

SPARK Alignment with Nevada Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Version)			
1.0: A physically educated student understands and applies movement concepts to the learning and development of motor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Scarf Exploration 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives
2.0: Demonstrate competency in many movement forms and proficiency in a few movement forms.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, Directions • Body Management and Balance • Animal Balancing Act 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
3.0: Demonstrate an understanding of dance through skills, techniques, choreography, and as a form of communication.	Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Emotion Motion • The Shoemaker's Dance 	<ul style="list-style-type: none"> • Dance • ASAP • Dance
4.0: Students will achieve and maintain a health-enhancing	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction 	<ul style="list-style-type: none"> • Building a Foundation

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level of individual fitness for an active lifestyle.		<ul style="list-style-type: none"> • Parachute Fitness • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Parachute • Jumping
5.0: Students will demonstrate responsible personal and social behaviors in physical activity settings.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Jumping I and II • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games
6.0: Students will demonstrate understanding and respect for differences among people in physical activity settings.	Jumping Rubric	<ul style="list-style-type: none"> • Rope Turning in Pairs • Houdini Hoops • The Mexican Hat Dance 	<ul style="list-style-type: none"> • Jumping • Games • Dance
7.0: Students will demonstrate the understanding that physical activity provides opportunities for social interaction and participation.	Games Rubric	<ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3-5			
1.0: A physically educated student understands and applies movement concepts to the learning and development of motor skills.	Create A Routine Rubric (Stunts and Tumbling)	<ul style="list-style-type: none"> • Learning the Stunts • 5-Person Kick and Dribble • Grid Passing 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Basketball
2.0: Demonstrate competency in many movement forms and proficiency in a few movement forms.	Basketball Learning Log	<ul style="list-style-type: none"> • Dribbling Drills • Passing Drills • 2-Minute Drills 	<ul style="list-style-type: none"> • Basketball • Soccer • Football
3.0: Demonstrate an understanding of dance through skills, techniques, choreography, and as a form of communication.	Create a Dance Rubric	<ul style="list-style-type: none"> • Mambo #5 • Hot Time • Alunelul 	<ul style="list-style-type: none"> • Dance • Dance • Dance
4.0: Students will achieve and maintain a health-enhancing level of individual fitness for an active lifestyle.	Fitness Circuits Think About; Personal Best Log	<ul style="list-style-type: none"> • Resistance Band Workout • Flexibility Circuit • Body Composition BINGO • Number Run 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges • Walk/Jog/Run

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5.0: Students will demonstrate responsible personal and social behaviors in physical activity settings.	Are You Part of the Cast Cooperative Self-Check	<ul style="list-style-type: none"> • Add-On • Mirror, Mirror • Meet Me in the Middle 	<ul style="list-style-type: none"> • Movement Bands • Jump Rope • ASAP
6.0: Students will demonstrate understanding and respect for differences among people in physical activity settings.	Are You Part of the Cast Cooperative Self-Check	<ul style="list-style-type: none"> • Cooperative Countdown • VIP Tag • Designated Driver 	<ul style="list-style-type: none"> • Volleyball • Chasing and Fleeing • Cooperatives
7.0: Students will demonstrate the understanding that physical activity provides opportunities for social interaction and participation.	Are You Part of the Cast Cooperative Self-Check	<ul style="list-style-type: none"> • Fun and Flexibility with a Friend • Partner Walk/Jog and Talk • Bumping Buddies 	<ul style="list-style-type: none"> • Fitness Challenges • Walk/Jog/Run • Volleyball

SPARK Alignment with Nevada Physical Education Standards (MS Version 2011)

Grades 6-8

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1.0: Students understand and apply movement concepts and principles to the learning and development of motor skills.			
1.8.1 Describe a strategy for sport utilizing appropriate vocabulary.	Specific Unit Teacher Rubrics	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Defense • Zone and Person Defense • Zone and Player-to-Player Defenses • Zone Defense 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer • Hockey
1.8.2 Describe and apply the advanced elements (i.e. speed) of movement forms and game strategies (i.e., softball game situation).	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Receiver Patterns • 7v7 Modified Softball • Pass or Dribble? 	<ul style="list-style-type: none"> • Football • Softball • Basketball
1.8.3 Evaluate movement forms for skill improvement (i.e., checklists, rubrics).	Specific Unit: <ul style="list-style-type: none"> • Self-Checks • Peer Coach 	<ul style="list-style-type: none"> • Introduction to Putting • Introduction to the Serve and Serve Reception • Backhand Throw and Clap Catch 	<ul style="list-style-type: none"> • Golf • Racquets and Paddles • Flying Disc
1.8.4 Recognize physiological benefits of exercise during and after	<ul style="list-style-type: none"> • <i>Create A Routine (Fitness)</i> 	<ul style="list-style-type: none"> • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
physical activity.	<i>Aerobic Capacity)</i> <i>Extension:</i> <i>Heart Rate Monitors</i> <ul style="list-style-type: none"> • Heart Rate Monitor Log 	<ul style="list-style-type: none"> • Heart Rate Highway • Personally Fit • SPARKfit 	<ul style="list-style-type: none"> • SPARKfamily.org • SPARKfamily.org

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2.0: Students demonstrate competency in many movement forms and proficiency in a few movement forms.			
2.8.1 Refine locomotor and nonlocomotor movements in a sport setting.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Extreme Rally • Hockey Adventure Race • Durango Boot 	<ul style="list-style-type: none"> • Racquets and Paddles • Hockey • Flying Disc
2.8.2 Refine previously learned manipulative skills.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Distance and Accuracy • Individual Juggling • Up the Valley 	<ul style="list-style-type: none"> • Flying Disc • World Games • Softball
2.8.2b Demonstrate the elements of more advanced manipulative skills (i.e. overhand serve).	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Advanced Shots • Serving Challenges • Shot Put 	<ul style="list-style-type: none"> • Handball • Volleyball • Track and Field
2.8.3 Explain how scientific principles (i.e. force & speed) apply to weight transfer and balance movements.	Sample debrief question: <i>How do body rotation, opposition, weight transfer and follow-through affect a thrown ball?</i>	<ul style="list-style-type: none"> • Passing and Receiving • Shot Put • Distance and Accuracy 	<ul style="list-style-type: none"> • Football • Track • Flying Disc

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3.0: Students demonstrate an understanding of dance through skills, techniques, choreography, and as a form of communication.			
3.8.1A Identify and demonstrate basic dance steps, positions and patterns from two different theatrical styles and/or traditional styles of dance.	Dance: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • The Stroll • Circle Moves • Conga Lines • Square Moves 	<ul style="list-style-type: none"> • Dance ASAPs • Dance ASAPs • Dance ASAPs • Dance ASAPs
3.8.1B Observe and describe (i.e. breakdown/analyze movements) the actions and qualities of movement in a dance sequence using appropriate dance vocabulary.	Dance: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • The Norwegian Polka Jigsaw • Hip Hop Basic Moves Jigsaw • Merengue Jigsaw 	<ul style="list-style-type: none"> • Dance • Dance • Dance
3.8.4 Accurately transfer a rhythmic pattern from the aural, verbal and/or visual to the kinesthetic (i.e. perform simple rhythmic dance sequences).	Dance: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Create a 4-Wall Line Dance • Create a Poco Loco • Create your own Merengue Move 	<ul style="list-style-type: none"> • Dance • Dance • Dance
3.8.5 Perform traditional and/or theatrical style dances of different time periods or cultures and describe differences in steps and movement styles.	Dance: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Merengue Mixer! • Swing Etiquette and Basics 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4.0: Students achieve and maintain a health-enhancing level of individual fitness for an active lifestyle.			
4.8.1 Design a personal health-related fitness program based on an accurately assessed fitness profile.	Personally Fit SPARKfit (SPARKfamily.org)		
4.8.2 Understand and apply principles of training/ conditioning (i.e. threshold, overload and specificity) to regular fitness activities.	Sample debrief question: <i>How would you use the principle of overload to safely improve your muscular strength?</i>	<ul style="list-style-type: none"> • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Fitness in the Middle 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
4.8.3. Identify and/or participate in a variety of health-related fitness activities in both school and community.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
4.8.4 Compare safe and unsafe exercises and demonstrate safe exercise alternatives.	Sample debrief question: <i>Name some techniques that would make an exercise unsafe. What are some safe alternatives?</i>	<ul style="list-style-type: none"> • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Introduction to Yoga • Introduction to Pilates 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5.0: Students demonstrate personal responsibility, positive social interaction, and respect for diversity in physical activity settings.			
5.8.1 Analyze potential consequences when confronted with a behavior choice.	Coulda, Shoulda, Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines • Respect and Roll Taking • Acceptance and Super Grouping • Trust and Technology • Appreciation and Assistance 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • First 5 Lessons • First 5 Lessons • First 5 Lessons
5.8.2 Work cooperatively within a group to achieve goals in cooperative or competitive situations.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Nutrition Team Challenge • Cross the Great Divide • Radioactive River 	<ul style="list-style-type: none"> • Fitness • Cooperatives • Cooperatives
5.8.3 Demonstrate behavior which is supportive and inclusive in physical activity settings.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Karrimor International Mountain Marathon • Centipede Pass • Corridor Challenge 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
5.8.4 Demonstrate a multicultural physical activity to others (i.e. dance, games, and sports).	World Games, Dance: <ul style="list-style-type: none"> • Peer Coach 	<ul style="list-style-type: none"> • Sepak Takraw • Modified Cricket • The Korobushka 	<ul style="list-style-type: none"> • World Games • World Games • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Jigsaw	

SPARK Alignment with Nevada Physical Education Standards (HS Version 2011)

Grades 9-12

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1.0: Students understand and apply movement concepts and principles to the learning and development of motor skills.			
1.12.1 Apply appropriate vocabulary to coordinate a class or school-wide activity (i.e. round robin tournament).	Specific Unit Teacher Rubric	<ul style="list-style-type: none"> • Event: The Navigational Invitational • Event: Gridiron Classic • Event: Star-Hockey “Shockey” Cup 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Football • Hockey
1.12.2 Integrate discipline-specific knowledge to new physical activities.	Specific Unit Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Basic Training: FUNctional Fitness Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Badminton • Strength Training • Cooperatives: Orienteering
1.12.3 Analyze personal performance and apply results for improvement (i.e. lower target heart rate).	Specific Unit Personal Best Assessment Heart Rate Monitor Log	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training
1.12.4 Analyze and compare health	<ul style="list-style-type: none"> • Pedometer Log 	<ul style="list-style-type: none"> • Walk and Talk 	<ul style="list-style-type: none"> • Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
and fitness benefits derived from various physical activities.	<ul style="list-style-type: none"> • Heart Rate Monitor Log • Fitness Unit Written Test 	Fun-day-mentals Jigsaw <ul style="list-style-type: none"> • Yoga Basic Training • iHIIT (High Intensity Interval Training) 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2.0: Students demonstrate competency in many movement forms and proficiency in a few movement forms.			
2.12.2 Demonstrate proficiency in at least three movement forms in two or more sports.	Specific Unit Personal Best Assessment	<ul style="list-style-type: none"> • Football Personal Best • Basketball Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Football • Basketball • Hockey
2.12.3 Apply scientific principles to weight transfer and balance movements.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • iYoga • Run the Wickets! • iHIIT (High Intensity Interval Training) 	<ul style="list-style-type: none"> • Group Fitness • World Games: Cricket • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3.0: Students demonstrate an understanding of dance through skills, techniques, choreography, and as a form of communication.			
3.12.1A Identify and demonstrate complex combinations of steps and patterns from different theatrical styles and/or traditional styles of dance.	Dance: <ul style="list-style-type: none"> • Performance Rubric • Self-Check • Jigsaw Notes • Create Routine Rubric • Personal Best Assessment 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Cha-Cha Challenge • Cotton Eyed Joe Jigsaw (Partner Style) 	<ul style="list-style-type: none"> • Dance • Dance • Dance
3.12.1B Observe and analyze the action and qualities of movement in dances using appropriate dance vocabulary.	Dance: <ul style="list-style-type: none"> • Performance Rubric • Self-Check • Jigsaw Notes • Create Routine Rubric • Personal Best Assessment 	<ul style="list-style-type: none"> • Event: Dance Olympics • Night Fever Hustle • Stutter Stomp 	<ul style="list-style-type: none"> • Dance • Dance • Dance
3.12.4 Demonstrate rhythmic acuity.	Dance: <ul style="list-style-type: none"> • Performance Rubric • Self-Check • Jigsaw Notes • Create Routine Rubric • Personal Best 	<ul style="list-style-type: none"> • Dance Personal Best • Brain Boostin' Boogie • Hip Hop Jigsaw 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Assessment		
3.12.5 Perform traditional and/or theatrical style dances of different time periods or cultures and compare and contrast steps and movement styles.	Dance: <ul style="list-style-type: none"> • Performance Rubric • Self-Check • Jigsaw Notes • Create Routine Rubric • Personal Best Assessment 	<ul style="list-style-type: none"> • Dance Personal Best • Create a Hip Hop Routine • Event: Dance Olympics 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4.0: Students achieve and maintain a health-enhancing level of individual fitness for an active lifestyle.			
4.12.1 Refine health-related fitness goals as defined by a formal guideline.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
4.12.2 Independently engage in physical activity that addresses fitness and wellness throughout life.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Personal Fitness Program Development 	Personally Fit SPARKfit (SPARKfamily.org)
4.12.3 Analyze a personal healthy lifestyle independent of teacher intervention.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
4.12.4 Evaluate physical activity for injury potential.	Basic Training: Functional Fitness Jigsaw Think About...	<ul style="list-style-type: none"> • Create Your Own ST Program • Basic Training: FUNctional Fitness Jigsaw • Strength in Numbers 	<ul style="list-style-type: none"> • Strength Training • Strength Training • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5.0: Students demonstrate personal responsibility, positive social interaction, and respect for diversity in physical activity settings.			
5.12.1 Anticipate and avoid potentially dangerous outcomes and consequences during participation in physical activity.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Event: The Navigational Invitational • Basic Training: Functional Fitness Jigsaw • Create Your Own ST Program 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Strength Training • Strength Training
5.12.2 Accept leadership responsibility in a group setting.	Character Matters Debrief (Fundamentals Jigsaw 101)	<ul style="list-style-type: none"> • Fundamentals Jigsaw 101 • Strength Training Adventure Race • Orienteering Adventure Race 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Strength Training • Cooperatives: Orienteering
5.12.3 Evaluate the role of physical activity in a diverse society (i.e. skill level, gender, race and disability).	Character Matters Debrief (Personal Best 101)	<ul style="list-style-type: none"> • Personal Best 101 • Adventure Race 101 • Game Day 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101