

SPARK Alignment with North Carolina Physical Education Standards Grades 9-12

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
HS Version 2011			
<p>Apply competent motor skills and movement patterns needed to perform a variety of physical activities:</p> <ul style="list-style-type: none"> • PE.9.MS.1.1 – Use basic and advanced skills to participate proficiently in at least three of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics • PE.9.MS.1.2 – Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities. • PE.9.MS.1.3 – Apply information and statistical data about personal and group performance to develop strategies to 	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Badminton Personal Best • Basketball Personal Best • Cooperatives: Orienteering Personal Best • Dance Personal Best • Flying Disc: Ultimate Personal Best • Football Personal Best • Hockey Personal Best • Soccer Personal Best • Softball Personal Best • Volleyball Personal Best • World Games: 	<ul style="list-style-type: none"> • Badminton • Basketball • Cooperatives: Orienteering • Dance • Flying Disc: Ultimate • Football • Hockey • Soccer • Softball • Volleyball • World Games: Cricket

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<p>improve game play or participation in activities.</p> <ul style="list-style-type: none"> PE.9.MS.1.4 – Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music. 		<p>Cricket Personal Best</p>	
<p>Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement:</p> <ul style="list-style-type: none"> PE.9.MC.2.1 – Create plans for establishing and maintaining lifelong health-enhancing behaviors based on concepts of health, fitness, and nutrition. PE.9.MC.2.2 – Use complex movement principles to evaluate and improve 	<p>Specific Unit:</p> <ul style="list-style-type: none"> Self-Check Fun-day-mentals Jigsaw Notes Performance Rubric Written Tests Personally Fit Activity Challenge: In the Mood to Move Create Your Strength Training Program Log 	<ul style="list-style-type: none"> Fielder’s Choice Big D (4-on-4 Royal Court) D-Fence (5-on-5 Royal Field) Win the Point (Singles Royal Court) Fun-day-mentals Jigsaw Fun-day-mentals Jigsaw Walk-Jog-Run Cardio Kickboxing 	<ul style="list-style-type: none"> Softball Basketball Football Badminton World Games: Cricket Flying Disc: Ultimate Wellness Walking Group Fitness

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<p>performance.</p> <ul style="list-style-type: none"> PE.9.MC.2.3 – Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills. 			
<p>Understand the importance of achieving and maintaining a health-enhancing level of physical fitness:</p> <ul style="list-style-type: none"> PE.9.HF.3.1 – Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. PE.9.HF.3.2 - Analyze career and occupational opportunities in terms of the required skills, fitness components, and personal interests. PE.9.HF.3.3 – Analyze the 	<ul style="list-style-type: none"> Personally Fit Activity Challenge: In the Mood to Move Create Your Strength Training Program Log Heart Rate Monitor Logs Pedometer Logs 	<ul style="list-style-type: none"> Walk-Jog-Run Cardio Kickboxing iFreestyle Aerobics HIIT Basic Training iYoga Basic Training: FUNctional Fitness Jigsaw Personal Fitness Program Development 	<ul style="list-style-type: none"> Wellness Walking Group Fitness Group Fitness Group Fitness Group Fitness Strength Training <p>Personally Fit SPARKfit (SPARKfamily.org)</p>

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relationship between the six sports-related components and the five health-related components of fitness.			
<p>Use behavioral strategies that are responsible and enhance respect of self and others and value activity:</p> <ul style="list-style-type: none"> • PE.9.PR.4.1 - Implement leadership skills to promote responsibility in self and others • PE.9.PR.4.2 – Select the most appropriate ways of responding and mediate to settle conflicts • PE.9.PR.4.3 – Explain the influence of physical activity on cultural competence and the development of self-awareness 	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 • Orienteering Adventure Race • Waltzing Royalty Mixer • Yoga Basic Training • Walk and Talk Fun-day-mentals Jigsaw • Basic Training: FUNctional Fitness Jigsaw • Event: Dance Olympics • iHIIT (High Intensity Interval Training) • Create Your Own ST Program 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101 • Cooperatives: Orienteering • Dance • Group Fitness • Wellness Walking • Strength Training • Dance • Group Fitness • Strength Training • Wellness Walking • Dance • Softball

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		<ul style="list-style-type: none">• Wellness Walking• Hip Hop Jigsaw• Personal Best• Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race	