

SPARK Alignment with New York Physical Education Standards Commencement (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>			
Demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Group Jump Rope • Popsicle Push-Ups • Power Stretching/Yoga 	<ul style="list-style-type: none"> • Teambuilding • Teambuilding • Power Stretching/Yoga
Establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills	Racquetball Skills Check-Off	<ul style="list-style-type: none"> • Return Service to Target • Skill Builder • Forehand and Backhand 	<ul style="list-style-type: none"> • Volleyball • Basketbal • Racquetballl

that can contribute to daily living tasks, and analyze skill activities.		Techniques	
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.	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands
Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities.	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> • Return Service to Target • 5-Person Hit and Run Softball • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Softball • Racquetball
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	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

engage in appropriate activities to improve or sustain their fitness.			
Follow a program that relates to wellness, including weight control and stress management.	Personal Fitness Program Evaluation	<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
Demonstrate competence in leading and participating in group activities.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Hula Hoop Pass • 2 Group Human Ladder • Minefield 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building

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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>			
<p>Know the potential safety hazards associated with a wide variety of games and activities and are able to prevent and respond to accidents.</p>	<p>Weight Room and Fitness Lab Safety Test</p>	<ul style="list-style-type: none"> • Yoga/Power Stretching • Personal Fitness Program • Pass and Follow 	<ul style="list-style-type: none"> • Yoga/Power Stretching • Personal Fitness Program • Volleyball
<p>Demonstrate responsible personal and social behavior while engaged in physical activities.</p>	<p>Teambuilding Response Journal</p>	<ul style="list-style-type: none"> • Wordles • Electric Fence • All-Aboard 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building

<p>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.</p>	<p>Dance Assessment</p>	<ul style="list-style-type: none"> • 5, 6, 7, 8 • Pilates/Yoga • Troika 	<ul style="list-style-type: none"> • Dance • Pilates/Yoga • Dance
<p>Create a positive climate for group activities by assuming a variety of roles.</p>	<p>Teambuilding Response Journal</p>	<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>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>Teambuilding Response Journal</p>	<ul style="list-style-type: none"> • Everybody Up • Gordian Knot • Trolleys 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building

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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>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.</p>	<p>Weight Room and Fitness Lab Safety Test</p>	<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
<p>Recognize the benefits of engaging in appropriate physical activities with others, including both older</p>	<p>Jump Rope Routine Score Sheet</p>	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance 	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance

and younger members of the community.			
Identify a variety of career opportunities associated with sports and fitness and understand the qualifications, educational requirements, and job responsibilities of those careers.	Personal Fitness Program Evaluation	<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