

SPARK Alignment with North Carolina Physical Education Standards

3rd Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Apply competent motor skills and movement patterns needed to perform a variety of physical activities			
PE.3.MS.1.1 – Execute combinations of simple locomotor skills and manipulative skills.	<ul style="list-style-type: none"> • Specific Unit Performance Rubrics 	<ul style="list-style-type: none"> • 9 Grid Basketball • Soccer Golf • 4-Zone Football 	<ul style="list-style-type: none"> • Basketball • Soccer • Football
PE.3.MS.1.2 – Apply basic manipulative skills while moving/traveling.	<ul style="list-style-type: none"> • Basketball/Soccer/Hockey Performance Rubrics 	<ul style="list-style-type: none"> • Dribbling Drills • Round Up • Hockey Hoopla 	<ul style="list-style-type: none"> • Basketball • Soccer • Hockey
PE.3.MS.1.3 – Execute mature form when combining locomotor skills with changes in direction.	<ul style="list-style-type: none"> • Create a Dance 	<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
PE.3.MS.1.4 – Use variations of different locomotor skills with rhythmic patters and smooth transitions.	<ul style="list-style-type: none"> • Create a Dance 	<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
Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement			
PE.3.MC.2.1 – Illustrate how practice, attention, and effort are	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Dribbling Drills • Backhand Drills 	<ul style="list-style-type: none"> • Basketball • Flying Disc

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required to improve skills.		<ul style="list-style-type: none"> • Target Throw 	<ul style="list-style-type: none"> • Softball
PE.3.MC.2.2 – Integrate the essential elements of correct form for the five fundamental manipulative skills.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Intro to Forearm Pass • Target Throw • Backhand Drills 	<ul style="list-style-type: none"> • Volleyball • Softball • Flying Disc
PE.3.MC.2.3 – Evaluate individual skills using a rubric based on critical cues.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Intro to Forearm Pass • Passing Pairs • Partner Throw and Catch 	<ul style="list-style-type: none"> • Volleyball • Volleyball • Softball
PE.3.MC.2.4 – Illustrate a variety of activities that are associated with four or more of the five components of health-related fitness.	Sample debrief question: <i>What are the five components of health-related fitness? Can you give an example of each?</i>	<ul style="list-style-type: none"> • Mixed Fitness Circuit • Fitness Grid • Partner Mixed Fitness Challenges 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Understand the importance of achieving and maintaining a health-enhancing level of physical fitness			
PE.3.HF.3.1 – Summarize four or more of the five health-related	Sample debrief questions:	<ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits

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fitness assessments and the associated exercises.	<i>What are the five components of health-related fitness? What can you use to measure each component?</i>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Aerobic Dance • Fitness Grids • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Circuits • Fitness Challenges
PE.3.HF.3.2 – Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Aerobic Dance • Sport Moves Aerobics • Solo Aerobic Fitness Challenge 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Fitness Challenges
PE.3.HF.3.3 – Implement moderate to vigorous physical activities that increase breathing and heart rate, at least four to seven times each week, for increasing periods of time.	<ul style="list-style-type: none"> • Walk/Jog/Run Performance Rubric • Map Challenges Mileage Chart 	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Moving for Time • Figure 8 Walk/Jog 	<ul style="list-style-type: none"> • Fitness Circuits • Map Challenges • Walk, Jog, Run Activities

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Use behavioral strategies that are responsible and enhance respect of self and others and value activity			
PE.3.PR.4.1 – Use self-control to demonstrate personal responsibility and respect for self and others.	Cooperative Skills Self-Check	<ul style="list-style-type: none"> • Survivor Challenge • Create a Game • Cooperative Volleyball • Log Jam 	<ul style="list-style-type: none"> • Fitness Challenges • Softball • Volleyball • Cooperatives
PE.3.PR.4.2 – Use cooperation and communication skills to achieve common goals.	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
PE.3.PR.4.3 – Explain the importance of working productively with others.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Parachute Play (Small Group) 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

4th Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Apply competent motor skills and movement patterns needed to perform a variety of physical activities			
PE.4.MS.1.1 – Execute combinations of more complex locomotor skills and manipulative skills in various physical activity settings.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Dribbling Drills • Dribbling Partner Tag • Soccer Hoopla 	<ul style="list-style-type: none"> • Basketball • Soccer • Soccer
PE.4.MS.1.2 – Create movement skill sequences commonly associated with various sports and activities.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Target Throw • 5-Player Kickball • Pass and Follow • Paddle 2-Square 	<ul style="list-style-type: none"> • Softball • Aerobic Games • Hockey • Racquets and Paddles
PE.4.MS.1.3 – Implement changes in speed during straight, curved, and zigzag pathways to open and close space using locomotor and manipulative skills.	Softball Performance Rubric	<ul style="list-style-type: none"> • Batting Practice • Introduction to Badminton • 5-Person Hit and Run Softball 	<ul style="list-style-type: none"> • Softball • Racquets and Paddles • Softball
PE.4.MS.1.4 – Identify tempo in slow and fast rhythms.	Dance Performance Rubric	<ul style="list-style-type: none"> • Scatter Square Dance • Alunelul • Irish Jig 	<ul style="list-style-type: none"> • Dance • Dance • Dance

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Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement			
PE.4.MC.2.1 – Apply basic concepts of movement to improve individual performance.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Stunts and Tumbling Circuit • Create A Routine • Partner Switcheroo Stunt Hunt 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
PE.4.MC.2.2 – Apply elements of form or motor development principles to help others improve their performance.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Stunts and Tumbling Circuit • Create A Routine • Partner Switcheroo Stunt Hunt 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
PE.4.MC.2.3 – Evaluate skills in a game situation using a rubric based on critical concepts.	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • Raiders of the Ark • Quidditch • Mini-Hockey 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Hockey
PE.4.MC.2.4 – Classify examples of health-related fitness into the five components.	Sample debrief question: <i>What are the five components of health-related fitness? Can you give an example of each?</i>	<ul style="list-style-type: none"> • Mixed Fitness Circuit • Fitness Grid • Partner Mixed Fitness Challenges 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Understand the importance of achieving and maintaining a health-enhancing level of physical fitness			
PE.4.HF.3.1 – Understand why and how to complete a valid and reliable health-enhancing pre- and post-fitness assessment, including monitoring of the heart.	Sample debrief questions: <i>What are the five components of health-related fitness? What can you use to measure each component?</i>	<ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit • Aerobic Dance • Fitness Grids • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Group Fitness • Fitness Circuits • Fitness Circuits • Fitness Challenges •
PE.4.HF.3.2 – Evaluate oneself in terms of the five recommended behaviors for obesity prevention.	Sample debrief question: <i>Why do sustained physical activities done on a regular basis help to improve your body composition?</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Body Composition BINGO • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits
PE.4.HF.3.3 – Use physiological indicators to adjust physical activity.	Sample debrief question: <i>How would you rate your level of exercise intensity using the scale of perceived exertion?</i>	<ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Group Fitness

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Use behavioral strategies that are responsible and enhance respect of self and others and value activity			
PE.4.PR.4.1 – Use self-control through structure, expectations, and engagement to demonstrate personal responsibility and respect for self and others.	Cooperative Skills Self-Check	<ul style="list-style-type: none"> • Survivor Challenge • Create a Game • Cooperative Volleyball • Log Jam 	<ul style="list-style-type: none"> • Fitness Challenges • Softball • Volleyball • Cooperatives
PE.4.PR.4.2 – Use cooperation and communication skills to achieve common goals.	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
PE.4.PR.4.3 – Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Parachute Play (Small Group) 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

5th Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Apply competent motor skills and movement patterns needed to perform a variety of physical activities			
PE.5.MS.1.1 – Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Jump the Circuit (Individual Tricks) • Partner Basketball Activity Challenge • 4-Zone Football 	<ul style="list-style-type: none"> • Jump Rope • Basketball • Football
PE.5.MS.1.2 – Use increasingly complex skills with power and accuracy.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Target Throw • 5-Player Kickball • Pass and Follow • Paddle 2-Square 	<ul style="list-style-type: none"> • Softball • Aerobic Games • Hockey • Racquets and Paddles
PE.5.MS.1.3 – Illustrate mature form in combining locomotor and manipulative skills for traditional and non- traditional activities.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Raiders of the Ark • Capture the Flag • Quidditch 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Aerobic Games
PE.5.MS.1.4 – Create movement sequences that are smooth and fluid and have several different rhythmic patterns.	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
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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement			
PE.5.MC.2.1 – Select scientific principles and/or concepts that have an effect on the quality of complex movement.	Sample debrief questions: <i>How can you create more space between yourself and the person guarding you?</i> <i>How can changing speed and direction allow you to move away from another person?</i>	<ul style="list-style-type: none"> • Offense/Defense • Defense! • Raiders of the Ark • Capture the Flag • Quidditch 	<ul style="list-style-type: none"> • ASAP • Hockey • Aerobic Games • Aerobic Games • Aerobic Games
PE.5.MC.2.2 – Evaluate movement and game skills in order to provide feedback that will lead to improvement.	Specific Unit Performance Rubrics 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"> • Partner Basketball Activity Challenge • Partner Throw and Catch • Hoop-To-Hoop 	<ul style="list-style-type: none"> • Basketball • Softball • Frisbee
PE.5.MC.2.3 – Identify basic offensive and defensive strategies in modified game situations.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Defense! • Keep Away • Keep Away 	<ul style="list-style-type: none"> • Soccer • Basketball • Soccer
PE.5.MC.2.4 – Analyze the five	Sample debrief	<ul style="list-style-type: none"> • Mixed Fitness 	<ul style="list-style-type: none"> • Fitness Circuits

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components of health-related physical fitness in terms of their relationship to various activities.	question: <i>What are the five components of health-related fitness? Can you give an example of each?</i>	Circuit <ul style="list-style-type: none"> • Fitness Grid • Partner Mixed Fitness Challenges 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Understand the importance of achieving and maintaining a health-enhancing level of physical fitness			
PE.5.HF.3.1 – Understand how to achieve the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment.	Sample debrief questions: <i>What are the five components of health-related fitness? What can you use to measure each component?</i>	<ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge • Aerobic Capacity Circuit • Aerobic Dance • Fitness Grids • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Group Fitness • Fitness Circuits • Fitness Circuits • Fitness Challenges •
PE.5.HF.3.2 – Implement strategies to achieve health-related physical fitness.	Sample debrief question: <i>Describe the principles</i>	<ul style="list-style-type: none"> • Aerobic Dance • Pick A Card Circuit 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges

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	<i>of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i>	<ul style="list-style-type: none"> Survivor Challenge 	
PE.5.HF.3.3 – Select physical activities that develop/maintain each of the five components of health-related fitness.	<p>Sample debrief question: <i>What are the five components of health-related fitness? Can you give an example of each?</i></p> <p>Fitness Circuits Think About...</p>	<ul style="list-style-type: none"> Body Composition Circuit Muscular Strength and Endurance Circuit Fun and Flexibility with a Friend Aerobic Capacity Circuit 	<ul style="list-style-type: none"> Fitness Circuits Fitness Circuits Fitness Challenges Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Use behavioral strategies that are responsible and enhance respect of self and others and value activity			
PE.5.PR.4.1 – Use self-control to work independently in developing	Cooperative Skills Self-Check	<ul style="list-style-type: none"> Survivor Challenge 	<ul style="list-style-type: none"> Fitness Challenges Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
responsibility and respect for self and others.		<ul style="list-style-type: none"> • Create a Game • Cooperative Volleyball • Log Jam 	<ul style="list-style-type: none"> • Volleyball • Cooperatives
PE.5.PR.4.2 – Use cooperation and communication skills to achieve common goals.	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
PE.5.PR.4.3 – Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Parachute Play (Small Group) 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives