

SPARK Alignment with Nebraska Physical Education Standards K-2 (2008 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Education Literacy			
Strand 1: Skills Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	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
Strand 2: Knowledge Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Education Activity and Fitness			
Strand 3: Active Lifestyle Participates regularly in physical activity.	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
Strand 4: Fitness Achieves and maintains a health-enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Jumping

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Education Activity Behavior			
Strand 5: Responsible Behavior Exhibits responsible personal and social behavior that respects self and others 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
Strand 6: Awareness Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Showtime 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Manipulatives

SPARK Alignment with Nebraska Physical Education Standards 3-5 (2007 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Education Literacy			
Strand 1: Skills Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Hockey Self-Check	<ul style="list-style-type: none"> • Batting Practice • Ball-Control Drills • Dribbling Drills 	<ul style="list-style-type: none"> • Softball • Soccer • Hockey
Strand 2: Knowledge Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> • Survivor Challenge • Cooperative Countdown • Aerobic Bowling 	<ul style="list-style-type: none"> • Fitness Challenges • Volleyball • Aerobic Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Education Activity and Fitness			
Strand 3: Active Lifestyle Participates regularly in physical activity.	Walk/Jog/Run Think About	<ul style="list-style-type: none"> • Moving Around the Track • Inside/Outside Walk/Jog • Partner Walk/Jog and Talk 	<ul style="list-style-type: none"> • Map Challenges • Walk/Jog/Run • Walk/Jog/Run
Strand 4: Fitness Achieves and maintains a health-enhancing level of physical fitness.	Fitness Circuits Performance Rubric	<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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Education Activity Behavior			
Strand 5: Responsible Behavior Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Strand 6: Awareness Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me 	<ul style="list-style-type: none"> • Hockey • Fitness Challenges • Cooperatives

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

Grades 6-8

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 1: SKILLS Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.			
8.1.1 Demonstrate competency in modified versions in at least one activity from three of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, self-defense, team sports, tumbling/gymnastics.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Disc Throwing Stations • Stunts and Tumbling Buffet • Putting to Targets • Volleyball Stations • Extreme Rally • Passing and Receiving • Bullseye and Long Shot • Shooting Drills • 7v7 Modified Softball • Modified Team Handball • Modified Cricket 	<ul style="list-style-type: none"> • Flying Disc • Stunts and Tumbling • Golf • Volleyball • Racquets and Paddles • Football • Soccer • Hockey • Softball • World Games • World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 2: KNOWLEDGE Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.			
8.2.1 Explain principles of practice that enhance movement performance.	Sample debrief questions: <i>How can working with a partner help you improve your skill performance? Give an example of a tip you can give your partner if they are having trouble throwing their ball with sufficient force to reach their target.</i>	<ul style="list-style-type: none"> • Shooting Drills • Volleyball Stations • Shooting Drills 	<ul style="list-style-type: none"> • Basketball • Volleyball • Hockey
8.2.2 Define the critical elements of more advanced movement skills.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Advanced Progressions • Advanced Shots • Individual Juggling 	<ul style="list-style-type: none"> • Stunts and Tumbling • Handball • World Games
8.2.3 Identify and apply strategies and tactics within game play.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<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
8.2.4 Explain biomechanical	Sample debrief	<ul style="list-style-type: none"> • Passing and Receiving 	<ul style="list-style-type: none"> • Football

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>principles related to skill development.</p>	<p>questions: <i>How do body rotation, opposition, weight transfer and follow-through affect a thrown ball?</i> <i>What adjustments do you need to make to catch a ball that is thrown faster? From farther away?</i> <i>If I want my ball to go in a specific direction, what must I do with my arms (racquet, bat, etc.)</i></p>	<ul style="list-style-type: none"> • Shot Put • Distance and Accuracy • Serve, Return, Catch • Extreme Rally • Target Golf 	<ul style="list-style-type: none"> • Track • Flying Disc • Racquets and Paddles • Handball • Golf

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 3: ACTIVE LIFESTYLE Participates regularly in physical activity.			
8.3.1 Set personal physical activity goals independently to meet needs and interests.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
8.3.2 Participate regularly in physical activities in both school and non-school settings to accomplish personal activity goals.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move 	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 4: Fitness Achieves and maintains a health-enhancing level of physical fitness.			
8.4.1 Utilize criterion-referenced standards of health-related fitness.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
8.4.2 Explain principles of conditioning that enhance health-related fitness.	Sample debrief question: <i>How would you describe the principle of overload to 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
8.4.3 Achieve personal fitness based on criterion-referenced standards, taking into account variation in entry level and the long-term goal of achieving health-related fitness.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 5: RESPONSIBLE BEHAVIOR Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
8.5.1 Participate cooperatively in physical activity with persons of diverse characteristics and backgrounds.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Adventure Racing 101 • Cross the Pond 	<ul style="list-style-type: none"> • First 5 Lessons • Cooperatives • Cooperatives
8.5.2 Make responsible decisions to resolve and/or avoid conflicts.	Coulda, Shoulda, Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines • Acceptance and Super Grouping • Appreciation and Assistance 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • First 5 Lessons
8.5.3 Assist in establishing class rules related to safety practices and procedures.	Coulda, Shoulda, Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines • Respect and Roll Taking 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 6: AWARENESS Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.			
8.6.1 Analyze the physical, emotional, and social benefits of physical activity.	Sample debrief question: <i>Name a physical benefit of participating in physical activities.</i> <i>What are some social benefits? Emotional?</i>	<ul style="list-style-type: none"> • Final Cooperative Adventure Race • Cross the Great Divide • Radioactive River • Introduction to Yoga • Create a Routine (Aerobic Capacity) 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives • Fitness • Fitness
8.6.2 Explore career/employment opportunities in fields related to physical activity.	<i>Career opportunities not specifically addressed in SPARK curriculum</i>		
8.6.3 Seek personally enjoyable and challenging experiences in physical activity opportunities.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Hoopla Adventure Race • Create a Hip Hop Routine • Create a Routine 	<ul style="list-style-type: none"> • Cooperatives • Dance • Jump Rope

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

Grades 9-12

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 1: SKILLS Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.			
12.1.1 Demonstrate competency in basic and advanced skills and tactics in at least one activity from each of three of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, self-defense, and team sports.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Badminton Personal Best • Basketball Personal Best • Cooperatives: Orienteering Personal Best • Dance Personal Best • Flying Disc: Ultimate Personal Best • Football Personal Best • Hockey Personal Best • Soccer Personal Best • Softball Personal Best • Volleyball 	<ul style="list-style-type: none"> • Badminton • Basketball • Cooperatives: Orienteering • Dance • Flying Disc: Ultimate • Football • Hockey • Soccer • Softball • Volleyball • World Games: Cricket • Aquatics (Group Fitness online unit)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<p>Personal Best</p> <ul style="list-style-type: none">• World Games: Cricket Personal Best• Aquatics Personal Best	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 2: KNOWLEDGE Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.			
12.2.1 Apply concepts and principles of human movement to the development of motor skills and the learning of new skills.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Create Your Own ST Program • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Strength Training • World Games: Cricket • Flying Disc: Ultimate
12.2.2 Analyze movement forms and apply proper strategies and tactics to a variety of physical activities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric • Written Tests 	<ul style="list-style-type: none"> • Fielder's Choice • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Win the Point (Singles Royal Court) • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Softball • Basketball • Football • Badminton • World Games: Cricket • Flying Disc: Ultimate
12.2.3 Apply scientific and medical knowledge to aspects of exercise and injury prevention.	Strength Training: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance 	<ul style="list-style-type: none"> • Basic Training: FUNctional Fitness Jigsaw • Create Your Own ST Program • Game Day 101 	<ul style="list-style-type: none"> • Strength Training • Strength Training • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Rubric SPARK HS PE 101 Character Matters Assessment (Game Day 101 Debrief)		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 3: ACTIVE LIFESTYLE Participates regularly in physical activity.			
12.3.1 Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 4: Fitness Achieves and maintains a health-enhancing level of physical fitness.			
12.4.1 Demonstrate the skill and knowledge to create a fitness program based on personal needs.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
12.4.2 Achieve desired levels of health-related fitness.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 5: RESPONSIBLE BEHAVIOR Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
12.5.1 Initiate responsible behavior, function independently and responsibly, and positively influence the behavior of others.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Personal Best Assessments 	<ul style="list-style-type: none"> • Basketball Personal Best • Football Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
12.5.2 Develop and implement strategies in physical activity to promote inclusion of people of varying abilities and diverse cultural backgrounds.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Strand 6: AWARENESS Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.			
12.6.1 Justify why participation in physical activity can be enjoyable and desirable.	Specific Unit Fun-day-mentals Jigsaw Notes	<ul style="list-style-type: none"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 • Orienteering Adventure Race • Waltzing Royalty Mixer 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101 • Cooperatives: Orienteering • Dance
12.6.2 Pursue lifetime physical activities that meet individual needs.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Walk-Jog-Run • Cardio Kickboxing • iFreestyle Aerobics • HIIT Basic Training • iYoga • Basic Training: FUNctional Fitness Jigsaw • Personal Fitness Program Development 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness • Group Fitness • Group Fitness • Strength Training <p style="text-align: center;"> Personally Fit SPARKfit (SPARKfamily.org) </p>
12.6.3 Investigate opportunities for employment related to physical activity.	<i>Career opportunities not specifically addressed in SPARK curriculum</i>		