

SPARK Alignment with Mississippi Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Version)			
Demonstrate locomotor skills in a developmentally appropriate form.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pairing and Moving Together • 4 Corners 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
Applies movement concepts and principles to the learning and development of motor skills.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Overhand Throw for Distance • Kicking for Accuracy • Striking with Paddles 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Dribbling, Volleying, and Striking
Exhibits a physically active lifestyle.	Games Rubric	<ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities
Achieves and maintains a health enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Jumping

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Demonstrates responsible personal and social behavior in physical activity.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Jumping I and II • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games
Demonstrates understanding and respect for differences among people in physical activity settings.	Jumping Rubric	<ul style="list-style-type: none"> • Rope Turning in Pairs • Houdini Hoops • The Mexican Hat Dance 	<ul style="list-style-type: none"> • Jumping • Games • Dance
Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, social interactions, and sports participation.	Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Showtime 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Manipulatives

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3-5			
Demonstrate locomotor skills in a developmentally appropriate form.	Hockey Self-Check	<ul style="list-style-type: none"> • Batting Practice • Ball-Control Drills • Dribbling Drills 	<ul style="list-style-type: none"> • Softball • Soccer • Hockey
Applies movement concepts and principles to the learning and development of motor skills.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> • Survivor Challenge • Cooperative Countdown • Aerobic Bowling 	<ul style="list-style-type: none"> • Fitness Challenges • Volleyball • Aerobic Games
Exhibits a physically active lifestyle.	Walk/Jog/Run Think About	<ul style="list-style-type: none"> • Moving Around the Track • Inside/Outside Walk/Jog • Partner Walk/Jog and Talk 	<ul style="list-style-type: none"> • Map Challenges • Walk/Jog/Run • Walk/Jog/Run
Achieves and maintains a health enhancing level of physical fitness.	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits

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		<ul style="list-style-type: none"> • Aerobic Capacity Circuit 	
Demonstrates responsible personal and social behavior in physical activity.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Demonstrates understanding and respect for differences among people in physical activity settings.	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me! 	<ul style="list-style-type: none"> • Hockey • Fitness Challenges • Cooperatives and Initiatives
Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, social interactions, and sports participation.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Solo Aerobic Fitness • Jump the Circuit (Individual Tricks) • Moving Around the Track 	<ul style="list-style-type: none"> • Fitness Challenges • Jump Rope • Map Challenges

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6-8			
Demonstrate locomotor skills in a developmentally appropriate form.	Basketball Trick Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Pass and Shoot • Putting to Targets • Target Frisbee 	<ul style="list-style-type: none"> • Basketball • Golf • Frisbee
Applies movement concepts and principles to the learning and development of motor skills.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Modified Full-Court Games • Frisbee Speedball • Circle Bump and Set 	<ul style="list-style-type: none"> • Basketball • Frisbee • Volleyball
Exhibits a physically active lifestyle.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California
Achieves and maintains a health enhancing level of physical fitness.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
Demonstrates responsible personal and social behavior in physical activity.	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Straddleball • Red River Valley • Ultimate Frisbee 	<ul style="list-style-type: none"> • Cooperative Games • Dance • Frisbee
Demonstrates understanding and	Pair Share (Lesson	<ul style="list-style-type: none"> • Houdini Hoops 	<ul style="list-style-type: none"> • Cooperative Games

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respect for differences among people in physical activity settings.	Closure, Extra Extra)	<ul style="list-style-type: none"> • Bodyguards • Double Dutch Jumping 	<ul style="list-style-type: none"> • Cooperative Games • Jump Rope
Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, social interactions, and sports participation.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California

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9-12			
Demonstrate locomotor skills in a developmentally appropriate form.	Dance Assessment	<ul style="list-style-type: none"> • 5, 6, 7, 8 • Pilates/Yoga • Troika 	<ul style="list-style-type: none"> • Dance • Pilates/Yoga • Dance
Applies movement concepts and principles to the learning and development of motor skills.	Racquetball Skills Check-Off	<ul style="list-style-type: none"> • Return Service to Target • Skill Builder • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Basketball • Racquetball
Exhibits a physically active lifestyle.	Weight Room and Fitness Lab Safety Test	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program
Achieves and maintains a health enhancing level of physical fitness.	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program
Demonstrates responsible personal and social behavior in physical activity.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Two by Four Shuffle • Spider's Web 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team

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		<ul style="list-style-type: none"> • Warp Speed 	<ul style="list-style-type: none"> building • Cooperatives/Team building
Demonstrates understanding and respect for differences among people in physical activity settings.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Hula Hoop Pass • 2 Group Human Ladder • Minefield 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building
Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, social interactions, and sports participation.	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands
Applies rules, strategies, techniques, and safety measures in a variety of psychomotor activities.	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> • Return Service to Target • 5-Person Hit and Run Softball • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Softball • Racquetball