

## SPARK Alignment with Oregon Physical Education Standards K-2

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Expressive and Efficient Moving: Applying the basics of movement, movement sequencing, rules and strategies, and plans for activity.			
Demonstrate motor skill competency in a variety of physical activities and motor skill proficiency in one physical activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, Directions</li> <li>• Body Management and Balance</li> <li>• Self-Toss and Catch</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Catching and Throwing</li> </ul>
Apply movement concepts and principles to the development of motor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Movement Concepts Using Hoops</li> <li>• Pairs Combining Movement Concepts</li> <li>• Striking with Paddles</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Dribbling, Volleying, and Striking</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Apply appropriate rules and strategies to physical activities, games and sports.	Kicking and Trapping Rubric	<ul style="list-style-type: none"> <li>• Soccer Golf</li> <li>• Straddleball</li> <li>• Switcheroo</li> </ul>	<ul style="list-style-type: none"> <li>• Kicking and Trapping</li> <li>• Dribbling, Volleying, and Striking</li> <li>• Catching and Throwing</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Fitness for Lifetime: Apply the knowledge and skills of personal fitness to maintain a healthy lifestyle.</b>			
Provide evidence of engaging in a physically active lifestyle.	Games Rubric	<ul style="list-style-type: none"> <li>• Catch and Chase</li> <li>• 2-Square</li> <li>• Switcheroo!</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Recess Activities</li> <li>• Recess Activities</li> </ul>
Demonstrate ways to achieve and maintain a health-enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Fitness Introduction</li> <li>• Parachute Fitness</li> <li>• Individual Rope Jumping I and II</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Parachute</li> <li>• Jumping</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Self-Management and Social Behavior: Understand and apply appropriate social skills.</b>			
Demonstrate responsible behavior and respect for differences among people during physical activities.	Parachute Rubric	<ul style="list-style-type: none"> <li>• Capture the Orb</li> <li>• Long Rope Jumping I and II</li> <li>• Frog Crossing</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Jumping</li> <li>• Games</li> </ul>

## SPARK Alignment with Oregon Physical Education Standards 3-5

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Expressive and Efficient Moving: Applying the basics of movement, movement sequencing, rules and strategies, and plans for activity.			
Demonstrate motor skill competency in a variety of physical activities and motor skill proficiency in one physical activity.	Volleyball Self-Check	<ul style="list-style-type: none"> <li>• Introduction to Forearm Pass</li> <li>• Dribbling Drills</li> <li>• Soccer Hoopla</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Basketball</li> <li>• Soccer</li> </ul>
Apply movement concepts and principles to the development of motor skills.	Create a Dance Performance Rubric	<ul style="list-style-type: none"> <li>• Create a Routine</li> <li>• 5, 6, 7, 8</li> <li>• Stunt Stories and Tumbling Tales</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Dance</li> <li>• Stunts and Tumbling</li> </ul>
Apply appropriate rules and strategies to physical activities, games and sports.	Hockey Self-Check	<ul style="list-style-type: none"> <li>• Mini-Hockey</li> <li>• Quick-Play Mini-Football</li> <li>• Mini-Basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Football</li> <li>• Basketball</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Fitness for Lifetime: Apply the knowledge and skills of personal fitness to maintain a healthy lifestyle.</b>			
Provide evidence of engaging in a physically active lifestyle.	Walk/Jog/Run Think About	<ul style="list-style-type: none"> <li>• Moving Around the Track</li> <li>• Inside/Outside Walk/Jog</li> <li>• Partner Walk/Jog and Talk</li> </ul>	<ul style="list-style-type: none"> <li>• Map Challenges</li> <li>• Walk/Jog/Run</li> <li>• Walk/Jog/Run</li> </ul>
Demonstrate ways to achieve and maintain a health-enhancing level of physical fitness.	Fitness Circuits Think About	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Flexibility Circuit</li> <li>• Body Composition BINGO</li> <li>• Number Run</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Walk/Jog/Run</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Self-Management and Social Behavior: Understand and apply appropriate social skills.</b>			
Demonstrate responsible behavior and respect for differences among people during physical activities.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> <li>• Cooperative Countdown</li> <li>• VIP Tag</li> <li>• Designated Driver</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Chasing and Fleeing</li> <li>• Cooperatives</li> </ul>

## SPARK Alignment with Oregon Physical Education Standards Grades 6-8 (MS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Expressive and Efficient Movement</b>			
PE.08.EE.01 Demonstrate movement principles (mechanics, force, speed) in performing skills related to a team activity and an individual or partner activity.	Specific Unit: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Disc Throwing Stations</li> <li>• Stunts and Tumbling Buffet</li> <li>• Individual Juggling</li> <li>• Putting to Targets</li> <li>• Volleyball Stations</li> <li>• Extreme Rally</li> <li>• Passing and Receiving</li> <li>• Bullseye and Long Shot</li> <li>• Shooting Drills</li> </ul>	<ul style="list-style-type: none"> <li>• Flying Disc</li> <li>• Stunts and Tumbling</li> <li>• World Games</li> <li>• Golf</li> <li>• Volleyball</li> <li>• Racquets and Paddles</li> <li>• Football</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
PE.08.EE.02 Execute a floor exercise, jump rope, or manipulative routine with intentional changes in direction, speed, and flow.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Create a Routine</li> <li>• Create a Hip Hop Routine</li> <li>• Create a Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Dance</li> <li>• Jump Rope</li> </ul>
PE.08.EE.03 Demonstrate one of the following rhythmic activities: folk, square, social, creative dance, aerobic.	Dance: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self-Check</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• The Korobushka Jigsaw</li> <li>• Merengue Mixer</li> <li>• Create a Hip Hop Routine</li> <li>• Create a Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Dance</li> <li>• Dance</li> <li>• Fitness</li> </ul>



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		(Aerobic Capacity)	
PE.08.EE.04 Describe and apply principles of training, conditioning, and practice for specific physical activities.	Sample debrief questions: <i>What is agility? How did you use it in the activity?</i> <i>How do you apply rotation principles when performing a cartwheel? Throwing a disc?</i>	<ul style="list-style-type: none"> <li>• Creating Combinations</li> <li>• Dribble Keep Away</li> <li>• Dribble Keep Away</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts and Tumbling</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
PE.08.EE.05 Detect and correct errors of a critical element of movement.	Specific Unit Self-Checks	<ul style="list-style-type: none"> <li>• Passing Drills</li> <li>• Shooting Drills</li> <li>• Chip and Putt Course</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Basketball</li> <li>• Golf</li> </ul>
PE.08.EE.06 Demonstrate basic strategies specific to one team activity and one dual or individual activity.	Specific Unit: <ul style="list-style-type: none"> <li>• Self Check</li> <li>• Peer Coach</li> <li>• Teacher Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Zone and Player-to-Player Defenses</li> <li>• Singles/Doubles Game Play</li> <li>• Singles/Doubles Game Play</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Handball</li> <li>• Racquets and Paddles</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Fitness for Lifetime</b>			
PE.08.FL.01 Develop personal activity goals and describe benefits that result from regular participation in physical education.	Sample debrief question: <i>Name a physical benefit of participating in physical activities. What are some social benefits? Emotional?</i>	Personally Fit SPARKfit (SPARKfamily.org)	
PE.08.FL.02 Analyze and categorize physical activities according to potential fitness benefits.	Sample debrief question: <i>What activities could you include in a fitness program to meet each fitness component?</i>	<ul style="list-style-type: none"> <li>• Gotta Have Heart</li> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball Workout</li> <li>• Combining Aerobic Capacity and Flexibility</li> <li>• Body Composition Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>
PE.08.FL.03 Correctly interprets results of physical fitness assessments and uses them to develop a written fitness program.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
PE.08.FL.04 Identify the principles of fitness training using the FITT (Frequency, Intensity, Time and Type) model.	Sample debrief question: <i>Describe the principles of training (F.I.T.T.)</i>	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Stability Ball and Medicine Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Fitness</li> <li>• Fitness</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i>	Workout <ul style="list-style-type: none"><li>• Fitness in the Middle</li></ul>	

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Expressive and Efficient Movement</b>			
<p>PE.HS.EE.01 Demonstrate competency (basic skills) in complex versions of three or more of the following categories of movement forms and more advanced skills in one or more movement forms. (One activity counts in one category)</p> <ul style="list-style-type: none"> <li>• Individual activities</li> <li>• Dual activities</li> <li>• Aerobic/cardio-respiratory lifetime activities</li> <li>• Outdoor pursuits</li> <li>• Dance, self-defense, yoga, martial arts</li> <li>• Team sports</li> <li>• Strength training &amp; conditioning</li> <li>• Aquatics</li> </ul>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton Personal Best</li> <li>• Basketball Personal Best</li> <li>• Cooperatives: Orienteering Personal Best</li> <li>• Dance Personal Best</li> <li>• Yoga Basic Training</li> <li>• Create Your Own ST Program</li> <li>• Dive In: FUNctional Aquatic Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Basketball</li> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Aquatics (Group Fitness online unit)</li> </ul>
<p>PE.HS.EE.02 Utilize the following components to critique an activity: skills and strategies, use of feedback, positive and negative</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball Personal Best</li> <li>• Football Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Hockey</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
aspects of personal performance, appropriate practice and conditioning procedures.	Notes <ul style="list-style-type: none"> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey Personal Best</li> </ul>	
PE.HS.EE.03 Communicate to others basic strategies specific to one team activity and one dual or individual activity.	Specific Unit: <ul style="list-style-type: none"> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• D-Fence (5-on-5 Royal Field)</li> <li>• Win the Point (Singles Royal Court)</li> <li>• Run the Wickets!</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Badminton</li> <li>• World Games: Cricket</li> </ul>
PE.HS.EE.04 Demonstrate rules and strategies in complex versions of at least two different categories of the following movement forms: <ul style="list-style-type: none"> <li>• Individual activities</li> <li>• Dual activities</li> <li>• Aerobic/cardio-respiratory lifetime activities</li> <li>• Outdoor pursuits</li> <li>• Dance, self-defense, yoga, martial arts</li> <li>• Team sports</li> <li>• Strength training &amp; conditioning</li> <li>• Aquatics</li> </ul>	Specific Unit: <ul style="list-style-type: none"> <li>• Self-Check</li> <li>• Fun-day-mentals Jigsaw Notes</li> <li>• Performance Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Win the Point (Singles Royal Court)</li> <li>• Big D (4-on-4 Royal Court)</li> <li>• Event: Go the Distance</li> <li>• Event: Dance Olympics</li> <li>• iYoga</li> <li>• Strength Training Adventure Race</li> <li>• Event: Off to the Races!</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Basketball</li> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Aquatics (Group Fitness online unit)</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Fitness for Lifetime</b>			
PE.HS.FL.01 Participate in physical activities and evaluate personal factors that impact participation.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> <li>• Walk-Jog-Run</li> <li>• Cardio Kickboxing</li> <li>• iFreestyle Aerobics</li> <li>• HIIT Basic Training</li> <li>• iYoga</li> <li>• Basic Training: FUNctional Fitness Jigsaw</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Walking</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Group Fitness</li> <li>• Strength Training</li> </ul>
PE.HS.FL.02 Through physical activity, understand ways in which personal characteristics, performance styles, and activity preferences will change over the life span.	Specific Unit: <ul style="list-style-type: none"> <li>• Character Matters Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga Basic Training</li> <li>• Walk and Talk Fun-day-mentals Jigsaw</li> <li>• Basic Training: FUNctional Fitness Jigsaw</li> <li>• Event: Dance Olympics</li> <li>• iHIIT (High Intensity Interval Training)</li> <li>• Create Your Own ST Program</li> <li>• Wellness Walking</li> <li>• Hip Hop Jigsaw</li> <li>• Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Wellness Walking</li> <li>• Strength Training</li> <li>• Dance</li> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Wellness Walking</li> <li>• Dance</li> </ul>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
PE.HS.FL.03 Assess and analyze personal health-related fitness status.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> <li>• Fitness Personal Best</li> <li>• Fitness Personal Best</li> <li>• Fitness Personal Best</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Strength Training</li> <li>• Wellness Walking</li> </ul>
PE.HS.FL.04 Independently design a written personal fitness and activity program which incorporates related physical fitness components and principles (overload, progression, specificity, and individuality).		Personally Fit SPARKfit (SPARKfamily.org)	

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<b>Self-Management and Social Behavior</b>			
PE.HS.SM.01 Analyze and apply rules, procedures, and etiquette that are safe and effective for specific activities/situations.	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>• Game Day 101</li> <li>• Adventure Race 101</li> <li>• SPARK Event 101</li> <li>• Orienteering Adventure Race</li> <li>• Waltzing Royalty Mixer</li> <li>• Event: The Crackerjack Classic (Option 1: Create &amp; Play Your Own Game) Adventure Race</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> <li>• Cooperatives: Orienteering</li> <li>• Dance</li> <li>• Softball</li> </ul>
PE.HS.SM.02 Apply conflict resolution strategies in appropriate ways and analyze potential consequences when confronted with unsportsmanlike behavior.	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>• Event: March Madness</li> <li>• Event: Ultimate Masters</li> <li>• Event: Gridiron Classic</li> <li>• Event: Star-Hockey “Shockey” Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Flying Disc: Ultimate</li> <li>• Football</li> <li>• Hockey</li> </ul>



Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>Self-Management and Social Behavior</b>			
PE.08.SM.01 Apply rules, procedures, and etiquette that are safe and effective for specific activities/situations.	Coulda, Shoulda, Woulda (all units)	<ul style="list-style-type: none"> <li>• Responsibility and Routines</li> <li>• Merengue Etiquette Basics</li> <li>• Mini-Hockey</li> </ul>	<ul style="list-style-type: none"> <li>• First 5 Lessons</li> <li>• Dance</li> <li>• Hockey</li> </ul>
PE.08.SM.02 Identify the elements of socially acceptable conflict resolution and sportsmanship.	Cooperatives: <ul style="list-style-type: none"> <li>• Peer Coach</li> <li>• Self Check</li> <li>• Teacher Rubrics               <ul style="list-style-type: none"> <li>• Coulda Shoulda Woulda (all units)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Respect and Roll Taking</li> <li>• Acceptance and Super Grouping</li> <li>• Adventure Racing 101</li> </ul>	<ul style="list-style-type: none"> <li>• First 5 Lessons</li> <li>• First 5 Lessons</li> <li>• Cooperatives</li> </ul>