

## SPARK Alignment with North Carolina Physical Education Standards Kindergarten

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.K.MS.1.1 – Execute recognizable forms of the basic locomotor skills.	<ul style="list-style-type: none"> <li>• Building a Foundation Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• General Space and Creative Moves</li> <li>• Locomotor Grab Bag</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• ASAP</li> </ul>
PE.K.MS.1.2 – Use recognizable forms of the basic manipulative skills.	<ul style="list-style-type: none"> <li>• Manipulatives Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Scarf Exploration</li> <li>• Catching and Throwing Circuit</li> <li>• Manipulatives Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Manipulatives</li> <li>• Catching and Throwing</li> <li>• Manipulatives</li> </ul>
PE.K.MS.1.3 – Create transitions between sequential locomotor skills.	<ul style="list-style-type: none"> <li>• Building a Foundation Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> <li>• Tempos and Creative Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Building a Foundation</li> </ul>
PE.K.MS.1.4 – Use non-locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.	<ul style="list-style-type: none"> <li>• Dance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Tempos and Creative Moves</li> <li>• Seven Jumps</li> <li>• Monkey See,</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Dance</li> <li>• ASAP</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Monkey Do	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement</b>			
PE.K.MC.2.1 - Understand the meaning of words and terms associated with movement.	<ul style="list-style-type: none"> <li>Building a Foundation Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Movement Concepts Using Hoops</li> <li>Basic Body Positions</li> <li>Body Management and Balance</li> </ul>	<ul style="list-style-type: none"> <li>Building a Foundation</li> <li>Balance, Stunts, and Tumbling</li> <li>Building a Foundation</li> </ul>
PE.K.MC.2.2 - Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.	<ul style="list-style-type: none"> <li>Manipulatives Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Scarf Exploration</li> <li>Beanbag Exploration</li> <li>Ribbon Exploration</li> </ul>	<ul style="list-style-type: none"> <li>Manipulatives</li> <li>Manipulatives</li> <li>Manipulatives</li> </ul>
PE.K.MC.2.3 - Use teacher feedback to improve basic motor performance.	<ul style="list-style-type: none"> <li>Catching and Throwing Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Throwing Underhand to Targets</li> <li>Overhand Throw for Distance</li> </ul>	<ul style="list-style-type: none"> <li>Catching and Throwing</li> <li>Catching and Throwing</li> <li>Catching and</li> </ul>

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		<ul style="list-style-type: none"> <li>Catching and Throwing Circuit</li> </ul>	Throwing
PE.K.MC.2.4 - Illustrate activities that increase heart rate.	Sample debrief question: <i>What happens to your heart when you exercise?</i>	<ul style="list-style-type: none"> <li>Locomotor Grab Bag</li> <li>Fitness Introduction</li> <li>Crazy Cones</li> </ul>	<ul style="list-style-type: none"> <li>ASAP</li> <li>Building a Foundation</li> <li>Games</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Understand the importance of achieving and maintaining a health-enhancing level of physical fitness			
PE.K.HF.3.1 - Recognize one or more of the five health-related fitness assessments and the associated exercises.	Sample debrief question: <i>What are the components of health-related fitness?</i>	<ul style="list-style-type: none"> <li>Fitness Introduction (SPARK It Up!)</li> </ul>	<ul style="list-style-type: none"> <li>Health-Related Fitness Introduction (CD)</li> </ul>
PE.K.HF.3.2 - Identify opportunities for increased physical activity.	Sample debrief question: <i>What are some things you can do to get more physical activity in you day?</i>	Home Play Activities (CD, various units) Recess Activities (Manual)	
PE.K.HF.3.3 - Select moderate-to-vigorous physical activity (MVPA)	Sample debrief question:	<ul style="list-style-type: none"> <li>Oxygen Boogie</li> <li>Chasing and</li> </ul>	<ul style="list-style-type: none"> <li>Games</li> <li>Building a</li> </ul>

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and sustain for periods of accumulated time.	<i>What are some of your favorite physical activities?</i>	Fleeing • The Good Ship SPARK	Foundation • ASAP

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<b>Use behavioral strategies that are responsible and enhance respect of self and others and value activity</b>			
PE.K.PR.4.1 - Use basic strategies and concepts for working cooperatively in group settings.	• Games Rubric	• Pairing and Moving Together • Grouping and Moving Together • Frogs Across the Pond	• Building a Foundation • Building a Foundation • ASAP
PE.K.PR.4.2 - Understand how social interaction can make activities more enjoyable.	• Games Rubric	• Houdini Hoops • Changing Places • Line Boogie	• Games • Parachute • Manipulatives
PE.K.PR.4.3 - Use safe practices when engaging in physical education activities.	• Games Rubric	• Partner Throw and Catch • Soccer Golf • Long Rope Turning in Pairs	• Catching and Throwing • Kicking and Trapping • Jumping

1<sup>st</sup> 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.1.MS.1.1 - Execute recognizable forms of all eight basic locomotor skills in different pathways, levels, or directions.	<ul style="list-style-type: none"> <li>• Building a Foundation Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> <li>• General Space and Creative Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Building a Foundation</li> </ul>
PE.1.MS.1.2 - Use recognizable forms of the five basic manipulative skills.	<ul style="list-style-type: none"> <li>• Manipulatives Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Scarf Exploration</li> <li>• Beanbag Exploration</li> <li>• Ribbon Exploration</li> </ul>	<ul style="list-style-type: none"> <li>• Manipulatives</li> <li>• Manipulatives</li> <li>• Manipulatives</li> </ul>
PE.1.MS.1.3 - Generate smooth transitions between sequential locomotor skills.	<ul style="list-style-type: none"> <li>• Building a Foundation Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> <li>• General Space and Creative Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Building a Foundation</li> </ul>
PE.1.MS.1.4 - Use non-locomotor and locomotor skills in a variety of pathways, in different directions,	<ul style="list-style-type: none"> <li>• Dance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Tempos and Creative Moves</li> <li>• Seven Jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Dance</li> </ul>

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and at different levels in response to music.		<ul style="list-style-type: none"> <li>• Monkey See, Monkey Do</li> </ul>	<ul style="list-style-type: none"> <li>• ASAP</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement</b>			
PE.1.MC.2.1 - Use movement and manipulative skills involving equipment.	<ul style="list-style-type: none"> <li>• Dribbling, Volleying, and Striking Rubric</li> <li>• Manipulatives Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Squirrels and Acorns</li> <li>• Chinese Ribbon Dance</li> <li>• Oxygen Boogie</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling, Volleying, and Striking</li> <li>• Manipulatives</li> <li>• Games</li> </ul>
PE.1.MC.2.2 - Illustrate two or more of the essential elements of correct form for the five fundamental manipulative skills.	<ul style="list-style-type: none"> <li>• Manipulatives Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Scarf Exploration</li> <li>• Beanbag Exploration</li> <li>• Ribbon Exploration</li> </ul>	<ul style="list-style-type: none"> <li>• Manipulatives</li> <li>• Manipulatives</li> <li>• Manipulatives</li> <li>•</li> </ul>
PE.1.MC.2.3 - Understand how to use teacher and peer feedback to improve basic motor performance.	<ul style="list-style-type: none"> <li>• Catching and Throwing Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing Underhand to Targets</li> <li>• Overhand Throw for Distance</li> <li>• Catching and Throwing Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> <li>• Catching and Throwing</li> <li>• Catching and Throwing</li> </ul>

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PE.1.MC.2.4 - Illustrate activities that increase heart rate and make muscles strong.	Sample debrief question: <i>Name some activities that make your heart beat faster. Name some activities that make your muscles stronger.</i>	<ul style="list-style-type: none"> <li>• Locomotor Grab Bag</li> <li>• Fitness Introduction</li> <li>• Parachute Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• ASAP</li> <li>• Building a Foundation</li> <li>• Parachute</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Understand the importance of achieving and maintaining a health-enhancing level of physical fitness</b>			
PE.1.HF.3.1 - Recognize two or more of the five health-related fitness assessments and the associated exercises.	Sample debrief question: <i>What are the components of health-related fitness?</i>	<ul style="list-style-type: none"> <li>• Fitness Introduction (SPARK It Up!)</li> </ul>	<ul style="list-style-type: none"> <li>• Health-Related Fitness Introduction (CD)</li> </ul>
PE.1.HF.3.2 - Select physical activities based on one's interests and physical development.	Sample debrief question: <i>What are some of your favorite physical activities?</i>	<ul style="list-style-type: none"> <li>• Oxygen Boogie</li> <li>• Chasing and Fleeing</li> <li>• The Good Ship SPARK</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Building a Foundation</li> <li>• ASAP</li> </ul>
PE.1.HF.3.3 - Contrast moderate physical activity and vigorous	Sample debrief question:	<ul style="list-style-type: none"> <li>• Sugar and Fat Tag</li> <li>• Cookie Monster</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Games</li> </ul>

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physical activity.	<i>What is the difference between moderate physical activity and vigorous physical activity?</i>	Tag <ul style="list-style-type: none"> <li>Twist and Turn/Bend and Stretch</li> </ul>	<ul style="list-style-type: none"> <li>Manipulatives</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Use behavioral strategies that are responsible and enhance respect of self and others and value activity</b>			
PE.1.PR.4.1 - Use basic strategies and concepts for working cooperatively in group settings.	<ul style="list-style-type: none"> <li>Games Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Pairing and Moving Together</li> <li>Grouping and Moving Together</li> <li>Frogs Across the Pond</li> </ul>	<ul style="list-style-type: none"> <li>Building a Foundation</li> <li>Building a Foundation</li> <li>ASAP</li> </ul>
PE.1.PR.4.2 - Understand how social interaction can make activities more enjoyable.	<ul style="list-style-type: none"> <li>Games Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Houdini Hoops</li> <li>Changing Places</li> <li>Line Boogie</li> </ul>	<ul style="list-style-type: none"> <li>Games</li> <li>Parachute</li> <li>Manipulatives</li> </ul>
PE.1.PR.4.3 - Use safe practices when engaging in physical education activities.	<ul style="list-style-type: none"> <li>Games Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Partner Throw and Catch</li> <li>Soccer Golf</li> <li>Long Rope Turning in Pairs</li> </ul>	<ul style="list-style-type: none"> <li>Catching and Throwing</li> <li>Kicking and Trapping</li> <li>Jumping</li> </ul>



2<sup>nd</sup> Grade

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Apply competent motor skills and movement patterns needed to perform a variety of physical activities			
PE.2.MS.1.1 - Execute combinations of locomotor skills in different pathways, levels, or directions.	<ul style="list-style-type: none"> <li>• Building a Foundation Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> <li>• General Space and Creative Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Building a Foundation</li> </ul>
PE.2.MS.1.2 - Execute a variety of manipulative skills while maintaining good balance and follow-through.	<ul style="list-style-type: none"> <li>• Manipulatives Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Scarf Exploration</li> <li>• Beanbag Exploration</li> <li>• Ribbon Exploration</li> </ul>	<ul style="list-style-type: none"> <li>• Manipulatives</li> <li>• Manipulatives</li> <li>• Manipulatives</li> </ul>
PE.2.MS.1.3 - Generate smooth and timely transitions between sequential locomotor skills.	<ul style="list-style-type: none"> <li>• Building a Foundation Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> <li>• General Space and Creative Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Building a Foundation</li> </ul>
PE.2.MS.1.4 - Apply non-locomotor movements with locomotor patterns and levels in a variety of	<ul style="list-style-type: none"> <li>• Dance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Tempos and Creative Moves</li> <li>• Seven Jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Dance</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
movement sequences.		<ul style="list-style-type: none"> <li>• Monkey See, Monkey Do</li> </ul>	<ul style="list-style-type: none"> <li>• ASAP</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement</b>			
PE.2.MC.2.1 - Use equipment to illustrate multiple movement concepts.	<ul style="list-style-type: none"> <li>• Dribbling, Volleying, and Striking Rubric</li> <li>• Manipulatives Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Squirrels and Acorns</li> <li>• Chinese Ribbon Dance</li> <li>• Oxygen Boogie</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling, Volleying, and Striking</li> <li>• Manipulatives</li> <li>• Games</li> </ul>
PE.2.MC.2.2 - Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.	<ul style="list-style-type: none"> <li>• Manipulatives Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Scarf Exploration</li> <li>• Beanbag Exploration</li> <li>• Ribbon Exploration</li> </ul>	<ul style="list-style-type: none"> <li>• Manipulatives</li> <li>• Manipulatives</li> <li>• Manipulatives</li> <li>•</li> </ul>
PE.2.MC.2.3 - Explain the value of feedback in improving motor performance.	<ul style="list-style-type: none"> <li>• Catching and Throwing Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing Underhand to Targets</li> <li>• Overhand Throw for Distance</li> <li>• Catching and Throwing Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> <li>• Catching and Throwing</li> <li>• Catching and Throwing</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.2.MC.2.4 - Illustrate activities that are associated with three or more of the five components of health-related fitness.	Sample debrief question: <i>Name some activities that make your heart beat faster. Name some activities that make your muscles stronger. Name some activities that improve your flexibility.</i>	<ul style="list-style-type: none"> <li>• Locomotor Grab Bag</li> <li>• Fitness Introduction</li> <li>• Parachute Fitness</li> <li>• Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>• ASAP</li> <li>• Building a Foundation</li> <li>• Parachute</li> <li>• Building a Foundation</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Understand the importance of achieving and maintaining a health-enhancing level of physical fitness			
PE.2.HF.3.1 - Recognize three or more of the five health-related fitness assessments and the associated exercises.	Sample debrief question: <i>What are the components of health-related fitness?</i>	<ul style="list-style-type: none"> <li>• Fitness Introduction (SPARK It Up!)</li> </ul>	<ul style="list-style-type: none"> <li>• Health-Related Fitness Introduction (CD)</li> </ul>
PE.2.HF.3.2 - Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.	Sample debrief question: <i>What are some of your favorite physical activities?</i>	<ul style="list-style-type: none"> <li>• Oxygen Boogie</li> <li>• Chasing and Fleeing</li> <li>• The Good Ship SPARK</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Building a Foundation</li> <li>• ASAP</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.2.HF.3.3 - Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.	Sample debrief question: <i>What are some things you can do to get more physical activity in your week?</i>	Home Play Activities (CD, various units) Recess Activities (Manual)	

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<b>Use behavioral strategies that are responsible and enhance respect of self and others and value activity</b>			
PE.2.PR.4.1 - Explain the value of working cooperatively in group settings.	<ul style="list-style-type: none"> <li>Games Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Pairing and Moving Together</li> <li>Grouping and Moving Together</li> <li>Frogs Across the Pond</li> </ul>	<ul style="list-style-type: none"> <li>Building a Foundation</li> <li>Building a Foundation</li> <li>ASAP</li> </ul>
PE.2.PR.4.2 - Summarize the benefits of positive social interaction to make activities more enjoyable.	<ul style="list-style-type: none"> <li>Games Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Houdini Hoops</li> <li>Changing Places</li> <li>Line Boogie</li> </ul>	<ul style="list-style-type: none"> <li>Games</li> <li>Parachute</li> <li>Manipulatives</li> </ul>
PE.2.PR.4.3 - Use safe practices when engaging in physical education activities with little or no	<ul style="list-style-type: none"> <li>Games Rubric</li> </ul>	<ul style="list-style-type: none"> <li>Partner Throw and Catch</li> <li>Soccer Golf</li> </ul>	<ul style="list-style-type: none"> <li>Catching and Throwing</li> <li>Kicking and</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
prompting.		<ul style="list-style-type: none"><li>• Long Rope Turning in Pairs</li></ul>	Trapping <ul style="list-style-type: none"><li>• Jumping</li></ul>