Healthy Fitness Zone'?</i>	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits
Students will participate in moderate to vigorous activity in a variety of settings.	<ul style="list-style-type: none"> • Walk/Jog/Run Performance Rubric 	<ul style="list-style-type: none"> • Moving Around the Track • Solo Aerobic Fitness Challenge 	<ul style="list-style-type: none"> • Map Challenges • Fitness Challenges • Walk, Jog, Run

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"> Map Challenges Mileage Chart 	<ul style="list-style-type: none"> Walk/Jog Switcheroo 	Activities
Students will meet the health-related fitness standards as defined by a national fitness test.	Personal Best Day: My Personal Best Progress and Goals Card	<ul style="list-style-type: none"> Personal Best Day Mixed Fitness Circuit Fitness Grids 	<ul style="list-style-type: none"> Personal Best Day Fitness Circuits Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will remain on-task in a group activity without close teacher monitoring.	Cooperatives Performance Rubric	<ul style="list-style-type: none"> Survivor Challenge Sport Moves Aerobics Bench Step Basics 	<ul style="list-style-type: none"> Fitness Challenges Group Fitness Group Fitness
Students will complete teacher directed attempts at skill work independently.	Specific Unit Self-Checks	<ul style="list-style-type: none"> Solo Aerobic Fitness Challenge Basketball Skills Stations Learning the Stunts 	<ul style="list-style-type: none"> Fitness Challenges Basketball Stunts and Tumbling
Students will utilize safety principles in activity situations.	Chasing and Fleeing Performance Rubric	<ul style="list-style-type: none"> Stunts and Tumbling Circuit Defense! Batting Practice Hospital Tag 	<ul style="list-style-type: none"> Stunts and Tumbling Hockey Softball Chasing and Fleeing

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Students will choose a partner that he or she can work with productively.	Cooperatives Self-Check	<ul style="list-style-type: none"> • Partner Muscular Strength and Endurance • Fun and Flexibility with a Friend • Partner Switcheroo Stunt Hunt 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Challenges • Stunts and Tumbling
Students will use time wisely when given the opportunity to practice and improve performance.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge • Basketball Skills Stations • Learning the Stunts 	<ul style="list-style-type: none"> • Fitness Challenges • Basketball • Stunts and Tumbling
Students will identify responsible decisions about using time, applying rules, and following through with the decisions resulting in good sportsmanship.	Cooperatives Self-Check	<ul style="list-style-type: none"> • Cooperative Volleyball • Create A Dance • Group Trick Add-On 	<ul style="list-style-type: none"> • Volleyball • Dance • Movement Bands

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will identify opportunities to be physically active at home, school, and in the community.	Specific Unit Home Plays	<ul style="list-style-type: none"> • Aerobic Dance • Frisbee Golf • Bench Step Basics 	<ul style="list-style-type: none"> • Group Fitness • Flying Disc • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Students will celebrate personal and or peer successes and achievements.	Personal Best Day: My Personal Best Progress and Goals Card	<ul style="list-style-type: none"> • Personal Best Day • Mixed Fitness Circuit • Fitness Grids 	<ul style="list-style-type: none"> • Personal Best Day • Fitness Circuits • Fitness Circuits
Students will design games, gymnastics, and dance sequences that are personally interesting.	Create a Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Create a Routine 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Movement Bands
Students will demonstrate the acceptance of others skills and abilities.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Cooperative Volleyball • Create A Dance • Group Trick Add-On 	<ul style="list-style-type: none"> • Volleyball • Dance • Movement Bands
Students will recognize physical activity as a positive opportunity for social and group interaction and communication.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Soccer Group Challenge • Group Jump Rope Challenge • Survivor Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope • Fitness Challenges

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Grade 6

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate mature form for all loco-motor and non-loco-motor manipulative skills.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Creating Combinations • Target Golf • Extreme Rally 	<ul style="list-style-type: none"> • Stunts and Tumbling • Golf • Racquets and Paddles
Students will demonstrate increasing competence in more specialized skills.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Introduction to Pilates • Shot Put • Introduction to Yoga 	<ul style="list-style-type: none"> • Fitness • Track • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will identify principles of practice and conditioning that enhances performance.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubrics • Written Tests 	<ul style="list-style-type: none"> • Throw and Sprint Circuit • Advanced Shots Circuit • Passing Drills 	<ul style="list-style-type: none"> • Track • Handball • Hockey
Students will identify personal or peerage appropriate information feedback for performance improvement.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Volleyball Stations • Distance and Accuracy • Stunts and Tumbling Buffet 	<ul style="list-style-type: none"> • Volleyball • Flying Disc • Stunts and Tumbling
Students will identify basic offensive and defensive strategies in non-complex settings	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Zone and Person Defense • Zone and Player-to-Player Defenses 	<ul style="list-style-type: none"> • Basketball • Flying Disc • Soccer
Students will introduce the basic concepts of cardiovascular fitness (e.g. F.I.T.T.).	<i>Create A Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 • Create a Routine 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		(Aerobic Capacity)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will identify opportunities in the school and community for regular participation in physical activity.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Introduction to Yoga • Introduction to Pilates • Disc Golf • Target Golf 	<ul style="list-style-type: none"> • Fitness • Fitness • Flying Disc • Golf
Students will participate daily in some form of health-enhancing physical activity.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Personally Fit • SPARK fit 	Sparkfamily.org
Students will investigate personal interests and capabilities in regard to one's exercise behavior.	Personally Fit SPARKfit (SPARKfamily.org)		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will participate in moderate to vigorous activity in a variety of settings.		Personally Fit SPARKfit (SPARKfamily.org)	
Students will introduce the basics of the F.I.T.T. principles in a variety of activities.		Personally Fit SPARKfit (SPARKfamily.org)	
Students will begin to develop a strategy for the improvement of selected fitness components.		Personally Fit SPARKfit (SPARKfamily.org)	
Students will meet health-related fitness standards as defined by a valid and reliable test.		Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will apply rules, procedures and etiquette, which exhibit good sportsmanship.	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Swing Jigsaw (Lady's Turns, Gentleman's Turns) • Singles/Doubles Game Play • Disc Golf 	<ul style="list-style-type: none"> • Dance • Handball • Flying Disc
Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check • Peer Coach 	<ul style="list-style-type: none"> • Mini-Soccer • Mini-Hockey • 3-on-3 Basketball 	<ul style="list-style-type: none"> • Soccer • Hockey • Basketball
Students will work in a group to achieve goals in cooperative and competitive activities.	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Radioactive River • Boulder Runner • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Students will utilize time effectively to complete assigned tasks.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Creating Combinations • Hip Hop Basic Moves Jigsaw • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Dance • Jump Rope
Students will demonstrate personal responsibility by accepting consequences of personal behavior.	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines 	<ul style="list-style-type: none"> • The First 5 Lessons

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will recognize physical activity as a positive opportunity for social and group interaction and communication.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Cross the Great Divide • Radioactive River • Karrimor International Mountain Marathon 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Students will enjoy participation in physical activities.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Students will seek personally challenging experiences in physically active opportunities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check 	<ul style="list-style-type: none"> • Advanced Progressions • Create a Hip Hop Routine • Stability Ball and Medicine Ball 	<ul style="list-style-type: none"> • Stunts and Tumbling • Dance • Fitness
Students will demonstrate enjoyment from participation in physical activities.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Students will communicate feelings towards others in a socially	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Team Events • Final Cooperative 	<ul style="list-style-type: none"> • All Skill Units • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
acceptable manner.		Adventure Race • Indiana Jones	• Cooperatives

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Grade 7

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate beginning strategies for net and invasion games.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Singles/Doubles Game Play • Extreme Rally • Zone Defense 	<ul style="list-style-type: none"> • Racquets and Paddles • Racquets and Paddles • Hockey
Students will adapt and combine skills to meet the demands of increasingly complex situations of selected movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Sepak Takraw • Advanced Progressions • Creating Combinations 	<ul style="list-style-type: none"> • World Games • Stunts and Tumbling • Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will recognize general characteristics of movement that can be applied to specific settings.	Sample debrief question: <i>How do you apply rotation principles when performing a cartwheel? Throwing a disc?</i>	<ul style="list-style-type: none"> • Advanced Progressions • Shot Put • Disc Throwing Stations 	<ul style="list-style-type: none"> • Stunts and Tumbling • Track • Flying Disc
Students will identify the characteristics of higher skilled performance in a few movement forms.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Written Test • Self-Check • Peer Coach 	<ul style="list-style-type: none"> • Advanced Progressions • Create a Hip Hop Routine • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Dance • Jump Rope
Students will demonstrate discipline specific knowledge.	Specific Unit: <ul style="list-style-type: none"> • Written Test 	<ul style="list-style-type: none"> • 7v7 Modified Softball • Modified Cricket • Volley Tennis 	<ul style="list-style-type: none"> • Softball • World Games • Volleyball
Students will apply principles of practice and conditioning that enhances performance.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubrics • Written Tests 	<ul style="list-style-type: none"> • Throw and Sprint Circuit • Advanced Shots Circuit • Passing Drills 	<ul style="list-style-type: none"> • Track • Handball • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will identify critical aspects of a healthy lifestyle.	Personally Fit SPARKfit (SPARKfamily.org)		
Students will establish personal physical activity goals.	Personally Fit SPARKfit (SPARKfamily.org)		
Students will participate daily in some form of health-enhancing physical activity.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will participate in moderate to vigorous activity in a variety of settings.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Students will meet health related fitness standards as defined by a reliable and valid fitness test.	Personally Fit SPARKfit (SPARKfamily.org)		
Students will begin to develop personal fitness goals independently.	Personally Fit SPARKfit (SPARKfamily.org)		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will follow appropriate rules, procedures and etiquette that are safe and effective for specific activity situations.	<ul style="list-style-type: none"> • Cooperatives Self-Check • Cooperatives Performance Rubric 	<ul style="list-style-type: none"> • Responsibility and Routines • Team Events • Merengue Etiquette Basics 	<ul style="list-style-type: none"> • The First 5 Lessons • All Skill Units • Dance
Students will work in a group to achieve group goals in cooperative and competitive settings.	<ul style="list-style-type: none"> • Cooperatives Self-Check • Cooperatives Performance Rubric 	<ul style="list-style-type: none"> • Indiana Jones • Corridor Challenge • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Handball
Students will demonstrate personal responsibility by accepting the consequences of personal behavior.	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines 	<ul style="list-style-type: none"> • The First 5 Lessons

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will enjoy participation in physical activities.	Sample debrief question: <i>What are the physical benefits of participating in physical activities?</i> <i>Social and emotional benefits?</i>	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Merengue Sweetheart • Problem-Solver Adventure Race 	<ul style="list-style-type: none"> • ASAP • Dance • Cooperatives
Students will recognize the importance of physical activity as a tool for displaying socially acceptable behavior.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Cross the Great Divide • Radioactive River • Karrimor International Mountain Marathon 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Students will recognize the social benefits of participation in a variety of physical activities.	Cooperatives: <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Swing Jigsaw (Lady's Turns, Gentleman's Turns) • Singles/Doubles Game Play • Disc Golf 	<ul style="list-style-type: none"> • Dance • Handball • Flying Disc
Students will communicate feelings towards others in a socially acceptable manner.	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Team Events • Final Cooperative Adventure Race • Indiana Jones 	<ul style="list-style-type: none"> • All Skill Units • Cooperatives • Cooperatives

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate competence in modified versions of a variety of movement forms.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Modified Cricket • Mini-Soccer • Mini-Hockey • 7v7 Modified Softball 	<ul style="list-style-type: none"> • World Games • Soccer • Hockey • Softball
Students will demonstrate competence in modified versions of a variety of individual, dual or team activities.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Extreme Rally • Durango Boot • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Racquets and Paddles • Flying Disc • Handball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will identify critical elements of more advanced movement skills and game strategies.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Written Test • Self-Check • Peer Coach 	<ul style="list-style-type: none"> • Advanced Progressions • Advanced Shots Circuit • Zone and Player-to-Player Defenses 	<ul style="list-style-type: none"> • Stunts and Tumbling • Handball • Soccer
Students will apply more discipline specific knowledge.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubrics 	<ul style="list-style-type: none"> • Sepak Takraw • Modified Cricket • 3-on-3 Basketball 	<ul style="list-style-type: none"> • World Games • World Games • Basketball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will participate daily in some form of health enhancing physical activity.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Students will explore a variety of new physical activities for personal interest in and outside of the physical education class.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Students will describe and	Personally Fit		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
document the relationship between a healthy lifestyle and “feeling good” through the use of a fit-folio.	SPARKfit (SPARKfamily.org)		
Students will participate in new and challenging lifelong activities.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> Advanced Shots Extreme Rally Disc Golf 	<ul style="list-style-type: none"> Handball Racquets and Paddles Flying Disc

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will participate in moderate to vigorous activity in a variety of settings.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Students will maintain the basics of the “F.I.T.T.” principles in a variety of activities.	<i>Create A Routine (Fitness Aerobic Capacity)</i>	<ul style="list-style-type: none"> Aerobic Capacity Circuit Stability Ball and Medicine Ball Workout Introduction to Yoga Body Composition Circuit 	<ul style="list-style-type: none"> Fitness Fitness Fitness
Students will assess physiological indicators of exercise during and	Heart Rate Monitor Log	<ul style="list-style-type: none"> Aerobic Capacity Circuit 	<ul style="list-style-type: none"> Fitness Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
after physical activity.		<ul style="list-style-type: none"> • Rev up the Bomba Poco Loco • Heart Rate Highway 	<ul style="list-style-type: none"> • Fitness
Students will meet health related fitness standards as defined by a reliable and valid fitness test.	Personally Fit SPARKfit (SPARKfamily.org)		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will demonstrate personal responsibility by accepting the consequences of personal behavior.	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines • 	<ul style="list-style-type: none"> • The First 5 Lessons •
Students will work in a group to achieve goals in cooperative and competitive activities.	<ul style="list-style-type: none"> • Cooperatives Self-Check • Cooperatives Performance Rubric 	<ul style="list-style-type: none"> • Indiana Jones • Corridor Challenge • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Handball
Students will solve problems by analyzing causes and potential solutions.	<ul style="list-style-type: none"> • Cooperatives Self-Check • Cooperatives Performance Rubric 	<ul style="list-style-type: none"> • Adventure Racing 101 • Poker Adventure Race • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Students will identify the influence of peer pressure on physical	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Nutrition Team Challenge 	<ul style="list-style-type: none"> • Fitness • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activity.		<ul style="list-style-type: none"> Final Cooperative Adventure Race Event: Let the Games Begin! 	<ul style="list-style-type: none"> Track

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will enjoy participation in physical activities.	Sample debrief question: <i>What are the physical benefits of participating in physical activities?</i> <i>Social and emotional benefits?</i>	<ul style="list-style-type: none"> Fun and Fitness Circuit Merengue Sweetheart Problem-Solver Adventure Race 	<ul style="list-style-type: none"> ASAP Dance Cooperatives
Students will recognize the importance of physical activity as a tool for displaying socially acceptable behaviors.	Cooperatives: <ul style="list-style-type: none"> Peer Coach Self Check Teacher Rubrics 	<ul style="list-style-type: none"> Cross the Great Divide Radioactive River Karrimor International Mountain Marathon 	<ul style="list-style-type: none"> Cooperatives Cooperatives Cooperatives
Students will recognize physical	<ul style="list-style-type: none"> <i>Create A Routine</i> 	<ul style="list-style-type: none"> Creating 	<ul style="list-style-type: none"> Stunts and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activity as a vehicle for self-expression.	<i>(Fitness Aerobic Capacity)</i>	Combinations <ul style="list-style-type: none"> • Hip Hop Basic Moves Jigsaw • Create a Routine 	Tumbling <ul style="list-style-type: none"> • Dance • Jump Rope
Students will communicate feelings towards others in a socially acceptable manner.	Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Team Events • Final Cooperative Adventure Race • Indiana Jones 	<ul style="list-style-type: none"> • All Skill Units • Cooperatives • Cooperatives

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
<p>Students will demonstrate competence (basic skills, strategies, and rules) in an increasing number of more complex versions of at least three of the following different types of movement forms: aquatics, team sports, individual and dual sorts, outdoor pursuits, self-defense, dance, gymnastics.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Performance Rubric • Self-Check 	<ul style="list-style-type: none"> • Dive In: FUNctional Aquatic Jigsaw • Big D (4-on-4 Royal Court) • Rally & Recover • Star Quest • Waltzing Royalty Jigsaw 	<ul style="list-style-type: none"> • Aquatics (online unit) • Basketball • Badminton • Cooperatives: Orienteering • Dance
<p>Students will document their competence in two or more types of movement forms, such as playing a team sport using all the skills and strategies, demonstrating proficiency in a variety of swimming strokes or creating and demonstrating a gymnastics routine.</p>	<ul style="list-style-type: none"> • Create Your Strength Training Program Log • Specific Unit: <ul style="list-style-type: none"> ○ Jigsaw Notes ○ Self-Check 	<ul style="list-style-type: none"> • D-Fence (5-on-5 Royal Field) • Aquatics Personal Best • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) 	<ul style="list-style-type: none"> • Football • Aquatics (online unit) • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will assess the movement skills of self and others.	Specific Unit: <ul style="list-style-type: none"> • Jigsaw Notes • Self-Check 	<ul style="list-style-type: none"> • Event: Dance Olympics • Event: Strength in Numbers • Orienteering Personal Best 	<ul style="list-style-type: none"> • Dance • Strength Training • Cooperatives: Orienteering
Students will analyze basic offensive and defensive strategies in games and sports.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Win the Point (Singles Royal Court) 	<ul style="list-style-type: none"> • Basketball • Football • Badminton
Students will identify the characteristics of highly skilled performance in a few movement forms.	Specific Unit: <ul style="list-style-type: none"> • Written Tests • Personal Best Assessments 	<ul style="list-style-type: none"> • Event: Dance Olympics • Fun-day-mentals Jigsaw • Cricket Personal Best 	<ul style="list-style-type: none"> • Dance • Flying Disc: Ultimate • World Games: Cricket
Students will identify and apply critical elements to enable the development of movement competence/proficiency.	Specific Unit: <ul style="list-style-type: none"> • Jigsaw Notes • Personal Best Assessments 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • iYoga • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Dance • Group Fitness • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will participate regularly in health enhancing and personally rewarding physical activity in multiple settings.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Students will seek and select physical activities from a variety of movement forms based on personal interest, meaning and fulfillment.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Students will develop and conduct a personal physical activity program meeting their needs.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will participate in a variety of health-enhancing physical activities.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • iCardio • Kickboxing • Wellness Walking • Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Walk-Jog-Run 	
Students will use principles of training for the purpose of modifying levels of fitness.	Personal Fitness Program Development	<ul style="list-style-type: none"> • Create Your Own ST Program • Personal Fitness Program Development 	<ul style="list-style-type: none"> • Strength Training • Group Fitness •
Students will assess personal health-related fitness program based on an accurately assessed fitness profile.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> • Fitness Personal Best 	<ul style="list-style-type: none"> • Strength Training
Students will meet or show progress towards health-related fitness standards such as <i>Fitnessgram</i> or another standardized health-related assessment.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> • Create Your Own ST Program • Personal Fitness Program Development 	<ul style="list-style-type: none"> • Strength Training • Group Fitness •

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will apply safe practices, rules, procedures, and etiquette in all physical activity settings.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda 	<ul style="list-style-type: none"> • Strength Training Adventure Race • Game Day 101 • Waltzing Royalty Jigsaw (Mixer) 	<ul style="list-style-type: none"> • Strength Training • SPARK HS PE 101 • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Character Ed Journaling Pages		
Students will act independently of peer pressure.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Adventure Race 101 • Game Day 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101
Students will resolve conflicts in appropriate ways.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101
Students will keep the importance of winning and losing in perspective.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, 	<ul style="list-style-type: none"> • Game Day 101 • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Win the Point 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Basketball • Football • Badminton

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Woulda Character Ed Journaling Pages	(Singles Royal Court)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will enjoy participation in a variety of activities in competitive and recreational settings.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Rally & Recover • Event: Ultimate Masters (Disc Golf Tournament) • Orienteering Adventure Race 	<ul style="list-style-type: none"> • Badminton • Flying Disc: Ultimate • Cooperatives: Orienteering
Students will pursue new activities both alone and with others.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • iHIIT (High Intensity Interval Training) • Create Your Own ST Program 	<ul style="list-style-type: none"> • Group Fitness • Strength Training
Students will enjoy working with others in a sport activity to achieve a common goal.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, 	<ul style="list-style-type: none"> • The Crackerjack Classic • Event: The V League Classic • The Navigational 	<ul style="list-style-type: none"> • Softball • Volleyball • Cooperatives: Orienteering

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Shoulda, Woulda Character Ed Journaling Pages	Invitational	
Students will recognize that physical activity can provide a positive personal social environment for activities with others.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Walk and Talk • Star Quest • Event: Dance Olympics 	<ul style="list-style-type: none"> • Wellness Walking • Cooperatives: Orienteering • Dance

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)			
Students will demonstrate advanced competence in more than one activity.	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Volleyball Personal Best • Hockey Personal Best • Football Personal Best 	<ul style="list-style-type: none"> • Volleyball • Hockey • Football
Students will recognize that physical activity can provide a positive personal social environment for activities with others.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Walk and Talk • Star Quest • Event: Dance Olympics 	<ul style="list-style-type: none"> • Wellness Walking • Cooperatives: Orienteering • Dance
Students will demonstrate competence in modified versions of a variety of individual, dual and/or	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Flying Disc Personal Best • Basketball 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Basketball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
team sports.		<ul style="list-style-type: none"> Personal Best Badminton Personal Best 	<ul style="list-style-type: none"> Badminton

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)			
Students will know and understand pertinent scientifically based information regarding movement performance.	Specific Unit: <ul style="list-style-type: none"> Written Tests Jigsaw Notes 	<ul style="list-style-type: none"> iYoga Spinning Personal Best SPARK Fitness Instructor Certification/ Studio Showdown 	<ul style="list-style-type: none"> Group Fitness Group Fitness (online unit) Group Fitness
Students will independently apply advanced movement-specific information.	Basic Training: FUNctional Fitness Jigsaw Notes Self-Check	<ul style="list-style-type: none"> Basic Training: FUNctional Fitness Jigsaw Create Your Own ST Program iFreestyle Aerobics 	<ul style="list-style-type: none"> Strength Training Strength Training Group Fitness
Students will integrate discipline-specific knowledge to enable the independent learning movement skills.	Create Your Own Game Task Cards	<ul style="list-style-type: none"> Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) 	<ul style="list-style-type: none"> Softball Strength Training Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Create Your Own ST Program • Hip Hop Jigsaw 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity. (Physical Activity)			
Students will have the skills, knowledge, interest, and desire to independently maintain an active lifestyle throughout life.	Fitness Written Test		Personally Fit SPARKfit (SPARKfamily.org)
Students will understand how activity participation patterns are likely to change throughout life and have some strategies to deal with those changes.	Walk and Talk Fun-day-mentals Jigsaw Think About...		Personally Fit SPARKfit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Achieves and maintains a health-enhancing level of fitness.			
Students will demonstrate the skill, knowledge, and desire to monitor and adjust activity levels to meet personal fitness needs.	<ul style="list-style-type: none"> • Heart Rate Monitor Logs • Pedometer Logs 		Personally Fit SPARKfit (SPARKfamily.org)
Students will participate regularly in health-enhancing fitness activities.	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)
Students will design and implement a personal health related fitness program based on accurately assessed fitness profile.	Personal Fitness Program Development		Personally Fit SPARKfit (SPARKfamily.org)
Students will meet or show progress towards the health-related fitness standards of <i>Fitnessgram</i> or other standardized health-related assessment.	Fitness Personal Best Assessment		Personally Fit SPARKfit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)			
Students will initiate independent and responsible behavior in physical activity settings.	Specific Unit: <ul style="list-style-type: none"> • Self-Check 	<ul style="list-style-type: none"> • Basketball Personal Best • Football Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
Students will accept the responsibility for taking a leadership role and willingly follow as appropriate in order to accomplish goals.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • SPARK Event 101 • Strength Training Adventure Race • Event: Dance Olympics 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Strength Training • Dance
Students will anticipate potentially dangerous consequences and outcomes of participation in physical activity.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling 	<ul style="list-style-type: none"> • Create Your Own ST Program • iHIIT (High Intensity Interval Training) • Dive In: FUNctional Aquatic Jigsaw 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Aquatics (online unit)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Students will develop strategies to avoid potential inappropriate behaviors during physical activities.</p>	<p>Pages</p> <p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • SPARK Event 101 • SPARK Game Day 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)			
Students will enjoy regular participation in physical activity.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • iCardio • Kickboxing • Wellness Walking • Personal Best • Walk-Jog-Run 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Wellness Walking
Students will recognize that physical activity can provide opportunities for positive social interaction.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Walk and Talk • Star Quest • Event: Dance Olympics 	<ul style="list-style-type: none"> • Wellness Walking • Cooperatives: Orienteering • Dance
Students will enjoy learning new activities.	<ul style="list-style-type: none"> • Specific Unit Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Hip Hop Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Dance • Volleyball • Softball
Students will recognize the positive feelings that result from physical activity participation alone and with others.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, 	<ul style="list-style-type: none"> • Walk and Talk • Star Quest • Event: Dance Olympics 	<ul style="list-style-type: none"> • Wellness Walking • Cooperatives: Orienteering • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Shoulda, Woulda Character Ed Journaling Pages		