

## SPARK Alignment with Missouri Physical Education Standards K-2 (2008 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Physical Activity and Lifetime Wellness</b>			
Personal Fitness and Healthy Active Living	Fitness Introduction (Wellness Integration)	<ul style="list-style-type: none"> <li>• Individual Rope Jumping I and II</li> <li>• Fitness Introduction</li> <li>• Parachute Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping</li> <li>• Building a Foundation</li> <li>• Parachute</li> </ul>
Responsible Personal and Social Behavior in the Physical Activity Setting	Parachute Rubric	<ul style="list-style-type: none"> <li>• Capture the Orb</li> <li>• Long Rope Turning in Pairs</li> <li>• Frog Crossing</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Jumping</li> <li>• Games</li> </ul>
Injury Prevention, Treatment and Rehabilitation	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Orientation and Personal Space</li> <li>• General Space and Creative Moves</li> <li>• Stunts Introduction</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Balance, Stunts, and Tumbling</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Efficiency of Human Movement and Performance</b>			
Fundamental Movement Skills and Games	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Direction</li> <li>• Body Management and Balance</li> <li>• Chasing and Fleeing</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Building a Foundation</li> </ul>
Sport Skills and Lifetime Activities	Catching and Throwing Rubric	<ul style="list-style-type: none"> <li>• Partner Throw and Catch Challenges</li> <li>• Soccer Golf</li> <li>• Volleying and Striking Introduction</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping for Joy</li> <li>• Kicking and Trapping</li> <li>• Dribbling, Volleying, and Striking</li> </ul>
Rhythms and Dance	Dance Rubric	<ul style="list-style-type: none"> <li>• Hawaiian Roller Coaster Ride</li> <li>• Alley Cat</li> <li>• Chinese Ribbon Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• ASAP</li> <li>• Manipulatives</li> </ul>

## SPARK Alignment with Missouri Physical Education Standards 3-5 (2007 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Activity and Lifetime Wellness			
Personal Fitness and Healthy Active Living	Fitness Circuits Think About	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Flexibility Circuit</li> <li>• Body Composition BINGO</li> <li>• Number Run</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Walk/Jog/Run</li> </ul>
Responsible Personal and Social Behavior in the Physical Activity Setting	Cooperative All-Star Self Check	<ul style="list-style-type: none"> <li>• Group Juggling</li> <li>• Stepping Stones</li> <li>• Beat the Clock</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
Injury Prevention, Treatment and Rehabilitation	Chasing and Fleeing Self-Check	<ul style="list-style-type: none"> <li>• 4-Corner Scramble</li> <li>• Addition Tag</li> <li>• Designated Driver</li> </ul>	<ul style="list-style-type: none"> <li>• Recess Activities</li> <li>• Chasing and Fleeing</li> <li>• Cooperatives</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Efficiency of Human Movement and Performance</b>			
Fundamental Movement Skills and Games	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> <li>• Look, Learn and Leave</li> <li>• 4 Corners</li> <li>• Capture the Flag</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• ASAP</li> <li>• Aerobic Games</li> </ul>
Sport Skills and Lifetime Activities	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> <li>• Sport Moves Aerobics</li> <li>• Mini-Basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Basketball</li> </ul>
Rhythms and Dance	Dance Self-Check	<ul style="list-style-type: none"> <li>• Mambo #5</li> <li>• Achy Breaky Heart</li> <li>• Bench Step Basics</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Group Fitness</li> </ul>

**SPARK Alignment with Missouri Physical Education Standards  
(MS Version 2011)  
Grade 6**

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Personal Fitness and Healthy Active Living</b>			
Identify activities that develop skill-related fitness.	Sample debrief question: <i>What are some activities that are effective in improving skill-related fitness?</i>	<ul style="list-style-type: none"> <li>• Introduction to Yoga</li> <li>• Hip Hop Basic Moves Jigsaw</li> <li>• Fun and Fitness Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Dance</li> <li>• ASAP</li> </ul>
Interpret personal health-related fitness assessments and determine which fitness components need improvement (e.g., pedometers, heart rate monitors, pulse sticks).	<ul style="list-style-type: none"> <li>• <i>Create A Routine (Fitness Aerobic Capacity)</i> <i>Extension: Heart Rate Monitors</i></li> <li>• Heart Rate Monitor Log</li> </ul>	Personally Fit SPARKfit (SPARKfamily.org)	
Evaluate decision-making behaviors as they affect wellness.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
Describe target heart rate as it relates to cardio respiratory endurance.	Sample debrief question: <i>How can you use your knowledge of target heart rate to improve</i>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Aerobic Capacity Circuit</li> <li>• Heart Rate Highway</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>your cardio respiratory endurance?</i>	<ul style="list-style-type: none"> <li>• Daytona 2000</li> <li>• Create a Routine (Aerobic Capacity)</li> </ul>	
Explain how the muscular system and skeletal system work together to move the body.	Sample debrief question: <i>How do your bones and muscles work together to move your body?</i>	<ul style="list-style-type: none"> <li>• Basic Exercise Techniques</li> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Explain how the circulatory system and respiratory system respond to physical activity.	Sample debrief question: <i>What changes occur in your respiratory and circulatory systems when you engage in physical activity?</i>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Aerobic Capacity Circuit</li> <li>• Heart Rate Highway</li> <li>• Daytona 2000</li> <li>• Create a Routine (Aerobic Capacity)</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Responsible Personal and Social Behavior in the Physical Activity Setting</b>			
<p>Explain how rules, safety and etiquette are important concepts in a physical activity setting.</p>	<p>Sample debrief question: <i>Why do we have activity and safety rules?</i></p>	<ul style="list-style-type: none"> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Swing Etiquette and Basics</li> <li>• Advanced Progressions</li> <li>• Singles/Doubles Game Play</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Dance</li> <li>• Stunts and Tumbling</li> <li>• Racquets and Paddles</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Injury Prevention, Treatment and Rehabilitation</b>			
Identify and describe reasons for using proper warm-up, cool-down, stretching, and appropriate attire in a physical activity setting.	Sample debrief question: <i>What should be included in a proper warm-up? What should be included in a proper cool-down?</i>	<ul style="list-style-type: none"> <li>• Individual Warm-Up Routines (ASAP)</li> <li>• Partner Warm-Up Routines (ASAP)</li> <li>• Range of Motion Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Jump Rope</li> <li>• Fitness</li> </ul>



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Fundamental Movement Skills and Games</b>			
Apply mechanical principles of force, stability motion, and direction (e.g., lower the center of gravity).	Specific Unit Teacher Rubric	<ul style="list-style-type: none"> <li>• Target Golf</li> <li>• Shot Put</li> <li>• Stunts and Tumbling Buffet</li> </ul>	<ul style="list-style-type: none"> <li>• Golf</li> <li>• Track</li> <li>• Stunts and Tumbling</li> </ul>
Identify critical elements to improve performance in selected skills (e.g., throw various objects).	Specific Unit: <ul style="list-style-type: none"> <li>• Teacher Rubric</li> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Written Test</li> </ul> Sample debrief question: <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"> <li>• Shooting Drills</li> <li>• Volleyball Stations</li> <li>• Shooting Drills</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Volleyball</li> <li>• Hockey</li> </ul>
Apply fundamental and sequential skills in game situations with increased proficiency.	Specific Unit Teacher Rubrics	<ul style="list-style-type: none"> <li>• Receiver Patterns</li> <li>• Tee Ball Derby</li> <li>• Zone and Player-to-Player Defenses</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Softball</li> <li>• Basketball</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Sport Skills and Lifetime Activities</b>			
Demonstrate skills successfully in modified games of increased complexity.	Specific Unit Teacher Rubrics	<ul style="list-style-type: none"> <li>• 7v7 Modified Softball</li> <li>• Modified Team Handball</li> <li>• Modified Cricket</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• World Games</li> <li>• World Games</li> </ul>
Identify terminology, list rules and safety principles appropriate for individual, dual and team sports.	Specific Unit Written Tests	<ul style="list-style-type: none"> <li>• Disc Golf</li> <li>• Singles/Doubles Game Play</li> <li>• Sepak Takraw</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc</li> <li>• Handball</li> <li>• World Games</li> </ul>
Demonstrate basic competence in a variety of individual, dual and team sports.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Disc Golf</li> <li>• Singles/Doubles Game Play</li> <li>• Sepak Takraw</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc</li> <li>• Handball</li> <li>• World Games</li> </ul>
Define terminology, list rules and safety principles appropriate for outdoor pursuits and recreational activities (e.g., table tennis, orienteering).	Specific Unit Written Tests	<ul style="list-style-type: none"> <li>• Mini-Volleyball</li> <li>• A Round of Golf</li> <li>• Singles/Doubles Game Play</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Golf</li> <li>• Racquets and Paddles</li> </ul>
Demonstrate basic competence in a variety of outdoor pursuits and recreational activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-Volleyball</li> <li>• A Round of Golf</li> <li>• Singles/Doubles Game Play</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Golf</li> <li>• Racquets and Paddles</li> </ul>
Define terminology, list rules and safety principles appropriate for specialized activities included in the instructional program.	Specific Unit Written Tests	<ul style="list-style-type: none"> <li>• Moon Ball</li> <li>• Hockey Adventure Race</li> <li>• Target Golf</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Hockey</li> <li>• Golf</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Rhythms and Dance</b>			
Describe the benefits of dance as a lifetime activity as it relates to fitness (e.g., flexibility, muscle coordination).	Sample debrief question: <i>What are some benefits of dance as a lifetime fitness activity?</i>	<ul style="list-style-type: none"> <li>• Create a Routine (Aerobic Capacity)</li> <li>• Rev up the Bomba Poco Loco</li> <li>• Hip Hop Basic Moves Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Dance</li> <li>• Dance</li> </ul>
Exhibit basic dance skills and fundamentals while demonstrating various dance forms (e.g., folk, line, square, social).	Dance: <ul style="list-style-type: none"> <li>• Teacher Rubric</li> <li>• Self Check</li> <li>• Peer Coach</li> </ul>	<ul style="list-style-type: none"> <li>• Rev Up the Electric Slide</li> <li>• The Korobushka Jigsaw</li> <li>• The Norwegian Polka</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> </ul>
Demonstrate appropriate social skills while participating in dance activities, including etiquette and courtesies appropriate to various dance forms.	Dance: <ul style="list-style-type: none"> <li>• Teacher Rubric</li> <li>• Self Check</li> <li>• Peer Coach</li> </ul>	<ul style="list-style-type: none"> <li>• Merengue Etiquette Basics</li> <li>• Swing Etiquette and Basics</li> <li>• Merengue Jigsaw (Lady's Turns, Gentleman's Turns)</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> </ul>

## Grade 7

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Personal Fitness and Healthy Active Living</b>			
Analyze activities to determine whether they promote health-related fitness, skill-related fitness, or both.	Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness components? Skill-related?</i>	<ul style="list-style-type: none"> <li>• Introduction to Pilates</li> <li>• Combining Aerobic Capacity and Flexibility</li> <li>• Introduction to Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Identify caloric value of a variety of foods and determine exercise needed to expend this energy.	Sample debrief question: <i>How long would you need to run to burn the calories that are in one cup of ice cream?</i>	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> <li>• Body Composition BINGO</li> <li>• Build a Pyramid</li> <li>• Nutrition Team Challenge</li> <li>• Fruit Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Identify physiological changes that occur in the body due to stress (e.g., sweating, eye twitching, rapid pulse, irregular heartbeat).	Sample debrief question: <i>Name some changes that take place in your body when a person is under stress. What kinds of activities can help to alleviate stress?</i>	<ul style="list-style-type: none"> <li>• Introduction to Yoga</li> <li>• Fitness in the Middle</li> <li>• Create a Routine (Aerobic Capacity)</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Identify the FITT principle	Sample debrief	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
(frequency, intensity, time, type) and how it relates to exercise.	question: <i>Describe the principles of training (F.I.T.T.)</i> <i>How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i>	<ul style="list-style-type: none"> <li>• Aerobic Capacity Circuit</li> <li>• Heart Rate Highway</li> <li>• Daytona 2000</li> <li>• Create a Routine (Aerobic Capacity)</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Explain how participation in specific activities improves the circulatory, respiratory, muscular, and skeletal systems (e.g., weight bearing exercises improve bone strength, how muscles are strengthened).	Fitness Written Test	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Responsible Personal and Social Behavior in the Physical Activity Setting</b>			
Select appropriate conflict resolution skills in a physical activity setting (e.g., self-control, respect, peer influence).	Cooperatives: <ul style="list-style-type: none"> <li>• MS Unit Written Tests</li> <li>• Peer Coach</li> <li>• Self Check</li> <li>• Teacher Rubrics</li> </ul> Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> <li>• Cross the Great Divide</li> <li>• Radioactive River</li> <li>• Karrimor International Mountain Marathon</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Injury Prevention, Treatment and Rehabilitation</b>			
Identify proper protective equipment used in physical activities.	Sample debrief question: <i>What kinds of protective equipment are used in physical activities?</i>	<ul style="list-style-type: none"> <li>• Advanced Progressions</li> <li>• Event: National Hockey League All-Star Dream Event</li> <li>• Quick-Play Mini-Football</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Hockey</li> <li>• Football</li> </ul>
Recognize non-life threatening injuries and explain how to provide basic care inside and outside the physical activity setting (e.g., Heimlich Maneuver, RICE – Rest, Ice, Compression, Elevation).	<i>Not specifically addressed in SPARK curriculum</i>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Fundamental Movement Skills and Games</b>			
<p>Apply critical elements of movement to various activities (e.g., transfer of learning, swing, throwing, strike, biomechanics).</p>	<p>Sample debrief questions:  <i>How do body rotation, opposition, weight transfer and follow-through affect a thrown ball?</i>  <i>How long does it take to get ready to execute a forehand swing? A backhand swing? When should you begin your swing?</i>  <i>How can you apply your racquet skills to handball? To volleyball?</i>  <i>How do you apply rotation principles when performing a cartwheel? Throwing a disc?</i></p>	<ul style="list-style-type: none"> <li>• Introduction to the Handball Serve</li> <li>• Volleyball Stations</li> <li>• Throw and Sprint Circuit</li> <li>• Introduction to the Forehand Stroke</li> <li>• Target Golf</li> </ul>	<ul style="list-style-type: none"> <li>• Handball</li> <li>• Volleyball</li> <li>• Track</li> <li>• Racquets and Paddles</li> <li>• Golf</li> </ul>



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Sport Skills and Lifetime Activities</b>			
Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules for individual, dual and team sports.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Disc Golf</li> <li>• Singles/Doubles Game Play</li> <li>• Sepak Takraw</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc</li> <li>• Handball</li> <li>• World Games</li> </ul>
Apply basic offensive and defensive strategies in a modified game setting.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Zone and Player-to-Player Defenses</li> <li>• Defense</li> <li>• Zone and Person Defense</li> <li>• Zone and Player-to-Player Defenses</li> <li>• Zone Defense</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Flying Disc</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
Apply terminology, scoring, etiquette, safety principles, and rules appropriate for outdoor pursuits and recreational activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-Volleyball</li> <li>• A Round of Golf</li> <li>• Singles/Doubles Game Play</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Golf</li> <li>• Racquets and Paddles</li> </ul>
Demonstrate an increased level of competence in a variety of physical activities (e.g., gymnastics, aquatics).	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced Progressions</li> <li>• Advanced Shots</li> <li>• Individual Juggling</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Handball</li> <li>• World Games</li> </ul>
Investigate the health, fitness and sport industry careers (e.g., panel of community members, personal interviews, internet research).	Personally Fit SPARKfit (SPARKfamily.org)		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Rhythms and Dance</b>			
Apply fundamental movement skills to create a simple movement sequence (e.g., locomotor, non-locomotor, self-expression, self-evaluation).	Specific Unit: <ul style="list-style-type: none"> <li>• Teacher Rubric</li> <li>• Self-Check</li> <li>• Peer Coach</li> </ul>	<ul style="list-style-type: none"> <li>• Create a Routine (Aerobic Capacity)</li> <li>• Create a Hip Hop Routine</li> <li>• Create a Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Dance</li> <li>• Jump Rope</li> </ul>
Design an exercise routine to accompany music that emphasizes fitness components (e.g., jump rope, aerobics, line dance).	Specific Unit: <ul style="list-style-type: none"> <li>• Teacher Rubric</li> <li>• Self-Check</li> <li>• Peer Coach</li> </ul>	<ul style="list-style-type: none"> <li>• Create a Routine (Aerobic Capacity)</li> <li>• Create a Hip Hop Routine</li> <li>• Create a Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Dance</li> <li>• Jump Rope</li> </ul>
Discuss the cultural and historic context of at least one dance form.	Sample debrief question: <i>What is the cultural background of the dance you have performed today?</i>	<ul style="list-style-type: none"> <li>• La Bomba Poco Loco</li> <li>• Merengue Sweetheart</li> <li>• Corazon Espinado Poco Loco</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> </ul>

## Grade 8

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Personal Fitness and Healthy Active Living</b>			
Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total fitness.	Fitness Written Test	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Basic Exercise Techniques</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Balancing Strength and Flexibility Circuit</li> <li>• Introduction to Yoga</li> <li>• Introduction to Pilates</li> <li>• Combining Aerobic Capacity and Flexibility</li> <li>• Body Composition Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Describe the cause/effect of nutrition and exercise in maintaining a healthy weight (calories in = calories out).	Sample debrief question: <i>How can diet and exercise be used together to maintain a healthy weight?</i>	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> <li>• Body Composition BINGO</li> <li>• Build a Pyramid</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> <li>• Nutrition Team Challenge</li> <li>• Fruit Smoothie</li> </ul>	
Identify a variety of specific activities designed to reduce and manage stress (e.g., aerobics, Pilates, deep breathing, muscle relaxation).	Sample debrief question: <i>What are some activities that can be done to reduce stress?</i>	<ul style="list-style-type: none"> <li>• Aerobic Capacity Circuit</li> <li>• Introduction to Yoga</li> <li>• Introduction to Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Identify exercise principles of overload, progression, and specificity and how they relate to exercise.	Sample debrief question: <i>How would you describe the principle of overload to improve your muscular strength?</i>	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Fitness in the Middle</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Explain the effects of a sedentary lifestyle on the circulatory, respiratory, muscular, and skeletal systems.	Sample debrief question: <i>How can a sedentary lifestyle impact the circulatory, respiratory, muscular, and skeletal systems?</i>	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Responsible Personal and Social Behavior in the Physical Activity Setting</b>			
<p>Demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity setting (e.g., checklist of conflict resolution skills).</p>	<p>Cooperatives:</p> <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self Check</li> <li>• Teacher Rubrics</li> <li>• Coulda Shoulda Woulda (all units)</li> </ul>	<ul style="list-style-type: none"> <li>• Cross the Great Divide</li> <li>• Radioactive River</li> <li>• Karrimor International Mountain Marathon</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Injury Prevention, Treatment and Rehabilitation</b>			
Investigate the safe and unsafe practices of using fitness equipment (e.g., weight room, fitness balls, step aerobics).	Sample debrief question: <i>How can you safely incorporate stability balls and medicine balls into a weight training routine?</i>	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball</li> <li>• Aerobic Capacity Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
Apply knowledge of basic first aid for the treatment of injury inside and outside the physical activity setting (e.g., Asthma, CPR, RICE – Rest, Ice, Compression, Elevation).	<i>Not specifically addressed in SPARK curriculum</i>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Sport Skills and Lifetime Activities</b>			
Analyze selected skills and correct errors to improve skill technique.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> </ul>	<ul style="list-style-type: none"> <li>• Sprint and Jump Circuit</li> <li>• Chip and Putt Course</li> <li>• Volleyball Stations</li> </ul>	<ul style="list-style-type: none"> <li>• Track</li> <li>• Golf</li> <li>• Volleyball</li> </ul>
Explain sport history.	<i>Not specifically addressed in SPARK curriculum</i>		
Demonstrate an increased level of competence in skill techniques, scoring, and safety practices in a variety of individual, dual and team sports.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-Volleyball</li> <li>• A Round of Golf</li> <li>• Singles/Doubles Game Play</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Golf</li> <li>• Racquets and Paddles</li> </ul>
Analyze play of their opponent and apply defensive and offensive techniques.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Zone and Player-to-Player Defenses</li> <li>• Defense</li> <li>• Zone and Person Defense</li> <li>• Zone and Player-to-Player Defenses</li> <li>• Zone Defense</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Flying Disc</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
Demonstrate an increased level of competence in a variety of outdoor pursuits and/or recreational activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Mini-Volleyball</li> <li>• A Round of Golf</li> <li>• Singles/Doubles Game Play</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Golf</li> <li>• Racquets and Paddles</li> </ul>
Demonstrate an intermediate level of competence in a variety of physical activities (e.g., gymnastics, aquatics).	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Creating Combinations</li> <li>• Extreme Rally</li> <li>• Hurdling</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Handball</li> <li>• Track</li> </ul>
Apply skill techniques, scoring and	Specific Unit Teacher	<ul style="list-style-type: none"> <li>• 7v7 Modified</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
safety practices in a modified activity setting.	Rubrics	Softball <ul style="list-style-type: none"> <li>• Modified Team Handball</li> <li>• Modified Cricket</li> </ul>	<ul style="list-style-type: none"> <li>• World Games</li> <li>World Games</li> </ul>
Describe the requirements for careers that can be pursued in outdoor pursuits and recreational activities.	<i>Not specifically addressed in SPARK curriculum</i>		



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Rhythms and Dance</b>			
<p>Analyze the creative and aesthetic aspects of a dance pattern (e.g., direction, time, flow, level, energy).</p>	<p>Sample debrief question: <i>What makes a performance visually appealing? How would changing the speed (direction, level, etc.) affect the way your routine looks?</i></p>	<ul style="list-style-type: none"> <li>• Create a Hip Hop Routine</li> <li>• Create your own Merengue Move</li> <li>• Create a 4-Wall Line Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> </ul>
<p>Analyze differences and similarities in dances from various cultures.</p>	<p>Sample debrief question: <i>How are these dances similar? Different?</i></p>	<ul style="list-style-type: none"> <li>• La Bomba Poco Loco</li> <li>• Merengue Sweetheart</li> <li>• Corazon Espinado Poco Loco</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> </ul>

## SPARK Alignment with Missouri Physical Education Standards (HS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Personal Fitness and Healthy Active Living</b>			
Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness.	Strength Training Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• Event: Strength in Numbers</li> <li>• iHIIT (High Intensity Interval Training)</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Strength Training</li> <li>• Group Fitness</li> </ul>
Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness.	Fitness Personal Best Assessment Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Analyze and compare health, skill, and fitness benefits derived from a variety of sports and lifetime activities (e.g., pedometers, pulse wands, heart rate wands, tri-fit machines).	Heart Rate Monitor Logs Pedometer Logs	<ul style="list-style-type: none"> <li>• Walk and Talk Fun-day-mentals Jigsaw</li> <li>• Aerobics Basic Training</li> <li>• HIIT Basic Training</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Walking</li> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>
Describe the relationship between nutrition, exercise and body composition (MyPyramid.gov).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Investigate the negative effects of	<i>Not specifically addressed in SPARK curriculum</i>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
performance enhancing drugs and alcohol on health and physical performance.			
Categorize short and long-term effects of stress on the individual.	Yoga Basic Training Think About...	<ul style="list-style-type: none"> <li>• Walk and Talk Fun-day-mentals Jigsaw</li> <li>• Yoga Basic Training</li> <li>• iYoga</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Walking</li> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>
Design a personal fitness plan utilizing the FITT (frequency, intensity, time, type) principle and the principles of overload, progression, and specificity that contributes to an active healthy lifestyle (American College of Sport Medicine guidelines).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Differentiate between how oxygen is utilized aerobically and anaerobically.	HIIT Basic Training Think About...	<ul style="list-style-type: none"> <li>• HIIT Basic Training</li> <li>• Cardio Kickboxing Basic Training</li> <li>• Aerobics Basic Training</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>
Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep – bicep curl).	Strength Training: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> </ul>	<ul style="list-style-type: none"> <li>• Basic Training: Shoulders</li> <li>• Basic Training: Arms</li> <li>• Basic Training:</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Strength Training</li> <li>• Strength Training</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"><li data-bbox="764 315 989 380">• Performance Rubric</li></ul>	Legs	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Responsible Personal and Social Behavior in the Physical Activity Setting</b>			
Show personal etiquette, respect, and safety skills during physical activities.	SPARK HS PE 101: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw 101</li> <li>• Waltzing Royalty Jigsaw</li> <li>• Game Day 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• Dance</li> <li>• SPARK HS PE 101</li> </ul>
Identify strategies for including persons of diverse backgrounds and abilities in physical activities.	Cooperatives: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> </ul>	<ul style="list-style-type: none"> <li>• Adventure Race 101</li> <li>• Orienteering Adventure Race</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• Cooperatives: Orienteering</li> <li>• Cooperatives: Orienteering</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Injury Prevention, Treatment and Rehabilitation</b>			
Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries.	Strength Training: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Strength Training</li> </ul>
Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities.	SPARK HS PE 101 Character Matters Assessment (Game Day 101 Debrief)	<ul style="list-style-type: none"> <li>• Basic Training: Functional Fitness Jigsaw</li> <li>• Game Day 101</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• SPARK HS PE 101</li> </ul>
Differentiate between life threatening and non-life threatening injuries and select the appropriate level of treatment (e.g., basic first aid, CPR, calling 911).	<i>Not specifically addressed in SPARK curriculum</i>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Fundamental Movement Skills and Games</b>			
Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games).	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> </ul>	<ul style="list-style-type: none"> <li>• Create Your Own ST Program</li> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• World Games: Cricket</li> <li>• Flying Disc: Ultimate</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Sport Skills and Lifetime Activities</b>			
Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment).	Specific Unit <ul style="list-style-type: none"> <li>• Fundamentals Jigsaw Notes</li> <li>• Personal Best Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton Personal Best</li> <li>• Football Personal Best</li> <li>• Hockey Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Football</li> <li>• Hockey</li> </ul>
Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports.	Specific Unit Written Tests	<ul style="list-style-type: none"> <li>• Event: March Madness</li> <li>• Event: Ultimate Masters</li> <li>• Event: Gridiron Classic</li> <li>• Event: Star-Hockey “Shockey” Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Flying Disc: Ultimate</li> <li>• Football</li> <li>• Hockey</li> </ul>
Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> <li>• Big D (4-on-4 Royal Court)</li> <li>• D-Fence (5-on-5 Royal Field)</li> <li>• Win the Point (Singles Royal Court)</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Badminton</li> </ul>
Consistently demonstrate skill competency in a variety of individual, dual and team sports.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> </ul>	<ul style="list-style-type: none"> <li>• Big D (4-on-4 Royal Court)</li> <li>• D-Fence (5-on-5 Royal Field)</li> <li>• Win the Point</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Badminton</li> </ul>



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"> <li>• Performance Rubric</li> <li>• Personal Best Assessment</li> </ul>	(Singles Royal Court)	
Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Event: The Navigational Invitational</li> <li>• Win the Point (Singles Royal Court)</li> <li>• Race Walking</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives: Orienteering</li> <li>• Badminton</li> <li>• Wellness Walking</li> </ul>
Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> <li>• Personal Best Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Event: The Navigational Invitational</li> <li>• Win the Point (Singles Royal Court)</li> <li>• Race Walking</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives: Orienteering</li> <li>• Badminton</li> <li>• Wellness Walking</li> </ul>
Summarize the history, rules, terminology and etiquette in aquatics or gymnastics.	Aquatics Written Test	<ul style="list-style-type: none"> <li>• Event: Off to the Races!</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics (online unit)</li> </ul>
Identify and apply rules, skill techniques and basic strategies in aquatics or gymnastics.	Aquatics: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics Personal Best</li> <li>• Dive In: Front Craw</li> <li>• Dive In:</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics (online unit)</li> <li>• Aquatics (online unit)</li> <li>• Aquatics (online</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"> <li>• Performance Rubric</li> </ul>	Breaststroke	unit)
Consistently demonstrate skill competency in aquatics or gymnastics.	Aquatics: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> <li>• Personal Best Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics Personal Best</li> <li>• Dive In: Front Craw</li> <li>• Dive In: Breaststroke</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics (online unit)</li> <li>• Aquatics (online unit)</li> <li>• Aquatics (online unit)</li> </ul>
Investigate and cite career opportunities available as related to physical education (e.g., panel, research paper).	<i>Not specifically addressed in SPARK curriculum</i>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Rhythms and Dance</b>			
Demonstrate rhythmic activities that use a variety of equipment to develop various components of fitness (e.g., dumbbells, exercise bands, steps, balls, scarves).	Sample debrief question: <i>How can dance activities contribute to your fitness program?</i>	<ul style="list-style-type: none"> <li>• iFreestyle Aerobics</li> <li>• iCardio Kickboxing</li> <li>• Create a Hip Hop Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Dance</li> </ul>
Demonstrate basic skills and social etiquette in a variety of dance forms utilizing different cultural backgrounds (e.g., line dance, social, folk, aerobic, square, jazz, contemporary).	Dance: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Performance Rubric</li> <li>• Personal Best Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Event: Dance Olympics</li> <li>• Stutter Stomp</li> <li>• Waltzing Royalty Mixer</li> <li>• Hip Hop Jigsaw</li> <li>• Cotton Eyed Joe Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> </ul>
Compare the recreational and social aspects of a variety of dances and their impact on cultural development.	Dance Jigsaw Notes	<ul style="list-style-type: none"> <li>• Hip Hop Jigsaw</li> <li>• Cotton Eyed Joe Jigsaw</li> <li>• Waltzing Royalty Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> </ul>