

SPARK Alignment with New York Physical Education Standards Elementary 3-6 (Version 2007)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Key Idea: Students will:</p> <p>1a: perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sports activities.</p> <p>1b: design personal fitness programs to improve cardiorespiratory endurance, flexibility, muscular strength, endurance, and body composition.</p>			
Participate in physical activities (games, sports, exercises) that provide conditioning for each fitness area.	Fitness Circuits Think About	<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
Develop physical fitness skills through regular practice, effort, and perseverance.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Moving for Time • Fitness Grids • Partner Mixed Fitness 	<ul style="list-style-type: none"> • Map Challenges • Fitness Circuits • Fitness Challenges

<p>Demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement.</p>	<p>Stunts and Tumbling Self-Check</p>	<ul style="list-style-type: none"> • Look, Learn and Leave • 4 Corners • Capture the Flag 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Aerobic Games
<p>Understand the effects of activity on the body, the risks associated with inactivity, and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility, and body composition).</p>	<p>Fitness Circuits Performance Rubric</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
<p>Demonstrate and assess their fitness by performing exercises or activities related to each health-related fitness component, and establish personal goals to improve their fitness.</p>	<p>Group Fitness Think About</p>	<ul style="list-style-type: none"> • Mixed Fitness Circuit • Create a Routine • Personal Best Day 	<ul style="list-style-type: none"> • Fitness Circuits • Group Fitness • Personal Best Day
<p>Understand the relationship between physical activity and individual well being.</p>	<p>Fitness Challenges Performance Rubric</p>	<ul style="list-style-type: none"> • Fitness in the Middle • Fitness Grids • Survivor 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges

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<p>Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Key Idea: Students will:</p> <p>2a: demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication.</p> <p>2b: be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants.</p>			
Contribute to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities.	Chasing and Fleeing Self-Check	<ul style="list-style-type: none"> • 4-Corner Scramble • Addition Tag • Look, Learn and Leave 	<ul style="list-style-type: none"> • Recess Activities • Chasing and Fleeing • Stunts and Tumbling
Come to know and practice appropriate participant and spectator behaviors to produce a safe and positive environment.	Hockey Self-Check	<ul style="list-style-type: none"> • Mini-Hockey • Quick-Play Mini-Football • Mini-Basketball 	<ul style="list-style-type: none"> • Hockey • Football • Basketball
Work constructively with	Cooperative All-Star	<ul style="list-style-type: none"> • Group Juggling 	<ul style="list-style-type: none"> • Cooperatives

others to accomplish a variety of goals and tasks.	Self Check	<ul style="list-style-type: none"> • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives
Know how injuries from physical activity can be prevented or treated.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Daily Dozen • Batting Practice • Medicine Ball Madness 	<ul style="list-style-type: none"> • Stunts and Tumbling • Softball • Group Fitness
Demonstrate care, consideration, and respect of self and others during physical activity.	Cooperative All-Star 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

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<p>Students will understand and be able to manage their personal and community resources. Key Idea: Students will:</p> <p>3a: will be aware of and able to access opportunities available to them within their community to engage in physical activity.</p> <p>3b: be informed consumers and be able to evaluate facilities and programs.</p> <p>3c: be aware of some career options in the field of physical fitness and sports.</p>			
<p>Know that resources available at home and in the community offer opportunities to participate in and enjoy a variety of physical activities in their leisure time.</p>	<p>Recess Activities Self-Check</p>	<ul style="list-style-type: none"> • Home Play • Wall Ball • Flying Disc Golf 	<ul style="list-style-type: none"> • Various Units • Recess Activities • Flying Disc
<p>Become discriminating consumers of fitness information, health-related fitness activities in their communities, and fitness and sports equipment.</p>	<p>Group Fitness Think About</p>	<ul style="list-style-type: none"> • Bench Step Basics • Resistance Band Workout • Stability Ball Fun 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness

Demonstrate the ability to apply the decision making process to physical activity.	Movement Bands Create a Routine Performance Rubric	<ul style="list-style-type: none">• Create a Routine• Create a Routine• Create a Dance	<ul style="list-style-type: none">• Group Fitness• Movement Bands• Dance
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