

SPARK Alignment with New Jersey Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Version)			
Standard 2.2: Integrated Skills All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.	Parachute Tubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Turning in Pairs • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games
Standard 2.5: Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Stunts Introduction • Body Management and Balance • Locomotor Skills, Levels, Directions 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Building a Foundation
Standard 2.6: Fitness All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Jumping

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3-5			
Standard 2.2: Integrated Skills All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.	<ul style="list-style-type: none"> • Cooperative All-Star Self Check 	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Standard 2.5: Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> • Stunts and Tumbling Self-Check 	<ul style="list-style-type: none"> • Look, Learn and Leave • 4 Corners • Partner Throw and Catch 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Softball
Standard 2.6: Fitness All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> • Fitness Circuits Performance Rubric • Personal Best Log 	<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

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6-8			
Standard 2.2: Integrated Skills All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.	<ul style="list-style-type: none"> • Pair Share (Lesson Closure, Extra Extra) 	<ul style="list-style-type: none"> • Alaska Snowball • Houdini Hoops • Memory Ball 	<ul style="list-style-type: none"> • All Run Games • Cooperative Games • Cooperative Games
Standard 2.5: Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> • 5 Person Hit and Run Softball Assessment (Extra Extra) 	<ul style="list-style-type: none"> • Shot on Goal • Hurdle Practice • Awesome Add-On 	<ul style="list-style-type: none"> • Hockey • Track and Field • Aerobic Games
Standard 2.6: Fitness All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> • Personal Best Log (Extra Extra) 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog

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9-12			
<p>Standard 2.2: Integrated Skills All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Teambuilding Response Journal 	<ul style="list-style-type: none"> • Two by Four Shuffle • Spider’s Web • Warp Speed 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building
<p>Standard 2.5: Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Racquetball Skills Check-Off 	<ul style="list-style-type: none"> • Return Service to Target • Skill Builder • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Basketball • Racquetball
<p>Standard 2.6: Fitness All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Personal Fitness Program Evaluation • Weight Room and Fitness Lab Safety Test 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program