

## SPARK Alignment with Montana Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>K-2 (2008 Version)</b>			
Demonstrates competency in many movement forms and proficiency in a few movement forms.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, Directions</li> <li>• Body Management and Balance</li> <li>• Animal Balancing Act</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>
Applies movement concepts and principles to the learning and development of motor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Movement Concepts Using Hoops</li> <li>• Pairs Combining Movement Concepts</li> <li>• Scarf Exploration</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Manipulatives</li> </ul>
Exhibits a physically active lifestyle.	Games Rubric	<ul style="list-style-type: none"> <li>• Catch and Chase</li> <li>• 2-Square</li> <li>• Switcheroo!</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Recess Activities</li> <li>• Recess Activities</li> </ul>
Achieves and maintains a health-enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Fitness Introduction</li> <li>• Parachute Fitness</li> <li>• Individual Rope Jumping I and II</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Parachute</li> <li>• Jumping</li> </ul>

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

## SPARK Alignment with Montana Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>3-5 (2007 Version)</b>			
Demonstrates competency in many movement forms and proficiency in a few movement forms.	Basketball Learning Log	<ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Passing Drills</li> <li>• Addition Tag</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Soccer</li> <li>• Chasing and Fleeing</li> </ul>
Applies movement concepts and principles to the learning and development of motor skills.	Create A Routine Rubric (Stunts and Tumbling)	<ul style="list-style-type: none"> <li>• Learning the Stunts</li> <li>• 5-Person Kick and Dribble</li> <li>• Grid Passing</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Soccer</li> <li>• Basketball</li> </ul>
Exhibits a physically active lifestyle.	Personal Best Log	<ul style="list-style-type: none"> <li>• 4-Corner Scramble</li> <li>• Daily Dozen</li> <li>• Home Plays</li> <li>• Wall Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Recess Activities</li> <li>• Stunts and Tumbling</li> <li>• Various Units</li> <li>• Recess Activities</li> </ul>
Achieves and maintains a health-enhancing level of physical fitness.	Fitness Circuits Think About; Personal Best Log	<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>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrates responsible personal and social behavior in physical activity settings.	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>
Demonstrates understanding and respect for differences among settings.	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> <li>• Mini-Hockey</li> <li>• Survivor Challenge</li> <li>• Stick with Me!</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Fitness Challenges</li> <li>• Cooperatives and Initiatives</li> </ul>
Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> <li>• Solo Aerobic Fitness</li> <li>• Jump the Circuit (Individual Tricks)</li> <li>• Moving Around the Track</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Jump Rope</li> <li>• Map Challenges</li> </ul>

## SPARK Alignment with Montana Physical Education Standards (MS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Demonstrates competency in many movement forms and proficiency in a few movement forms</b>			
1.1 Demonstrate competence in modified versions of a variety of movement forms.	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>• 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 World Games</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Applies movement concepts and principles to the learning and development of motor skills</b>			
2.1 Understand and apply more advanced movement and game strategies.	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>
2.2 Identify the critical elements of more advanced movement skills.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</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>
2.3 Identify the characteristics of highly skilled performance in a few movement forms.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> </ul>	<ul style="list-style-type: none"> <li>• Create a Hip Hop Routine</li> <li>• Creating Combinations</li> <li>• Disc Golf</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Stunts and Tumbling</li> <li>• Flying Disc</li> </ul>
2.4 Understand and apply more advanced discipline specific knowledge.	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>• Chip and Putt Course</li> <li>• Singles/Doubles Game Play</li> <li>• Advanced Progressions</li> </ul>	<ul style="list-style-type: none"> <li>• Golf</li> <li>• Racquets and Paddles</li> <li>• Stunts and Tumbling</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Exhibits a physically active lifestyle</b>			
3.1 Establish personal physical activity goals.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
3.2 Participate regularly in health-enhancing physical activities to accomplish these goals.	<ul style="list-style-type: none"> <li>• Pedometer Log</li> <li>• Personally Fit Activity Challenge: In the Mood to Move</li> </ul>	Personally Fit SPARKfit (SPARKfamily.org)	
3.3 Explore a variety of new physical activities for personal interest in and out of the physical education class.	Fitness: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic Capacity Circuit</li> <li>• Rev up the Bomba Poco Loco</li> <li>• Heart Rate Highway</li> <li>• Basic Exercise Techniques</li> <li>• Fitness in the Middle</li> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Range of Motion Circuit</li> <li>• Balancing Strength</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Unit</li> <li>• Fitness Unit</li> <li>• Fitness Unit</li> <li>• Fitness Unit</li> <li>• Fitness Unit</li> <li>• Fitness Unit</li> <li>• Fitness Unit</li> <li>• Fitness Unit</li> <li>• Fitness Unit</li> <li>• Fitness Unit</li> </ul> <p style="text-align: center;">Personally Fit SPARKfit (SPARKfamily.org)</p>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		and Flexibility Circuit <ul style="list-style-type: none"> <li>• Introduction to Yoga</li> <li>• Introduction to Pilates</li> <li>• Combining Aerobic Capacity and Flexibility</li> </ul>	
3.4 Describe the relationships between a healthy lifestyle and “feeling good.”	Sample debrief question: <i>How does leading a healthy lifestyle affect how you feel?</i>	Personally Fit SPARKfit (SPARKfamily.org)	



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Achieves and maintains a health-enhancing level of physical fitness</b>			
4.1 Participate in a variety of health-related fitness activities in both school and non-school settings.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
4.2 Assess physiological indicators of exercise during and after physical activity.	Heart Rate Monitor Log <i>Create A Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> <li>• Aerobic Capacity Circuit</li> <li>• Rev up the Bomba Poco Loco</li> <li>• Heart Rate Highway</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Dance</li> <li>• Fitness</li> </ul>
4.3 Understand and apply basic principles of training to improve physical fitness.	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>
4.4 Begin to develop personal fitness goals independently.	Personally Fit SPARKfit (SPARKfamily.org)		
4.5 Meet the health-related fitness standards as defined by Fitnessgram.	Personally Fit SPARKfit (SPARKfamily.org)		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Demonstrates responsible personal and social behavior in physical activity settings</b>			
5.1 Recognize the influence of peer pressure.	Coulda, Shoulda, Woulda (all units)	<ul style="list-style-type: none"> <li>• Responsibility and Routines</li> <li>• Respect and Roll Taking</li> <li>• Acceptance and Super Grouping</li> <li>• Trust and Technology</li> <li>• Appreciation and Assistance</li> </ul>	<ul style="list-style-type: none"> <li>• First 5 Lessons</li> <li>• First 5 Lessons</li> <li>• First 5 Lessons</li> <li>• First 5 Lessons</li> <li>• First 5 Lessons</li> </ul>
5.2 Solve problems by analyzing causes and potential solutions.	Cooperatives: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition Team Challenge</li> <li>• Cross the Great Divide</li> <li>• Radioactive River</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
5.3 Analyze potential consequences when confronted with a behavior choice.	Coulda, Shoulda, Woulda (all units)	<ul style="list-style-type: none"> <li>• Karrimor International Mountain Marathon</li> <li>• Centipede Pass</li> <li>• Corridor Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
5.4 Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings.	Cooperatives: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Final Cooperative Adventure Race</li> <li>• Indiana Jones</li> <li>• Volleyball Xtreme</li> <li>• Create a Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Volleyball</li> <li>• Jump Rope</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Demonstrates understanding and respect for differences among people in physical activity settings</b>			
6.1 Recognize the role of sport, games, and dance in modern culture.	World Games, Dance: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Sepak Takraw</li> <li>• Modified Cricket</li> <li>• The Korobushka Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• World Games</li> <li>• World Games</li> <li>• Dance</li> </ul>
6.2 Identify behaviors that are supportive and inclusive in physical activity settings.	Cooperatives: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Acceptance and Super Grouping</li> <li>• Moon Ball</li> <li>• Turnstile</li> </ul>	<ul style="list-style-type: none"> <li>• The First 5 Lessons</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
6.3 Willingly join others of diverse culture, ethnicity, and race during physical activity.	Cooperatives, World Games, Dance: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Acceptance and Super Grouping</li> <li>• Adventure Racing 101</li> <li>• Flag Grab</li> </ul>	<ul style="list-style-type: none"> <li>• The First 5 Lessons</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction</b>			
7.1 Enjoy participation in physical activity.	Specific Unit Teacher Rubrics	<ul style="list-style-type: none"> <li>• Centipede Pass</li> <li>• Indiana Jones</li> <li>• Corridor Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
7.2 Recognize the social benefits of participation in physical activity.	Cooperatives: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> <li>• Coulda, Shoulda, Woulda</li> </ul>	<ul style="list-style-type: none"> <li>• Cross the Great Divide</li> <li>• Radioactive River</li> <li>• Final Cooperative Adventure Race</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
7.3 Try new and challenging activities.	Specific Unit Teacher Rubrics	<ul style="list-style-type: none"> <li>• Introduction to Yoga</li> <li>• Introduction to Pilates</li> <li>• Individual Juggling</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• World Games</li> </ul>
7.4 Recognize physical activity as a vehicle for self-expression.	Create-a-Dance Task Card Create a Game Task Card	<ul style="list-style-type: none"> <li>• Create a Routine</li> <li>• Adventure Racing 101</li> <li>• Volleyball Xtreme</li> <li>• Create a Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Cooperatives</li> <li>• Volleyball</li> <li>• Jump Rope</li> </ul>

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Demonstrates competency in many movement forms and proficiency in a few movement forms</b>			
1.1 Demonstrate proficiency in a few movement forms.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton Personal Best</li> <li>• Basketball Personal Best</li> <li>• Cooperatives: Orienteering Personal Best</li> <li>• Dance Personal Best</li> <li>• Flying Disc: Ultimate Personal Best</li> <li>• Football Personal Best</li> <li>• Hockey Personal Best</li> <li>• Soccer Personal Best</li> <li>• Softball Personal Best</li> <li>• Volleyball Personal Best</li> <li>• World Games: Cricket Personal</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Basketball</li> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> <li>• Flying Disc: Ultimate</li> <li>• Football</li> <li>• Hockey</li> <li>• Soccer</li> <li>• Softball</li> <li>• Volleyball</li> <li>• World Games: Cricket</li> </ul>

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Applies movement concepts and principles to the learning and development of motor skills</b>			
2.1 Know and understand pertinent scientifically based information regarding movement performance.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> <li>• Written Tests</li> </ul>	<ul style="list-style-type: none"> <li>• iHIIT (High Intensity Interval Training)</li> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Strength Training</li> </ul>
2.2 Independently apply advanced movement-specific information.	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>• iCardio Kickboxing</li> <li>• iYoga</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>
2.3 Integrate discipline-specific knowledge to enable independent learning of movement skills.	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>• Dive In: FUNctional Aquatic Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Aquatics (Group Fitness online unit)</li> <li>• Cooperatives: Orienteering</li> <li>• World Games: Cricket</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Exhibits a physically active lifestyle</b>			
3.1 Have the skills, knowledge, interest, and desire to independently maintain an active lifestyle throughout their life.	Personal Fitness Program Development		Personally Fit SPARKfit (SPARKfamily.org)
3.2 Understand how activity participation patterns are likely to change throughout life and have some strategies to deal with those changes.	Personal Fitness Program Development		Personally Fit SPARKfit (SPARKfamily.org)



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Achieves and maintains a health-enhancing level of physical fitness</b>			
4.1 Participate regularly in health-enhancing fitness activities independent of teaching mandates.	<ul style="list-style-type: none"> <li>• Pedometer Log</li> <li>• Heart Rate Monitor Log</li> <li>• Personally Fit Activity Challenge: In the Mood to Move</li> </ul>	<ul style="list-style-type: none"> <li>• iHIIT (High Intensity Interval Training)</li> <li>• iYoga</li> <li>• iCardio Kickboxing</li> <li>• Walk-Jog-Run</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Wellness Walking</li> </ul>
4.2 Demonstrate the skill, knowledge, and desire to monitor and adjust activity levels to meet personal fitness needs.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
4.3 Design a personal fitness program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
4.4 Meet the health-related fitness standards as defined by Fitnessgram.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> <li>• Fitness Personal Best</li> <li>• Fitness Personal Best</li> <li>• Fitness Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Wellness Walking</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Demonstrates responsible personal and social behavior in physical activity settings</b>			
5.1 Initiate independent and responsible personal behavior in physical activity settings.	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Personal Best Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball Personal Best</li> <li>• Football Personal Best</li> <li>• Hockey Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Hockey</li> </ul>
5.2 Accept the responsibility for taking a leadership role and willingly follow as appropriate in order to accomplish group goals.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Game Day 101</li> <li>• Adventure Race 101</li> <li>• SPARK Event 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> </ul>
5.3 Anticipate potentially dangerous consequences and outcomes of participation in physical activity.	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>• iHIIT (High Intensity Interval Training)</li> <li>• Create Your Own ST Program</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Group Fitness</li> <li>• Strength Training</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Demonstrates understanding and respect for differences among people in physical activity settings</b>			
6.1 Recognize the influence of participation in physical activity on fostering appreciation of cultural, ethnic, gender, and physical diversity.	World Games: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Event: The Cricket World Cup</li> <li>• Event: Dance Olympics</li> <li>• Event: The Navigational Invitational</li> </ul>	<ul style="list-style-type: none"> <li>• World Games: Cricket</li> <li>• Dance</li> <li>• Cooperatives: Orienteering</li> </ul>
6.2 Develop strategies for including persons from diverse backgrounds and characteristics in physical activity they select for leisure pursuits.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw 101</li> <li>• Adventure Race 101</li> <li>• Game Day 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction</b>			
7.1 Enjoy regular participation in physical activity.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> <li>• Walk-Jog-Run</li> <li>• Cardio Kickboxing</li> <li>• iFreestyle Aerobics</li> <li>• HIIT Basic Training</li> <li>• iYoga</li> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• Personal Fitness Program Development</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Walking</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Strength Training</li> </ul> <p style="text-align: center;">Personally Fit SPARKfit (SPARKfamily.org)</p>
7.2 Recognize that physical activity can provide opportunities for positive social interaction.	Specific Unit Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> <li>• Game Day 101</li> <li>• Adventure Race 101</li> <li>• SPARK Event 101</li> <li>• Orienteering Adventure Race</li> <li>• Waltzing Royalty Mixer</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> </ul>
7.3 Enjoy learning new activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Kickboxing</li> <li>• Hip Hop Jigsaw</li> <li>• Adventure Race 101</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Dance</li> <li>• SPARK HS PE 101</li> <li>• Cooperatives: Orienteering</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
7.4 Recognize the positive feelings that result from physical activity participation alone and with others.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga Basic Training</li> <li>• Walk and Talk Fun-day-mentals Jigsaw</li> <li>• Create Your Own ST Program</li> <li>• Event: The Crackerjack Classic (Option 1: Create &amp; Play Your Own Game) Adventure Race</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Wellness Walking</li> <li>• Strength Training</li> <li>• Softball</li> </ul>