

SPARK Alignment with New York Physical Education Standards Elementary K-2 (Version 2008)

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.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Flexibility • Body Management and Balance 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Develop physical fitness skills through regular practice, effort, and perseverance.	Jumping Rubric	<ul style="list-style-type: none"> • Individual Rope Jumping I and II • Stunts Circuit • Fitness 	<ul style="list-style-type: none"> • Jumping • Balance, Stunts, and Tumbling • Building a

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<p>Demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement.</p>	<p>Manipulatives Rubric</p>	<p>Introduction</p> <ul style="list-style-type: none"> • Manipulatives Circuit • Locomotor Skills, Levels, and Directions • Basic Body Positions 	<p>Foundation</p> <ul style="list-style-type: none"> • Manipulatives • Building a Foundation • Balance, Stunts, and Tumbling
<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>Debrief</p>	<ul style="list-style-type: none"> • Fitness Introduction • Stunts Introduction • Flexibility 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
<p>Demonstrate and assess their fitness by performing exercises or activities related to each health-related fitness component,</p>	<p>Building a Foundation Rubric</p>	<ul style="list-style-type: none"> • Fitness Introduction • Fitness Introduction (SPARK It Up!) • Flexibility 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation

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and establish personal goals to improve their fitness.			
Understand the relationship between physical activity and individual well being.	Parachute Rubric	<ul style="list-style-type: none"> • Emotion Motion • Parachute Fitness • Showtime 	<ul style="list-style-type: none"> • ASAP • Parachute • Balance, Stunts, and Tumbling

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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.	Games Rubric	<ul style="list-style-type: none"> • Cat and Mice • Squirrels in the Trees • High-Five Tag 	<ul style="list-style-type: none"> • Recess Activities • Games • ASAP
Come to know and practice appropriate participant and spectator behaviors to produce a safe and positive environment.	Parachute Rubric	<ul style="list-style-type: none"> • Parachute Introduction • Create a Dance • Showtime 	<ul style="list-style-type: none"> • Parachute • Dance • Balance, Stunts, and Tumbling

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Work constructively with others to accomplish a variety of goals and tasks.	Games Rubric	<ul style="list-style-type: none"> • Houdini Hoops • Frog Crossing • Oxygen Boogie 	<ul style="list-style-type: none"> • Games • Games • Games
Know how injuries from physical activity can be prevented or treated.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Stunts Introduction • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
Demonstrate care, consideration, and respect of self and others during physical activity.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Partner Stunts • Scoops and Balls in Groups 	<ul style="list-style-type: none"> • Parachute • Balance, Stunts, and Tumbling • Catching and Throwing

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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>Debrief</p>	<ul style="list-style-type: none"> • Individual Rope Jumping I (Home Play) • 2-Square (Home Play) • Volleying and Striking Introduction (Home Play) 	<ul style="list-style-type: none"> • Jumping • Recess Activities • Dribbling, Volleying, and Striking
<p>Become discriminating consumers of fitness information, health-related</p>	<p>Debrief</p>	<ul style="list-style-type: none"> • Fitness Introduction (Wellness) 	<ul style="list-style-type: none"> • Building a Foundation • Kicking and

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fitness activities in their communities, and fitness and sports equipment.		Integration) <ul style="list-style-type: none"> • Soccer Golf (Wellness Integration) • Hoop Rolling (Wellness Integration) 	Trapping <ul style="list-style-type: none"> • Manipulatives
Demonstrate the ability to apply the decision making process to physical activity.	Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Showtime • Tempos and Creative Moves 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Building a Foundation