

## SPARK Alignment with New York Physical Education Standards Grades 9-12 (HS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Personal Health and Fitness Standard 1</b>			
Demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area.	Fitness: <ul style="list-style-type: none"> <li>• Personal Best Assessments</li> <li>• Performance Rubric</li> <li>• Self-Check</li> </ul>	<ul style="list-style-type: none"> <li>• iCardio Kickboxing</li> <li>• iYoga</li> <li>• iHIIT (High Intensity Interval Training)</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> </ul>
Establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Personal Best Assessments</li> <li>• Performance Rubrics</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey Personal Best</li> <li>• Volleyball Personal Best</li> <li>• Ultimate Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Volleyball</li> <li>• Flying Disc: Ultimate</li> </ul>
Make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs.	Personally Fit Activity Challenge: In the Mood to Move Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Personal Best Assessments</li> <li>• Performance Rubric</li> <li>• Self-Check</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Basketball</li> <li>• Soccer</li> </ul>

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Know the components of personal wellness (nutrition and weight control, disease prevention, stress management, safety, and physical fitness), establish a personal profile with fitness/wellness goals, and engage in appropriate activities to improve or sustain their fitness.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Follow a program that relates to wellness, including weight control and stress management.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Demonstrate competence in leading and participating in group activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw Notes</li> </ul>	<ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw 101</li> <li>• Fun-day-mentals Jigsaw</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• Cooperatives: Orienteering</li> <li>• World Games: Cricket</li> </ul>

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<b>A Safe and Healthy Environment Standard 2</b>			
Know the potential safety hazards associated with a wide variety of games and activities and are able to prevent and respond to accidents.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• Dive In: FUNctional Aquatic Jigsaw</li> <li>• iCardio Kickboxing</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Aquatics (online unit)</li> <li>• Group Fitness</li> </ul>
Demonstrate responsible personal and social behavior while engaged in physical activities.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Adventure Race 101</li> <li>• Game Day 101</li> <li>• Event: The Navigational Invitational</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• Cooperatives: Orienteering</li> </ul>
Accept physical activity as an important part of life. Self-renewal, productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health-care costs are understood as benefits of physical activity.	Walk and Talk Fun-day-mentals Jigsaw Think About...	Personally Fit SPARKfit (SPARKfamily.org)	

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<p>Create a positive climate for group activities by assuming a variety of roles.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Event: March Madness</li> <li>• Event: Ultimate Masters</li> <li>• Event: The Navigational Invitational</li> <li>• Event: Star-Hockey “Shockey” Cup</li> <li>• Event: Dance Olympics</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Flying Disc: Ultimate</li> <li>• Cooperatives: Orienteering</li> <li>• Hockey</li> <li>• Dance</li> </ul>
<p>Understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> <li>• Walk and Talk Fun-day-mentals Jigsaw Think About...</li> </ul>	<ul style="list-style-type: none"> <li>• Event: The Crackerjack Classic (Option 1: Create &amp; Play Your Own Game) Adventure Race</li> <li>• Adventure Race 101</li> <li>• Cricket Adventure Race</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• SPARK HS PE 101</li> <li>• World Games: Cricket</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Resource Management Standard 3</b>			
Recognize their role as concerned and discriminating consumers of physical activities programs and understand the importance of physical activity as a resource for everyone regardless of age or ability.	Personally Fit SPARKfit (SPARKfamily.org)		
Recognize the benefits of engaging in appropriate physical activities with others, including both older and younger members of the community.	<ul style="list-style-type: none"> <li>• Walk and Talk Fun-day- mentals Jigsaw Think About...</li> <li>• Coulda, Shoulda, Woulda Character Ed Journaling Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Game Day 101</li> <li>• Adventure Race 101</li> <li>• SPARK Event 101</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> <li>• SPARK HS PE 101</li> </ul>
Identify a variety of career opportunities associated with sports and fitness and understand the qualifications, educational requirements, and job responsibilities of those careers.	<i>Career opportunities not specifically addressed</i>		