

**SPARK Alignment with Ohio Physical Education Standards
(HS Version 2011)
Grade 9**

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.			
Design and demonstrate a routine that combines complex movement patterns (e.g., traveling, rolling, balance, weight transfer) into a smooth, flowing sequence individually and with a partner or group in a performance setting.	Dance: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Event: Dance Olympics • iFreestyle Aerobics 	<ul style="list-style-type: none"> • Dance • Dance • Group Fitness
Demonstrate consistency in performing specialized skills in health-related fitness activities (e.g., resistance training, yoga, kickboxing, fitness walking).	Fitness Personal Best Assessments	<ul style="list-style-type: none"> • Walk-Jog-Run • Yoga Basic Training • Basic Training: FUNctional Fitness Jigsaw 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Strength Training
Demonstrate consistency in performing specialized skills in a variety of movement forms (e.g., aquatics, outdoor/recreational activities, and track and field).	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • The Navigational Invitational • Dive In: FUNctional Aquatic Jigsaw • iCardio Kickboxing 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Aquatics (online Group Fitness unit) • Group Fitness
Perform a variety of complex dance	Dance Performance	<ul style="list-style-type: none"> • Stutter Stomp 	<ul style="list-style-type: none"> • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
routines in small and large groups.	Rubric	<ul style="list-style-type: none"> • Night Fever Hustle • Waltzing Royalty Mixer 	<ul style="list-style-type: none"> • Dance • Dance
Demonstrate competent skill performance by maintaining possession, scoring and defending scoring in small-sided and/or full-sided invasion games (e.g., soccer, basketball, hockey, team handball, rugby and lacrosse).	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Event: Star-Hockey “Shockey” Cup 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
Demonstrate competent skill performance by scoring and defending scoring in small-sided and/or full-sided net-wall games (e.g., badminton, volleyball, tennis, racquetball, pickleball, squash).	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Win the Point (Singles Royal Court) • Volley-call I • 3rd Hit’s a Charm 	<ul style="list-style-type: none"> • Badminton • Volleyball • Volleyball
Demonstrate competent skill performance by scoring (e.g., base running, batting) and defending scoring (e.g., pitching, bowling, fielding) in small-sided and/or full-sided striking and fielding games (e.g., softball, cricket, rounders, baseball).	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • The Cricket World Cup • Ducks on the Pond (7-on-7 Royal Field) • Wicket Busters (5-on-5 Success/Try Again) 	<ul style="list-style-type: none"> • World Games: Cricket • Softball • World Games: Cricket
Demonstrate competent skill performance by scoring and preventing scoring in target games with and without an opponent	Flying Disc Performance Rubrics	<ul style="list-style-type: none"> • Stack Up (5-on-5 Success/Try Again) • Hold the Force 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Flying Disc:

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
(e.g., golf, archery, bowling, shuffleboard, croquet, bocce, baggo).		(5-on-5 Royal Field) <ul style="list-style-type: none"> Event: Ultimate Masters 	Ultimate <ul style="list-style-type: none"> Flying Disc: Ultimate

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2			
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the earning and performance of physical activities.			
Describe and apply tactics to participate successfully in games across multiple categories of movement forms.	Specific Unit: <ul style="list-style-type: none"> Self-Check Fun-day-mentals Jigsaw Notes Performance Rubric 	<ul style="list-style-type: none"> Fun-day-mentals Jigsaw 101 Adventure Race 101 Game Day 101 	<ul style="list-style-type: none"> SPARK HS PE 101 SPARK HS PE 101 SPARK HS PE 101
Describe effective strategies for successful performance in multiple categories of movement forms.	Specific Unit: <ul style="list-style-type: none"> Self-Check Performance Rubric Written Test 	<ul style="list-style-type: none"> Big D (4-on-4 Royal Court) D-Fence (5-on-5 Royal Field) S-P-A-C-E Out 	<ul style="list-style-type: none"> Basketball Football Hockey
Transfer knowledge of previously learned tactics and strategies to participate in similar but different movement forms.	Specific Unit: <ul style="list-style-type: none"> Self-Check Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> Fielder's Choice The Field Cricket Event: The Crackerjack Classic 	<ul style="list-style-type: none"> Softball World Games: Cricket Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Notes <ul style="list-style-type: none"> • Performance Rubric 	(Option 1: Create & Play Your Own Game) Adventure Race	
Apply critical elements and biomechanical principles (e.g., stability, rotation, linear and angular motion) to perform increasingly complex movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball
Analyze and evaluate performance of self and others across multiple movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Personal Best Assessments • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball
Use information from a variety of sources to design a plan to improve performance.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Basketball Personal Best • Football Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Basketball • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3 Participates regularly in physical activity.			
Participate in moderate to vigorous physical activities.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • iCardio • Kickboxing • Wellness Walking • Personal Best • Walk-Jog-Run 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Wellness Walking
Participate in a variety of physical activities outside of school (e.g., exer-gaming, rock climbing, dance, martial arts) for maintaining or enhancing a healthy, active lifestyle.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Participate in and report on at least two available fitness and/or recreational opportunities in the community.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Evaluate personal needs and set realistic goals for improving physical activity participation.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Develop a schedule that accommodates participation in a variety of moderate to vigorous physical activity most days of the week.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Monitor physical activity and intensity levels using technology (e.g., pedometer, heart rate monitor and/or physical activity	Heart Rate Monitor Logs Pedometer Logs	<ul style="list-style-type: none"> • Walk and Talk • Fun-day-mentals • Jigsaw • Aerobics Basic 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
log).		Training <ul style="list-style-type: none"> • HIIT Basic Training 	
Document participation in a variety of physical activities for one month.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4			
Achieves and maintains a health-enhancing level of physical fitness.			
Perform fitness activities using appropriate principles and practices.	Fitness Performance Rubric	<ul style="list-style-type: none"> • Yoga Basic Training • HIIT Basic Training • Cardio Kickboxing Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Meet criterion-referenced standards for the components of health-related fitness.	Fitness Personal Best Assessments	<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
Evaluate a fitness self-assessment and develop and implement a one-month personal physical fitness	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
plan.			
Demonstrate and report on the components of health-related fitness within a personal physical activity program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Construct a timeline for improvement to accompany personal fitness plan.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Define and determine target-training zone and apply it to fitness and physical activities.	Heart Rate Monitor Logs	<ul style="list-style-type: none"> • HIIT Basic Training • Cardio Kickboxing Basic Training • Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Apply principles of training to monitor and adjust activity levels to meet personal fitness needs.	Fitness Personal Best Assessments	<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
Standard 5			
Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Contribute to the development and maintenance of rules that provide for safe participation in physical activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Adventure Race 101 • Game Day 101 • Event: The Navigational Invitational 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • Cooperatives: Orienteering
Exhibit appropriate etiquette in a variety of cooperative and competitive physical activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101
Communicate effectively with others to promote respect and conflict resolution in cooperative and competitive physical activities.	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
	Pages		
<p>Modify group activities or game expectations to accommodate individuals with lesser or greater skills or special needs.</p>	<p><i>Create a Game Task Card</i></p>	<ul style="list-style-type: none"> • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race • Adventure Race 101 	<ul style="list-style-type: none"> • Softball • SPARK HS PE 101
<p>Encourage appropriate etiquette and socially responsible behavior of participants and audience.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Star Quest • Event: The V League Classic • Event: March Madness 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Volleyball • Basketball
<p>Accept decisions made by the designated official and respond to winning or losing with dignity and respect.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Event: March Madness • Event: Ultimate Masters • Event: Gridiron Classic • Event: Star-Hockey “Shockey” Cup 	<ul style="list-style-type: none"> • Basketball • Flying Disc: Ultimate • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 6 Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Choose an appropriate level of challenge to experience success and desire to participate in physical activity for a lifetime.	Specific Unit Personal Best Assessments	<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
Reflect on motivations and goals that determine physical activity participation.	Walk and Talk Fun-day-mentals Jigsaw Think About...	Personally Fit SPARKfit (SPARKfamily.org)	
Appreciate enjoyment, satisfaction and benefits of regular physical activity.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • HIIT Basic Training • Cardio Kickboxing Basic Training • Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Participate in activities that provide enjoyment and challenge.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Describe participation factors that contribute to enjoyment and self-expression.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • iYoga • Create a Hip Hop Routine • Event: The Crackerjack Classic (Option 1: Create 	<ul style="list-style-type: none"> • Group Fitness • Dance • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		& Play Your Own Game) Adventure Race	
Participate in physical activities that allow for self-expression and enjoyment.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • iYoga • Create a Hip Hop Routine • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race 	<ul style="list-style-type: none"> • Group Fitness • Dance • Softball
Understand that physical activity provides an opportunity for positive social interaction.	Walk and Talk Fun- day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • Walk and Talk Fun-day-mentals Jigsaw • Hip Hop Jigsaw • Fun-day-mentals Jigsaw • ABC's 	<ul style="list-style-type: none"> • Wellness Walking • Dance • Volleyball • Cooperatives: Orienteering

Grade 10

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.			
Design and demonstrate a routine that combines complex movement patterns into a smooth, flowing sequence individually and with a partner or group in a performance setting.	Dance: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Event: Dance Olympics • iFreestyle Aerobics 	<ul style="list-style-type: none"> • Dance • Dance • Group Fitness
Demonstrate consistency in performing specialized skills in a variety of movement forms.	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Badminton Personal Best • Football Personal Best • Basketball Personal Best 	<ul style="list-style-type: none"> • Badminton • Football • Basketball
Perform a variety of complex dance routines in small and large groups.	Dance Performance Rubric	<ul style="list-style-type: none"> • Stutter Stomp • Night Fever Hustle • Waltzing Royalty Mixer 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Demonstrate competent skill performance by maintaining possession, scoring and defending scoring in small-sided and full-sided invasion games.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Event: Star-Hockey "Shockey" Cup 	<ul style="list-style-type: none"> • Basketball • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrate competent skill performance by scoring and defending scoring in small-sided and/or full-sided net-wall games.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> Win the Point (Singles Royal Court) Volley-call I 3rd Hit's a Charm 	<ul style="list-style-type: none"> Badminton Volleyball Volleyball
Demonstrate competent skill performance by scoring (e.g., base running, batting) and defending scoring in small-sided and/or full-sided striking and fielding games.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> The Cricket World Cup Ducks on the Pond (7-on-7 Royal Field) Wicket Busters (5-on-5 Success/Try Again) 	<ul style="list-style-type: none"> World Games: Cricket Softball World Games: Cricket
Demonstrate competent skill performance by scoring and preventing scoring in target games with and without an opponent.	Flying Disc Performance Rubrics	<ul style="list-style-type: none"> Stack Up (5-on-5 Success/Try Again) Hold the Force (5-on-5 Royal Field) Event: Ultimate Masters 	<ul style="list-style-type: none"> Flying Disc: Ultimate Flying Disc: Ultimate Flying Disc: Ultimate

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2 Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the earning and performance of physical activities.			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Describe and apply tactics to participate successfully in games across multiple categories of movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw 101 • Adventure Race 101 • Game Day 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101
Describe effective strategies for successful performance in multiple categories of movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubric • Written Test 	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • S-P-A-C-E Out 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
Transfer knowledge of previously learned tactics and strategies to participate in similar but different movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fielder's Choice • The Field Cricket • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race 	<ul style="list-style-type: none"> • Softball • World Games: Cricket • Softball
Apply critical elements and biomechanical principles (e.g., stability, rotation, linear and angular motion) to perform increasingly complex movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball
Analyze and evaluate performance	Specific Unit:	<ul style="list-style-type: none"> • Fun-day-mentals 	<ul style="list-style-type: none"> • Flying Disc:

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
of self and others across multiple movement forms.	<ul style="list-style-type: none"> • Self-Check • Personal Best Assessments • Fun-day-mentals Jigsaw Notes 	Jigsaw <ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	Ultimate <ul style="list-style-type: none"> • Hockey • Softball
Use information from a variety of sources to design a plan to improve performance.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Basketball Personal Best • Football Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Basketball • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3			
Participates regularly in physical activity.			
Participate in moderate to vigorous physical activities.	Personally Fit Activity Challenge: In the Mood to Move Heart Rate Monitor Logs	<ul style="list-style-type: none"> • HIIT Basic Training • Cardio Kickboxing Basic Training • Aerobics Basic 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Pedometer Logs	Training	
Participate in a variety of physical activities (e.g., yoga, orienteering, cycling, skating, hiking, kayaking) for maintaining or enhancing a healthy, active lifestyle.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Yoga Basic Training • Star Quest • Cardio Kickboxing Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Cooperatives: Orienteering • Group Fitness
Participate in and report on at least two available fitness and/or recreational organizations in the community that meet personal needs and interests.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Report on at least two available fitness and/or recreational opportunities in the community, focusing on access, affordability, quality of facility, staffing, etc.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Monitor physical activity and intensity levels using technology (e.g., pedometer, heart rate monitor, physical activity log).	Heart Rate Monitor Logs Pedometer Logs	<ul style="list-style-type: none"> • Walk and Talk • Fun-day-mentals Jigsaw • Aerobics Basic Training • HIIT Basic Training 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness
Develop a schedule that accommodates participation in a variety of moderate to vigorous physical activity most days of the week.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Keep a daily record of physical activity participation to evaluate	Personally Fit Activity Challenge: In the	Personally Fit SPARKfit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
progress in achieving personal goals.	Mood to Move	(SPARKfamily.org)	
Document participation in a variety of physical activities for one month.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4			
Achieves and maintains a health-enhancing level of physical fitness.			
Perform fitness activities using appropriate principles and practices.	Fitness Performance Rubric	<ul style="list-style-type: none"> • Yoga Basic Training • HIIT Basic Training • Cardio Kickboxing Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Meet criterion-referenced standards for the components of health-related fitness.	Fitness Personal Best Assessments	<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
Evaluate a fitness self-assessment and develop an appropriate conditioning program for lifetime	Fitness Personal Best Assessments	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
participation.		Best <ul style="list-style-type: none"> • Fitness Personal Best 	
Refine and report the components of health-related fitness within a personal physical activity program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Construct a timeline for improvement to accompany personal fitness plan.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Define and determine target-training zone within a personal physical activity program and work to improve.	Heart Rate Monitor Logs	<ul style="list-style-type: none"> • HIIT Basic Training • Cardio Kickboxing Basic Training • Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Analyze and apply the components of fitness to a personal physical activity program (body composition, cardiovascular endurance, flexibility, muscular endurance, muscular strength).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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Standard 5

Exhibits responsible personal behavior and social behavior that respects self and others in physical

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activity settings.			
Contribute to the development and maintenance of rules that provide for safe participation in physical activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Adventure Race 101 • Game Day 101 • Event: The Navigational Invitational 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • Cooperatives: Orienteering
Exhibit appropriate etiquette in a variety of cooperative and competitive physical activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101
Identify unsafe practices and offer appropriate alternatives.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda 	<ul style="list-style-type: none"> • iHIIT (High Intensity Interval Training) • Create Your Own ST Program 	<ul style="list-style-type: none"> • Group Fitness • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Character Ed Journaling Pages		
Communicate effectively with others to promote respect and conflict resolution in cooperative and competitive physical activities.	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
Modify group activities or game expectations to accommodate individuals with lesser or greater skills or special needs.	<ul style="list-style-type: none"> • <i>Create a Game Task Card</i> 	<ul style="list-style-type: none"> • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race • Adventure Race 101 	<ul style="list-style-type: none"> • Softball • SPARK HS PE 101
Encourage appropriate etiquette and socially responsible behavior of participants and audience.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Journaling Pages		
Accept decisions made by the designated official and respond to winning or losing with dignity and respect.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Event: March Madness • Event: Ultimate Masters • Event: Gridiron Classic • Event: Star-Hockey “Shockey” Cup 	<ul style="list-style-type: none"> • Basketball • Flying Disc: Ultimate • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 6			
Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Choose an appropriate level of challenge to experience success and desire to participate in physical activity for a lifetime.	Specific Unit Personal Best Assessments	<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
Reflect on motivations and goals that determine physical activity participation.	Walk and Talk Fun-day-mentals Jigsaw Think About...	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Articulate reasons one activity is more enjoyable than others.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • HIIT Basic Training • Cardio Kickboxing Basic Training • Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Describe participation factors that contribute to enjoyment and self-expression.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Participate in physical activities that allow for self-expression and enjoyment.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • iYoga • Create a Hip Hop Routine • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race 	<ul style="list-style-type: none"> • Group Fitness • Dance • Softball
Understand that physical activity provides an opportunity for positive social interaction.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • Walk and Talk Fun-day-mentals Jigsaw • Hip Hop Jigsaw • Fun-day-mentals Jigsaw • ABC's 	<ul style="list-style-type: none"> • Wellness Walking • Dance • Volleyball • Cooperatives: Orienteering

Grade 11

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.			
Demonstrate competent performance of specialized skills in health-related fitness activities (e.g., resistance training, yoga, kickboxing, fitness walking).	Fitness: <ul style="list-style-type: none"> • Self-Check • Personal Best Assessments • Performance Rubric 	<ul style="list-style-type: none"> • Walk-Jog-Run • Yoga Basic Training • Basic Training: FUNctional Fitness Jigsaw 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Strength Training
Demonstrate competent performance of specialized skills in select movement forms (e.g., aquatics, outdoor activities, track and field, gymnastics).	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Badminton Personal Best • Football Personal Best • Basketball Personal Best 	<ul style="list-style-type: none"> • Badminton • Football • Basketball
Demonstrate competent performance of basic and advanced skills within current and traditional dance genres (e.g., line, hip-hop, aerobic, square, jazz, tap, modern, ballet, interpretive).	Dance Performance Rubric	<ul style="list-style-type: none"> • Event: Dance Olympics • Create a Hip Hop Routine • Waltzing Royalty Mixer 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Demonstrate competent performance of basic and advanced skills by maintaining possession, scoring and defending scoring in invasion games within authentic settings.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Event: Star-Hockey 	<ul style="list-style-type: none"> • Basketball • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		“Shockey” Cup	
Demonstrate competent performance of basic and advanced skills by scoring and defending scoring in net/wall games within authentic settings.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> Win the Point (Singles Royal Court) Volley-call I 3rd Hit’s a Charm 	<ul style="list-style-type: none"> Badminton Volleyball Volleyball
Demonstrate competent performance of basic and advanced skills by scoring and defending scoring in striking and fielding games within authentic settings.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> The Cricket World Cup Ducks on the Pond (7-on-7 Royal Field) Wicket Busters (5-on-5 Success/Try Again) 	<ul style="list-style-type: none"> World Games: Cricket Softball World Games: Cricket
Demonstrate competent performance of basic and advanced skills by scoring and preventing scoring in target games within authentic settings.	Flying Disc Performance Rubrics	<ul style="list-style-type: none"> Stack Up (5-on-5 Success/Try Again) Hold the Force (5-on-5 Royal Field) Event: Ultimate Masters 	<ul style="list-style-type: none"> Flying Disc: Ultimate Flying Disc: Ultimate Flying Disc: Ultimate

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2			
Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
to the earning and performance of physical activities.			
Describe and apply tactics to participate successfully in games across multiple categories of movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw 101 • Adventure Race 101 • Game Day 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101
Describe effective strategies for successful performance in multiple categories of movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubric • Written Test 	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • S-P-A-C-E Out 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
Transfer knowledge of previously learned tactics and strategies to participate in similar but different movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fielder's Choice • The Field Cricket • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race 	<ul style="list-style-type: none"> • Softball • World Games: Cricket • Softball
Apply critical elements and biomechanical principles (e.g., stability, rotation, linear and angular motion) to perform increasingly complex movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Analyze and evaluate performance of self and others across multiple movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Personal Best Assessments • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball
Use information from a variety of sources to design a plan to improve performance.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Basketball Personal Best • Football Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Basketball • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3			
Participates regularly in physical activity.			
Participate in self-selected physical activity and keep logs of factors that influence ability to participate (e.g., time, cost, facilities used,	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
equipment required, personnel involved).			
Research and report on local, state and national resources for participation in physical activity outside of physical education class (e.g., recreational/fitness facilities, dance studios, martial arts clubs, walking or cycling paths).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Analyze and compare health and fitness benefits for participation in physical activity at two or more local, state and national resources (e.g., parks/wilderness areas, natural resources, fitness/recreational facilities).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Analyze and compare at least two physical activity resources for participation, focusing on personal needs/interests, access and affordability (e.g., exergames, media).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Use technology (e.g., heart rate monitor, stopwatch, fitness software) to determine appropriate levels of intensity and progressively adjust level of intensity as fitness level improves.	Heart Rate Monitor Logs	<ul style="list-style-type: none"> • HIIT Basic Training • Cardio Kickboxing Basic Training • Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Document participation in physical	Personally Fit Activity	Personally Fit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activity in addition to physical education class to achieve personal goals.	Challenge: In the Mood to Move		SPARKfit (SPARKfamily.org)
Develop a schedule that accommodates participation in moderate to vigorous physical activity most days of the week.	Personal Fitness Program Development		Personally Fit SPARKfit (SPARKfamily.org)
Document and evaluate participation in physical activity for one month.	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4			
Achieves and maintains a health-enhancing level of physical fitness.			
Perform fitness activities using appropriate principles and practices.	Fitness: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • HIIT Basic Training • Yoga Basic Training • Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Meet criterion-referenced standards for the components of health-related fitness.	Fitness Personal Best Assessments	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Fitness Personal Best 	
Evaluate a fitness self-assessment and develop a physical fitness plan that accommodates changes in age, growth and development to enhance personal health and performance in future leisure and workplace activities.	Personal Fitness Program Development	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training
Create a personal physical activity fitness program recognizing all components utilized in a balanced manner.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Develop and maintain a personal fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Apply the overload, specificity, progression and FITT principles to a personal fitness program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Include scientific principles and concepts as strategies for improvement of personal fitness (methods of stretching, types of muscular contractions).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5 Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.			
Contribute to the development and maintenance of rules that provide for safe participation in physical activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Adventure Race 101 • Game Day 101 • Event: The Navigational Invitational 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • Cooperatives: Orienteering
Encourage others to apply appropriate etiquette in a variety of authentic physical activity settings.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101
Recognize unsafe conditions in practice or play and take steps to correct them.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, 	<ul style="list-style-type: none"> • iHIIT (High Intensity Interval Training) • Create Your Own ST Program 	<ul style="list-style-type: none"> • Group Fitness • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Shoulda, Woulda Character Ed Journaling Pages		
Communicate effectively with others to promote respect and conflict resolution in cooperative and competitive physical activities.	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
Modify group activities or game expectations to accommodate individuals with lesser or greater skills or special needs.	<ul style="list-style-type: none"> • <i>Create a Game Task Card</i> 	<ul style="list-style-type: none"> • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race • Adventure Race 101 	<ul style="list-style-type: none"> • Softball • SPARK HS PE 101
Encourage appropriate etiquette and socially responsible behavior of participants and audience.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Woulda Character Ed Journaling Pages		
Accept decisions made by the designated official and respond to winning or losing with dignity and respect.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Event: March Madness • Event: Ultimate Masters • Event: Gridiron Classic • Event: Star-Hockey “Shockey” Cup 	<ul style="list-style-type: none"> • Basketball • Flying Disc: Ultimate • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 6			
Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Reflect on motivations and goals that determine physical activity participation.	Fitness Personal Best Think About...	Personally Fit SPARKfit (SPARKfamily.org)	
Choose an appropriate level of challenge to experience success and desire to participate in physical activity for a lifetime.	Yoga Basic Training Think About...	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Fitness Personal Best 	
Participate in activities that provide enjoyment and challenge.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • HIIT Basic Training • Cricket Adventure Race • Orienteering Adventure Race 	<ul style="list-style-type: none"> • Group Fitness • World Games: Cricket Cooperatives: Orienteering
Reflect on goals and needs related to lifetime participation in physical activity.	Fitness Personal Best Think About...	Personally Fit SPARKfit (SPARKfamily.org)	
Actively pursue goals and needs related to lifetime participation in physical activity.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Select and pursue physical activities that provide opportunities for self-expression and enjoyment.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • iYoga • Create a Hip Hop Routine • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race 	<ul style="list-style-type: none"> • Group Fitness • Dance • Softball
Recognize and participate in physical activities that provide a positive social atmosphere for interaction with others.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • Walk and Talk Fun-day-mentals Jigsaw • Hip Hop Jigsaw • Fun-day-mentals 	<ul style="list-style-type: none"> • Wellness Walking • Dance • Volleyball • Cooperatives: Orienteering

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Jigsaw <ul style="list-style-type: none"><li data-bbox="1108 354 1241 386">• ABC's	

Grade 12

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.			
Demonstrate competent performance of specialized skills in health-related fitness activities.	Fitness Personal Best Assessments	<ul style="list-style-type: none"> • Walk-Jog-Run • Yoga Basic Training • Basic Training: FUNctional Fitness Jigsaw 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Strength Training
Demonstrate competent performance of specialized skills in select movement forms.	Specific Unit: <ul style="list-style-type: none"> • Performance Rubrics • 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
Demonstrate competent performance of basic and advanced skills within current and traditional dance genres.	Dance Performance Rubric	<ul style="list-style-type: none"> • Stutter Stomp • Night Fever Hustle • Waltzing Royalty Mixer 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Demonstrate competent performance of basic and advanced skills by maintaining possession, scoring and defending scoring in invasion games within authentic settings.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Event: Star-Hockey “Shockey” Cup 	<ul style="list-style-type: none"> • Basketball • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Demonstrate competent performance of basic and advanced skills by scoring and defending scoring in net/wall games within authentic settings.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> Win the Point (Singles Royal Court) Volley-call I 3rd Hit's a Charm 	<ul style="list-style-type: none"> Badminton Volleyball Volleyball
Demonstrate competent performance of basic and advanced skills by scoring and defending scoring in striking and fielding games within authentic settings.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> The Cricket World Cup Ducks on the Pond (7-on-7 Royal Field) Wicket Busters (5-on-5 Success/Try Again) 	<ul style="list-style-type: none"> World Games: Cricket Softball World Games: Cricket
Demonstrate competent performance of basic and advanced skills by scoring and preventing scoring in target games within authentic settings.	Flying Disc Performance Rubrics	<ul style="list-style-type: none"> Stack Up (5-on-5 Success/Try Again) Hold the Force (5-on-5 Royal Field) Event: Ultimate Masters 	<ul style="list-style-type: none"> Flying Disc: Ultimate Flying Disc: Ultimate Flying Disc: Ultimate

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2 Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the earning and performance of physical activities.			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Describe and apply tactics to participate successfully in games across multiple categories of movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw 101 • Adventure Race 101 • Game Day 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101
Describe effective strategies for successful performance in multiple categories of movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubric • Written Test 	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • S-P-A-C-E Out 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
Transfer knowledge of previously learned tactics and strategies to participate in similar but different movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fielder's Choice • The Field Cricket • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race 	<ul style="list-style-type: none"> • Softball • World Games: Cricket • Softball
Apply critical elements and biomechanical principles (e.g., stability, rotation, linear and angular motion) to perform increasingly complex movement forms.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball
Analyze and evaluate performance	Specific Unit:	<ul style="list-style-type: none"> • Fun-day-mentals 	<ul style="list-style-type: none"> • Flying Disc:

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
of self and others across multiple movement forms.	<ul style="list-style-type: none"> • Self-Check • Personal Best Assessments • Fun-day-mentals Jigsaw Notes 	Jigsaw <ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	Ultimate <ul style="list-style-type: none"> • Hockey • Softball
Use information from a variety of sources to design a plan to improve performance.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Basketball Personal Best • Football Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Basketball • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3			
Participates regularly in physical activity.			
Participate in one or more local, state, national or international fitness or recreational resources (e.g., recreational/fitness facilities, dance studios, martial arts clubs, parks/wilderness areas, natural resources).	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participate in self-selected physical activity and keep logs of factors that influence ability to participate (e.g., time, cost, facilities used, equipment required, personnel involved).	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Research and visit at least two different available physical activity and/or recreational opportunities in the state or region.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Analyze and compare health and fitness benefits for participation in physical activity at two or more of the physical activity and/or recreational opportunities in the state or region that were visited.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Analyze and compare at least two physical activity resources for participation, focusing on personal needs/interests, access and affordability (e.g., exergames, media).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Use technology (e.g., heart rate monitor, stopwatch, fitness software) to determine appropriate levels of intensity and progressively adjust level of intensity as fitness level improves.	Heart Rate Monitor Logs	<ul style="list-style-type: none"> • HIIT Basic Training • Cardio Kickboxing Basic Training • Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
Document participation in physical	Personally Fit Activity	Personally Fit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activity in addition to physical education class to achieve personal goals.	Challenge: In the Mood to Move		SPARKfit (SPARKfamily.org)
Develop a schedule that accommodates participation in moderate to vigorous physical activity most days of the week.	Personal Fitness Program Development		Personally Fit SPARKfit (SPARKfamily.org)
Document and evaluate participation in physical activity for one month.	<ul style="list-style-type: none"> Personally Fit Activity Challenge: In the Mood to Move Heart Rate Monitor Logs Pedometer Logs 		Personally Fit SPARKfit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4			
Achieves and maintains a health-enhancing level of physical fitness.			
Perform fitness activities using appropriate principles and practices.	Fitness: <ul style="list-style-type: none"> Self-Check Performance Rubric 	<ul style="list-style-type: none"> HIIT Basic Training Yoga Basic Training Aerobics Basic Training 	<ul style="list-style-type: none"> Group Fitness Group Fitness Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Meet criterion-referenced standards for the components of health-related fitness.	Fitness Personal Best Assessments	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training
Evaluate a fitness self-assessment and develop a physical fitness plan that accommodates changes in age, growth and development to enhance personal health and performance in future leisure and workplace activities.	Personal Fitness Program Development	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training
Create a personal physical activity fitness program recognizing all components utilized in a balanced manner.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Develop and maintain a personal fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement).	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Apply the overload, specificity, progression and FITT principles to a personal fitness program.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Include scientific principles and concepts as strategies for improvement of personal fitness	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
(methods of stretching, types of muscular contractions).			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5			
Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.			
Contribute to the development and maintenance of rules that provide for safe participation in physical activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Adventure Race 101 • Game Day 101 • Event: The Navigational Invitational 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • Cooperatives: Orienteering
Demonstrate leadership in physical activity settings (e.g., officiate a game, make own calls, resolve conflicts).	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed 	<ul style="list-style-type: none"> • Event: March Madness • Event: Ultimate Masters • Event: Gridiron Classic • Event: Star-Hockey 	<ul style="list-style-type: none"> • Basketball • Flying Disc: Ultimate • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Journaling Pages	"Shockey" Cup	
Recognize unsafe conditions in an athletic venue and independently take steps to correct them.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • iHIIT (High Intensity Interval Training) • Create Your Own ST Program 	<ul style="list-style-type: none"> • Group Fitness • Strength Training
Communicate effectively with others to promote respect and conflict resolution in cooperative and competitive physical activities.	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
Modify group activities or game expectations to accommodate individuals with lesser or greater skills or special needs.	<ul style="list-style-type: none"> • <i>Create a Game Task Card</i> 	<ul style="list-style-type: none"> • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race • Adventure Race 	<ul style="list-style-type: none"> • Softball • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		101	
Encourage appropriate etiquette and socially responsible behavior of participants and audience.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101
Accept decisions made by the designated official and respond to winning or losing with dignity and respect.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Event: March Madness • Event: Ultimate Masters • Event: Gridiron Classic • Event: Star-Hockey "Shockey" Cup 	<ul style="list-style-type: none"> • Basketball • Flying Disc: Ultimate • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 6			
Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Analyze the physical, social and psychological benefits of participation in physical activity.	Wellness Walking Walk-Jog-Run Think About...	Personally Fit SPARKfit (SPARKfamily.org)	
Actively encourage others to pursue physical activities through their actions and positive experience.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw 101 • Adventure Race 101 • Game Day 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101
Identify individual movement and health-related fitness skills requiring improvement.	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training
Choose an appropriate level of challenge to experience success and desire to participate in physical activity for a lifetime.	Yoga Basic Training Think About...	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training
Participate in and promote physical activity outside the formal educational environment for enjoyment.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Actively pursue goals and needs related to lifetime participation in physical activity.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Identify participation factors in physical activities that contribute to personal enjoyment and self-expression.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • iYoga • Create a Hip Hop Routine • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race 	<ul style="list-style-type: none"> • Group Fitness • Dance • Softball
Recognize that physical activities can provide a positive social atmosphere for interaction with others.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • Walk and Talk Fun-day-mentals Jigsaw • Hip Hop Jigsaw • Fun-day-mentals Jigsaw • ABC's 	<ul style="list-style-type: none"> • Wellness Walking • Dance • Volleyball • Cooperatives: Orienteering