

**SPARK Alignment with Ohio Physical Education Standards
(MS Version 2011)
Grade 6**

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 includes variety of movement patterns (e.g., dance, gymnastics) with smooth transitions between movement patterns.	Dance, Stunts and Tumbling: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Create a 4-Wall Line Dance • Creating Combinations • Create a Routine 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Stunts and Tumbling
Demonstrate the critical elements of specialized locomotor and non-locomotor skills in a variety of physical activities (e.g., fitness, track and field, martial arts, outdoor activities, aquatics, cycling, rollerblading).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Introduction to the Forehand Stroke • Forearm Pass (Bump) • Shot Put 	<ul style="list-style-type: none"> • Racquets and Paddles • Volleyball • Track
Perform simple dance sequences.	Dance: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Beat It! Poco Loco Jigsaw • The Korobushka Jigsaw • The Norwegian Polka Jigsaw 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Send, receive, dribble and shoot in game-like practice using appropriate critical elements.	Basketball: <ul style="list-style-type: none"> • Peer Coach • Self-Check 	<ul style="list-style-type: none"> • 3-Catch with a Post Player • Keep Away (3-on- 	<ul style="list-style-type: none"> • Basketball • Basketball • Basketball

	<ul style="list-style-type: none"> • Teacher Rubric 	2) <ul style="list-style-type: none"> • 3-on-3 Basketball 	
Strike an object (with hand or implement) in game-like practice using appropriate critical elements.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • One Wall Paddleball • Singles/Doubles Game Play • Mini-Hockey 	<ul style="list-style-type: none"> • Racquets and Paddles • Handball • Hockey
Strike and field an object (with foot, hand or implement) in game-like practice.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • 2-Pitch Stickball • 7v7 Modified Softball • Mini-Soccer 	<ul style="list-style-type: none"> • Softball • Softball • Soccer
Send an object to a target in game-like practice using appropriate critical elements.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Disc Golf • Target Golf • Target Ball 	<ul style="list-style-type: none"> • Flying Disc • Golf • Handball

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.			
Demonstrate understanding of basic tactics related to off-the-ball movements while participating in game-like settings (e.g., when and where should I move?).	Specific Unit: <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Zone Defense 	
Demonstrate basic decision-making capabilities in a variety of physical activities (e.g., when and where do I execute?).	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric 	<ul style="list-style-type: none"> • Pass or Dribble? • Under Pressure • Zone Defense 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
Describe and explain elements of performance principles as they relate to movement (e.g., the effects of different body positions on rotation in gymnastics).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Advanced Progressions • Introduction to Yoga • Creating Combinations 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness • Stunts and Tumbling
Demonstrate understanding of movement principles through knowledge of critical elements (key points) of specialized locomotor and non-locomotor skills/movements.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Advanced Shots • Hurdling • Individual Juggling 	<ul style="list-style-type: none"> • Handball • Track and Field • World Games
Describe and explain critical elements of specific sport skills (e.g., shooting hand under the ball) and movement skills (e.g., tuck the chin on the chest as you roll).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Bullseye and Long Shot • Introduction to the Backhand Stroke • Stunts and Tumbling Buffet 	<ul style="list-style-type: none"> • Soccer • Racquets and Paddles • Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3 Participates regularly in physical activity.			
Participate in moderate to vigorous self-selected activities to meet the minimum daily expectations for physical activity.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Gotta Have Heart • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness
Develop awareness of the opportunities inside and outside of school for participation in a broad range of activities that may meet personal needs and interests.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Develop a list of available school and community activities.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Establish personal physical activity goals to meet the minimum daily expectations for physical activity inside and outside of school.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
Organize time to meet/exceed national recommendations for	Personally Fit Activity Challenge:	Personally Fit SPARKfit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
physical activity at least five days during the week.	In the Mood to Move	(SPARKfamily.org)	
Track progress toward daily physical activity goals using assessment tools (e.g., log, planner, pedometer, stopwatch).	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move • Heart Rate Monitor Log 	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"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Basic Exercise Techniques • Fitness in the Middle • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Meet criterion-referenced standards for the components of health-	Fitness Self-Check	Personally Fit SPARKfit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
related fitness.		(SPARKfamily.org)	
Identify areas of improvement from fitness test results and identify and develop a plan to improve areas of deficit.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
Use various forms of technology to monitor physical activity (e.g., heart monitor, pedometer).	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move • Heart Rate Monitor Log 	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Understand the components of health-related fitness (body composition, cardiovascular endurance, flexibility, muscular endurance, muscular strength) and participate in specific fitness activities to benefit these components.	Fitness Unit Written Test	<ul style="list-style-type: none"> • Stability Ball and Medicine Ball Workout • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
Give multiple examples of physical activities that meet basic requirements for each health-related component.	Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness</i>	<ul style="list-style-type: none"> • Range of Motion • Resistance Band Workout • Aerobic Capacity Circuit • Body 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>components?</i>	Composition BINGO	
Recognize the principles of target heart rate.	<i>Create A Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 • Create a Routine (Aerobic Capacity) 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Describe feelings in the body that result from varying frequency, intensity, time and type of physical activity.	Sample debrief question: <i>How do you feel when you change the components of the FITT principle in your fitness routine?</i>	<ul style="list-style-type: none"> • Stability Ball and Medicine Ball Workout • Aerobic Capacity Circuit • Introduction to Yoga • Introduction to Pilates 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Apply FITT principle when participating in a physical activity.	Fitness: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Fitness in the Middle • Balancing Strength and Flexibility • Body Composition 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Circuit	
Identify principles of training such as specificity, overload and progression.	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

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.			
Make a conscious decision about playing within the rules, procedures and etiquette of a game or activity.	Cooperatives: <ul style="list-style-type: none"> Peer Coach Self Check Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> Responsibility and Routines Respect and Roll Taking Acceptance and Super Grouping Trust and Technology Appreciation and Assistance 	<ul style="list-style-type: none"> First 5 Lessons First 5 Lessons First 5 Lessons First 5 Lessons First 5 Lessons
Acknowledge and apply rules to game situations to ensure personal	Cooperatives Performance Rubric	<ul style="list-style-type: none"> Partner Stunts Advanced 	<ul style="list-style-type: none"> Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
and group safety.		Progressions <ul style="list-style-type: none"> • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness
Offer positive suggestions to facilitate group progress in physical activities.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Adventure Racing 101 • Poker Adventure Race • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Demonstrate cooperation with peers of different gender, race and ability in physical activity settings.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Appreciation and Assistance • Adventure Racing 101 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives
Show consideration of the rights and feelings of others when resolving conflict.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Respect and Roll Taking • Acceptance and Super Grouping • Adventure Racing 101 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives
Accept decisions made by the designated official and return to activity.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Mini-Soccer • 7v7 Modified Softball • Mini-Volleyball • Singles/Doubles Game Play 	<ul style="list-style-type: none"> • Soccer • Softball • Volleyball • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 6 Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Demonstrate perseverance when challenged by a new physical activity.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check 	<ul style="list-style-type: none"> • Self-Guided Tour • Disc Throwing Stations • Individual Trick Circuit 	<ul style="list-style-type: none"> • Stunts and Tumbling • Flying Disc • Jump Rope
Attempt to improve attained skills through effort and practice.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check 	<ul style="list-style-type: none"> • Self-Guided Tour • Disc Throwing Stations • Individual Trick Circuit 	<ul style="list-style-type: none"> • Stunts and Tumbling • Flying Disc • Jump Rope
Identify the physical, social and psychological benefits of participation in physical activities.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Cross the Pond • Log Jam • Poker Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Participate in activities which allow students to set and achieve individual and team goals.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Cross the Great Divide • Radioactive River • Karrimor International Mountain Marathon 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Participate in a variety of non-traditional activities of interest (e.g., initiatives, cooperative games,	Cooperatives, World Games: <ul style="list-style-type: none"> • Teacher Rubrics 	<ul style="list-style-type: none"> • Indiana Jones • Sepak Takraw • Hip Hop Basic 	<ul style="list-style-type: none"> • Cooperatives • World Games • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
orienteeing, rollerblading).		Moves Jigsaw	
Describe the role participation in physical activities has in getting to know oneself and others.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Phone Home • Down the Line • Radio Control 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Work positively toward outcomes in small group settings (e.g., solve an initiative, work on a cooperative task, modify a game or an activity through group discussions).	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Hip Hop Basic Moves Jigsaw • Final Cooperative Adventure Race • Nutrition Team Challenge 	<ul style="list-style-type: none"> • Dance • Cooperatives • Fitness
Resolve conflicts that arise with others without confrontation.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Appreciation and Assistance • Adventure Racing 101 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives

Grade 7

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 includes a variety of movement patterns individually and with a partner or small group (e.g., dance gymnastics).	Dance, Stunts and Tumbling Teacher Rubrics	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Create your own Merengue Move • Create your own Swing Moves • Creating Combinations 	<ul style="list-style-type: none"> • Dance • Dance • Dance • Stunts and Tumbling
Demonstrate the critical elements of specialized locomotor and non-locomotor skills in a variety of physical activities (e.g., fitness, track and field, martial arts) in a controlled setting.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Introduction to the Forehand Stroke • Forearm Pass (Bump) • Shot Put 	<ul style="list-style-type: none"> • Racquets and Paddles • Volleyball • Track
Perform basic folk/square/line-dance sequences to music.	Dance: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • The Norwegian Polka Jigsaw • The Korobushka Jigsaw • Merengue Mixer 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Send, receive, dribble and shoot using appropriate critical elements in practice and small-sided invasion games.	Basketball: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • 3-Catch with a Post Player • Keep Away (3-on-2) 	<ul style="list-style-type: none"> • Basketball • Basketball • Basketball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • 3-on-3 Basketball 	
Strike an object (with hand or implement) using appropriate critical elements in controlled practice and singles/small-sided net/wall games.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • One Wall Paddleball • Singles/Doubles Game Play • Mini-Hockey 	<ul style="list-style-type: none"> • Racquets and Paddles • Handball • Hockey
Strike and field an object (with foot, hand or implement) using appropriate critical elements in controlled practice and small-sided striking/fielding games.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • 2-Pitch Stickball • 7v7 Modified Softball • Mini-Soccer 	<ul style="list-style-type: none"> • Softball • Softball • Soccer
Send an object to a target in controlled practice and individual/small-sided games.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Disc Golf • Target Golf • Target Ball 	<ul style="list-style-type: none"> • Flying Disc • Golf • Handball

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.			
Demonstrate transfer of performance principles across activities to aid learning (e.g., sending principles: throw/tennis serve/volley serve).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Introduction to the Serve • Introduction to the Handball Serve 	<ul style="list-style-type: none"> • Racquets and Paddles • Handball • Volleyball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Serving Challenges 	
Demonstrate understanding of basic tactics related to defending space while participating in game and sport activities (e.g., when, where and how do I move?).	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric 	<ul style="list-style-type: none"> • Keep Away 2-on-1 • Keep Away (3-on-1) • Keep Away (2-on-1) 	<ul style="list-style-type: none"> • Basketball • Soccer • Hockey
Explain similarities of skill application and movement patterns across activities (e.g., sending, receiving and movement).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Volley Tennis • Serve, Return, Catch • Volley Tennis 	<ul style="list-style-type: none"> • Volleyball • Handball • Racquets and Paddles
Demonstrate understanding of movement principles through knowledge of critical elements (key points) of specialized manipulative skills and movements.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Advanced Shots • Hurdling • Individual Juggling 	<ul style="list-style-type: none"> • Handball • Track and Field • World Games
Describe and explain critical elements required for the application of specific sport and movement skills in controlled settings (e.g., practice settings).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric • Written Test 	<ul style="list-style-type: none"> • Bullseye and Long Shot • Introduction to the Backhand Stroke • Stunts and Tumbling Buffet 	<ul style="list-style-type: none"> • Soccer • Racquets and Paddles • Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3			

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Participates regularly in physical activity.			
Spend a portion of each day participating in physical activity inside or outside of class.	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)
Identify community resources for physical activity to meet personal needs.	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)
Participate in various physical activities that are part of the school or community.	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)
Establish personal physical activity goals to meet the minimum daily expectations for physical activity.	Fitness Self-Check		Personally Fit SPARKfit (SPARKfamily.org)
Organize time to meet/exceed national recommendations for physical activity at least five days during the week.	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)
Monitor physical activity to assess achievement of national daily recommendations for physical activity.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move • Heart Rate Monitor Log 		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"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Basic Exercise Techniques • Fitness in the Middle • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Meet criterion-referenced standards for the components of health-related fitness.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
Evaluate results of fitness test and develop a plan to improve a fitness component.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
Determine health-related fitness activities designed to improve or maintain body composition, cardiovascular endurance, flexibility, muscular endurance, muscular strength both inside and outside of school.	Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness components?</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Understand principles of training (i.e., specificity, overload,	Fitness Unit Written Test	<ul style="list-style-type: none"> • Stability Ball and Medicine Ball 	<ul style="list-style-type: none"> • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
progression).		Workout <ul style="list-style-type: none"> • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness
Apply FITT principle when participating in a physical activity.	Fitness: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Range of Motion • Resistance Band Workout • Aerobic Capacity Circuit • Body Composition BINGO 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Apply principles of target heart rate to physical activity.	<i>Create A Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 • Create a Routine (Aerobic Capacity) 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

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.			
Make a conscious decision about playing within the rules, procedures and etiquette of a game or activity.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines • Respect and Roll Taking • Acceptance and Super Grouping • Trust and Technology • Appreciation and Assistance 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • First 5 Lessons • First 5 Lessons • First 5 Lessons
Acknowledge and apply rules to game situations to ensure personal and group safety.	Cooperatives Performance Rubric	<ul style="list-style-type: none"> • Partner Stunts • Advanced Progressions • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Fitness
Offer positive suggestions or constructive feedback to facilitate group progress.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Adventure Racing 101 • Poker Adventure Race • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Demonstrate cooperation with peers of different gender, race and ability in physical activity settings.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Appreciation and 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"> Teacher Rubrics Coulda Shoulda Woulda (all units) 	<ul style="list-style-type: none"> Assistance Adventure Racing 101 	
Resolve conflict with sensitivity to the rights and feelings of others.	Cooperatives: <ul style="list-style-type: none"> Peer Coach Self Check Teacher Rubrics Coulda Shoulda Woulda (all units) 	<ul style="list-style-type: none"> Respect and Roll Taking Acceptance and Super Grouping Adventure Racing 101 	<ul style="list-style-type: none"> First 5 Lessons First 5 Lessons Cooperatives
Accept and respect decisions made by the designated official.	Cooperatives: <ul style="list-style-type: none"> Peer Coach Self Check Teacher Rubrics Coulda Shoulda Woulda (all units) 	<ul style="list-style-type: none"> Mini-Soccer 7v7 Modified Softball Mini-Volleyball Singles/Doubles Game Play 	<ul style="list-style-type: none"> Soccer Softball Volleyball Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 6			
Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Seek personally challenging experiences in physical activity opportunities.	Specific Unit: <ul style="list-style-type: none"> Teacher Rubric Self-Check 	<ul style="list-style-type: none"> Self-Guided Tour Disc Throwing Stations Individual Trick Circuit 	<ul style="list-style-type: none"> Stunts and Tumbling Flying Disc Jump Rope
Adhere to a practice plan to	Specific Unit:	<ul style="list-style-type: none"> Self-Guided Tour 	<ul style="list-style-type: none"> Stunts and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
become a more skilled performer.	<ul style="list-style-type: none"> • Teacher Rubric • Self-Check 	<ul style="list-style-type: none"> • Disc Throwing Stations • Individual Trick Circuit 	Tumbling <ul style="list-style-type: none"> • Flying Disc • Jump Rope
Investigate and participate in a variety of physical activities to develop personal interest.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Introduction to Yoga • Introduction to Pilates • Hip Hop Basic Moves Jigsaw 	<ul style="list-style-type: none"> • Fitness • Fitness • Dance
Describe ways to use the body and movement to communicate ideas and feelings (e.g., demonstrate a rhythmic activity that conveys a particular feeling).	Dance: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Create your own Swing Moves • Creating Combinations 	<ul style="list-style-type: none"> • Dance • Dance • Stunts and Tumbling
Recognize physical activity as a positive opportunity for social and group interaction.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Phone Home • Down the Line • Radio Control 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Praise peer performance by showing appreciation of others.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Final Cooperative Adventure Race • Poker Adventure Race • Karrimor International Mountain Marathon 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Resolve conflicts that arise with others without confrontation.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Appreciation and Assistance • Adventure Racing 101 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives

Grade 8

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.	Dance, Stunts and Tumbling Teacher Rubrics	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Create your own Merengue Move • Create your own Swing Moves • Creating Combinations 	<ul style="list-style-type: none"> • Dance • Dance • Dance • Stunts and Tumbling
Demonstrate the critical elements of specialized locomotor and non-locomotor skills in a variety of physical activities (e.g., fitness, track and field, martial arts).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Introduction to the Forehand Stroke • Forearm Pass (Bump) • Shot Put 	<ul style="list-style-type: none"> • Racquets and Paddles • Volleyball • Track
Perform a variety of simple dance sequences individually and with a partner or small group.	Dance: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • The Norwegian Polka Jigsaw • The Korobushka Jigsaw • Merengue Mixer 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Send, receive, dribble and shoot in practice and apply these skills to invasion games to achieve successful	Basketball: <ul style="list-style-type: none"> • Peer Coach • Self-Check 	<ul style="list-style-type: none"> • 3-Catch with a Post Player • Keep Away (3-on- 	<ul style="list-style-type: none"> • Basketball • Basketball • Basketball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
game-related outcomes.	<ul style="list-style-type: none"> Teacher Rubric 	2) <ul style="list-style-type: none"> 3-on-3 Basketball 	
Strike an object (with hand or implement) in controlled practice and apply these skills to net/wall games to achieve successful game-related outcomes.	Specific Unit: <ul style="list-style-type: none"> Peer Coach Self-Check Teacher Rubric 	<ul style="list-style-type: none"> One Wall Paddleball Singles/Doubles Game Play Mini-Hockey 	<ul style="list-style-type: none"> Racquets and Paddles Handball Hockey
Send an object to a target in controlled practice and apply these skills to target games to achieve successful game-related outcomes.	Specific Unit: <ul style="list-style-type: none"> Peer Coach Self-Check Teacher Rubric 	<ul style="list-style-type: none"> 2-Pitch Stickball 7v7 Modified Softball Mini-Soccer 	<ul style="list-style-type: none"> Softball Softball Soccer

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.			
Demonstrate developing understanding of tactics related to decision-making (e.g., shoot, pass, dribble hierarchy) in game and sport activities.	Basketball: <ul style="list-style-type: none"> Peer Coach Self-Check Teacher Rubric 	<ul style="list-style-type: none"> 3-Catch with a Post Player Keep Away (3-on-2) 3-on-3 Basketball 	<ul style="list-style-type: none"> Basketball Basketball Basketball
Demonstrate developing understanding of tactics related to creating space (e.g., moving opponents and/or the ball) in game	Specific Unit: <ul style="list-style-type: none"> Teacher Rubric 	<ul style="list-style-type: none"> Keep Away 2-on-1 Keep Away (3-on-1) Keep Away (2-on- 	<ul style="list-style-type: none"> Basketball Soccer Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
and sport activities.		1)	
Demonstrate understanding of movement principles through knowledge of critical elements (key points) of combined (locomotor, non-locomotor and manipulative) skills and movements.	Specific Unit: <ul style="list-style-type: none"> Peer Coach Self-Check Teacher Rubric 	<ul style="list-style-type: none"> Introduction to the Forehand Stroke Forearm Pass (Bump) Shot Put 	<ul style="list-style-type: none"> Racquets and Paddles Volleyball Track
Describe and explain critical elements required for the application of specific sport and movement skills in a dynamic environment (e.g., games).	Specific Unit: <ul style="list-style-type: none"> Peer Coach Self-Check Teacher Rubric 	<ul style="list-style-type: none"> One Wall Paddleball Singles/Doubles Game Play Mini-Hockey 	<ul style="list-style-type: none"> Racquets and Paddles Handball Hockey
Detect and correct errors in personal performance based on knowledge of results (e.g., analysis of contact and release point in sport skill execution).	Specific Unit: <ul style="list-style-type: none"> Self-Check Teacher Rubric Written Test 	<ul style="list-style-type: none"> Introduction to Shooting Advanced Shots Target Ball 	<ul style="list-style-type: none"> Basketball Handball Racquets and Paddles
Detect and correct errors based on knowledge of results and biomechanical principles (e.g., analysis of contact and release point in sport skill execution).	Sample debrief question: <i>How do you apply rotation principles when performing a cartwheel? Throwing a disc?</i>	<ul style="list-style-type: none"> Advanced Progressions Shot Put Disc Throwing Stations 	<ul style="list-style-type: none"> Stunts and Tumbling Track Flying Disc

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3 Participates regularly in physical activity.			
Participate in a variety of moderate or vigorous physical activities to meet national recommendations for physical activity.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Gotta Have Heart • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness
Spend a portion of each day participating in physical activity inside or outside of school.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Develop and refine physical activity choices inside and outside of school.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Select areas of interest from school and community resources that can fulfill physical activity needs.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
Set realistic goals utilizing assessment tools (e.g., log, pedometer, heart rate monitor).	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Develop a time-management schedule that emphasizes physical activity and active recreational activities.	<ul style="list-style-type: none"> • Pedometer Log • Personally Fit Activity Challenge: In the Mood to Move • Heart Rate Monitor Log 		Personally Fit SPARKfit (SPARKfamily.org)
Monitor progress toward physical activity goals and plan for continued physical activity.	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"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Basic Exercise Techniques • Fitness in the Middle • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Meet criterion-referenced standards	Fitness Self-Check		Personally Fit

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
for the components of health-related fitness.		SPARKfit (SPARKfamily.org)	
Evaluate results of fitness test and develop a comprehensive program to improve fitness.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
Apply health-related fitness activities designed to improve or maintain body composition, cardiovascular endurance, flexibility, muscular endurance, muscular strength both inside and outside of school.	Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness components?</i>	Personally Fit SPARKfit (SPARKfamily.org)	
Apply principles of training (e.g., specificity, overload, progression) to maintain or improve 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
Apply FITT principle when participating in a physical activity.	Fitness: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Range of Motion • Resistance Band Workout • Aerobic Capacity Circuit • Body Composition BINGO 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Apply principles of target heart rate to physical activity.	<i>Create A Routine (Fitness Aerobic Capacity) Extension: Heart Rate Monitors</i>	<ul style="list-style-type: none"> • Gotta Have Heart • Aerobic Capacity Circuit • Heart Rate Highway • Daytona 2000 • Create a Routine (Aerobic Capacity) 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

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.			
Work cooperatively with peers of differing skill to promote a safe school environment.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines • Respect and Roll Taking • Acceptance and Super Grouping • Trust and Technology • Appreciation and Assistance 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • First 5 Lessons • First 5 Lessons
Recognize causes and demonstrate	Cooperatives	<ul style="list-style-type: none"> • Partner Stunts 	<ul style="list-style-type: none"> • Stunts and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
possible solutions to issues related to a safe school environment and physical activity setting.	Performance Rubric	<ul style="list-style-type: none"> • Advanced Progressions • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Tumbling • Stunts and Tumbling • Fitness
Provide support or positive suggestions to facilitate group progress or success.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Adventure Racing 101 • Poker Adventure Race • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Demonstrate and encourage respect for individual similarities and differences through positive interaction.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Appreciation and Assistance • Adventure Racing 101 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives
Resolve conflict with sensitivity to the rights and feelings of others.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Respect and Roll Taking • Acceptance and Super Grouping • Adventure Racing 101 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives
Accept and respect decisions made by the designated official.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda	<ul style="list-style-type: none"> • Mini-Soccer • 7v7 Modified Softball • Mini-Volleyball • Singles/Doubles 	<ul style="list-style-type: none"> • Soccer • Softball • Volleyball • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Woulda (all units)	Game Play	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 6			
Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.			
Assess personal ability and practice to become a more skilled performer.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check 	<ul style="list-style-type: none"> • Self-Guided Tour • Disc Throwing Stations • Individual Trick Circuit 	<ul style="list-style-type: none"> • Stunts and Tumbling • Flying Disc • Jump Rope
Determine appropriate level of challenge for own ability and select tasks to maximize performance.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check 	<ul style="list-style-type: none"> • Self-Guided Tour • Disc Throwing Stations • Individual Trick Circuit 	<ul style="list-style-type: none"> • Stunts and Tumbling • Flying Disc • Jump Rope
Participate regularly in physical activities of personal interest and enjoyment.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Introduction to Yoga • Introduction to Pilates • Hip Hop Basic Moves Jigsaw 	<ul style="list-style-type: none"> • Fitness • Fitness • Dance
Encourage others to participate in physical activities that one finds enjoyable.	Dance: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Create your own Swing Moves 	<ul style="list-style-type: none"> • Dance • Dance • Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Creating Combinations 	
Describe how engaging in physical activity promotes awareness of self and others.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Phone Home • Down the Line • Radio Control 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Identify and describe personal feelings resulting from participating in physical activity (e.g., journals, class discussions, activity calendars).	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Engage in cooperative and competitive physical activities voluntarily and regularly.	Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	
Assume a variety of roles as a team member (e.g., leader, record keeper, equipment manager).	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Final Cooperative Adventure Race • Poker Adventure Race • Karrimor International Mountain Marathon 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Invite peers to become group members in physical activities.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Acceptance and Super Grouping • Appreciation and Assistance • Adventure Racing 101 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives

