

SPARK Alignment with New Mexico Physical Education Standards Grades 9-12 (HS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms. Students will:			
<p>Benchmark: Demonstrate proficiency in at least one activity from three of the six following categories of activities: aquatics, dance, outdoor pursuits, individual activities/sports and team activities/sports: Identify the critical elements contained in the preparatory, action and follow-through phases of movement.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Personal Best Assessments • Performance Rubric • Self-Check • Peer Coaching 	<ul style="list-style-type: none"> • Serves and Clears • Shoot-A-Round • Hockey Personal Best • Serves • Pass, Trap and Receive • Aqua-Fit Basic Training 	<ul style="list-style-type: none"> • Badminton • Basketball • Hockey • Tennis • Speedball • Aqua-Fit
<p>Benchmark: Demonstrate proficiency in at least one activity from three of the six following categories of activities: aquatics, dance, outdoor pursuits, individual activities/sports and team activities/sports: Analyze the critical elements contained in the preparatory, action and follow-through phases of movement.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Personal Best Assessments • Performance Rubric • Self-Check • Peer Coaching 	<ul style="list-style-type: none"> • Pitch & Field Grounders • Pass & Set • Throw-A-Round • Groundstrokes • Pass, Catch & Scoop 	<ul style="list-style-type: none"> • Softball • Volleyball • World Games: Cricket • Pickleball • Lacrosse
<p>Benchmark: Demonstrate proficiency in at least one activity</p>	<p>Specific Unit:</p>	<ul style="list-style-type: none"> • Ultimate Personal Best 	<ul style="list-style-type: none"> • Flying Disc: Ultimate

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<p>from three of the six following categories of activities: aquatics, dance, outdoor pursuits, individual activities/sports and team activities/sports: Evaluate skill based on self, peer and teacher feedback while utilizing sound principles of biomechanics.</p>	<ul style="list-style-type: none"> • Personal Best Assessments • Performance Rubric • Self-Check • Peer Coaching 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Basketball Personal Best • Pickleball Personal Best • Dance Personal Best 	<ul style="list-style-type: none"> • Football • Basketball • Pickleball • Dance
<p>Benchmark: Demonstrate proficiency in at least one activity from three of the six following categories of activities: aquatics, dance, outdoor pursuits, individual activities/sports and team activities/sports: Modify and transition future skill performances based on self, peer and teacher feedback while utilizing sound principles of biomechanics to guide skill improvement.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Personal Best Assessments • Performance Rubric • Self-Check • Peer Coaching 	<ul style="list-style-type: none"> • Soccer Personal Best • Hockey Personal Best • Badminton Personal Best • Strength Training Adventure Race • SPARK Event: Dance Olympics • Create Your Own SportFIT Program 	<ul style="list-style-type: none"> • Soccer • Hockey • Badminton • Strength Training • Dance • SportFIT

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<p>Content Standard 2: Applies movement concepts and principles to the learning and development of motor skills. Students will:</p>			

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<p>Benchmark: Apply scientific principles to learn and improve skills: Explain and demonstrate motor learning cues to help regulate their physical performance.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Personal Best Assessments • Performance Rubric • Self-Check • Peer Coaching • Unit Test 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw 101 • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Hip Hop Jigsaw • Lacrosse Adventure Race 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Cooperatives: Orienteering • World Games: Cricket • Dance • Lacrosse
<p>Benchmark: Apply scientific principles to learn and improve skills: Explain the principles of exercise science and demonstrate the understanding of physiological changes that occur to the body due to the efficiency of movement, training and the aging process.</p>	<p>Fitness:</p> <ul style="list-style-type: none"> • Personal Best Assessments • Performance Rubric • Self-Check • Peer Coaching • Unit Test 	<ul style="list-style-type: none"> • iCardio Kickboxing • iYoga • iHIIT (High Intensity Interval Training) • Basic Training: FUNctional Fitness Jigsaw • Basic Training: Circuit 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Strength Training • iRun
<p>Benchmark: Apply scientific principles to learn and improve skills: Apply biomechanical concepts while identifying basic biomechanical principles of movement (i.e., leverage, torque, transfer of energy and angular velocity, mass and momentum, net</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Personal Best Assessments • Performance Rubric • Self-Check • Peer Coaching • Unit Test 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Volleyball Personal Best • Throw-A-Round • Throw for Accuracy 	<ul style="list-style-type: none"> • Softball • Volleyball • World Games: Cricket • Flying Disc

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joint torque, etc.)			
Benchmark: Apply scientific principles to learn and improve skills: Identify and utilize biomechanical, motor development, exercise physiology and motor learning concepts to learn and improve skills.	Specific Unit: <ul style="list-style-type: none"> • Personal Best Assessments • Performance Rubric • Self-Check • Peer Coaching • Unit Test 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw 101 • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Tennis Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Flying Disc • World Games: Cricket • Soccer • Tennis

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 3: Exhibits knowledge and ability to participate in a physically active lifestyle. Students will:			
Benchmark 1: Participate in physical activities which contribute to the attainment of personal goals and the maintenance of wellness: Identify realistic personal fitness goals based on a pre-assessment.	<ul style="list-style-type: none"> • Fitness Personal Best Assessments • SPARKfit Fitness Lab: Fitness Overview and Pre-Testing 	<ul style="list-style-type: none"> • Wellness Walking Personal Best • Fitness Personal Best • Basic Training Adventure Race • iTabata Activity • Fitness Personal Best 	<ul style="list-style-type: none"> • Wellness Walking • iRun • Strength Training • Tabata • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Benchmark 1: Participate in physical activities which contribute to the attainment of personal goals and the maintenance of wellness: Maintain a personal fitness program by using exercise strategies (i.e., goal statements, graphs, charts, software, log books, etc.).</p>	<ul style="list-style-type: none"> • Fitness Personal Best Assessments • Fitness Lab – Student Portfolio • Student MVPA Wellness Journal • Heart Rate Monitor Log • Heart Rate Chart • Pedometer Tracking Log 	<ul style="list-style-type: none"> • Walking Circuits • iFreestyle Aerobics • Create Your Own Strength Training Program 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Strength Training
<p>Benchmark 2: Monitor exercise, eating and other behaviors related to a healthy lifestyle: Demonstrate an understanding of chronic sedentary diseases and at-risk behaviors (i.e., smoking, alcohol consumption, drug use, etc.) as they pertain to health-related fitness (i.e., track, identify and draw conclusions about personal nutrition and physical activity and how it relates to one’s personal health, etc.).</p>	<ul style="list-style-type: none"> • Fitness Lab – Student Portfolio • Student MVPA Wellness Journal 	<ul style="list-style-type: none"> • FUNctional Fitness Basic Training • Cardiovascular Health • Energy Balance • Fitness Mini Lesson: What is Fitness? 	<ul style="list-style-type: none"> • FUNctional Fitness • Heart Rate Unit • Heart Rate Unit • SPARKfit: Fitness Lab

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<p>Benchmark 3: Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes: Identify and explain the physiological challenges and metabolic changes that occur to the human body across the lifespan.</p>	<ul style="list-style-type: none"> • Fitness Lab – Student Portfolio • Student MVPA Wellness Journal 	<ul style="list-style-type: none"> • Target Heart Rate • Maximum Heart Rate • Resting Heart Rate 	<ul style="list-style-type: none"> • Heart Rate Unit • Heart Rate Unit • Heart Rate Unit
<p>Benchmark 3: Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes: Create a physical activity and nutrition plan for the different stages of life based on personal health history, areas of interest and desired individual outcomes.</p>	<ul style="list-style-type: none"> • Fitness Lab – Student Portfolio • Student MVPA Wellness Journal 	<ul style="list-style-type: none"> • Create a Heart Rate Activity • iFUNctional Fitness • Goal Setting Mini Lessons: <ul style="list-style-type: none"> ○ GS1-GS5 • Nutrition Mini Lessons: <ul style="list-style-type: none"> ○ NC1-NC10 	<ul style="list-style-type: none"> • Heart Rate Unit • FUNctional Fitness • Fitness Lab: SPARKfit • Fitness Lab: SPARKfit
<p>Benchmark 4: Use scientific knowledge to analyze personal characteristics that relate to participation in physical activities: Use technology and scientific methods to collect data in order to analyze personal physical activity patterns (i.e., pedometers, heart rate monitors, activity-gram, etc.).</p>	<ul style="list-style-type: none"> • Heart Rate Monitor Logs • Pedometer Logs • Create A Routine (Fitness Aerobic Capacity) Extension: 	<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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Heart Rate Monitors		
Benchmark 4: Use scientific knowledge to analyze personal characteristics that relate to participation in physical activities: Analyze different physical activities to determine a well-balanced health-related fitness program to help enhance overall fitness (i.e., cardiovascular, muscular endurance, muscular strength, flexibility activities, etc.).	<ul style="list-style-type: none"> • Fitness Personal Best Assessments • Fitness Lab – Student Portfolio • Student MVPA Wellness Journal • Heart Rate Monitor Log • Heart Rate Chart • Pedometer Tracking Log 	<ul style="list-style-type: none"> • iFUNctional Fitness • iPilates • Create Your Own SportFIT Program • Strength Training Adventure Race • Walk-Jog-Run 	<ul style="list-style-type: none"> • FUNctional Fitness • Pilates • SportFIT • Strength Training • Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness. Students will:			
Benchmark 1: Recognize the importance of participation in physical activity on a regular basis:	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: In 	<ul style="list-style-type: none"> • iFUNctional Fitness • Create Your Own Strength Training Program 	<ul style="list-style-type: none"> • FUNctional Fitness • Strength Training • Wellness Walking • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Maintain a personal fitness program by using exercise strategies (i.e., goal statements, graphs, charts, software, log books, etc.).</p>	<p>the Mood to Move</p> <ul style="list-style-type: none"> • Fitness Personal Best Assessments • Fitness Lab – Student Portfolio • Student MVPA Wellness Journal • Heart Rate Monitor Log • Heart Rate Chart • Pedometer Tracking Log 	<ul style="list-style-type: none"> • Walk-Jog-Run • iHITT 	
<p>Benchmark 2: Demonstrate independence in assessing, achieving and maintaining personal health-related fitness goals: Demonstrate the ability and knowledge to self-assess health-related fitness levels (i.e., resting heart rate, recovery heart rate, target heart rate, heart rate zone, muscular strength, endurance, flexibility, body composition, etc.)</p>	<ul style="list-style-type: none"> • Fitness Personal Best Assessments • Heart Rate Monitor Logs • Pedometer Logs • Create A Routine (Fitness Aerobic Capacity) Extension: 	<ul style="list-style-type: none"> • Fitness Personal Best Assessment • Wellness Walking Personal Best • Fitness Personal Best Assessment • Resting Heart Rate • Recovery Heart Rate • Target Heart Rate 	<ul style="list-style-type: none"> • Group Fitness • Wellness Walking • Strength Training • Heart Rate Unit • Heart Rate Unit • Heart Rate Unit • Heart Rate Unit • Heart Rate Unit

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
based upon health-related fitness criteria (i.e., develop strategies for achieving and maintaining a personal fitness program).	Heart Rate Monitors	<ul style="list-style-type: none"> • Heart Rate Zones • Energy Balance 	
<p>Benchmark 3: Design personal fitness programs that encompass all health-related physical fitness components: Provide rationale for the use of scientific concepts in the development of one’s fitness program.</p>	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: In the Mood to Move • Fitness Personal Best Assessments • Fitness Lab – Student Portfolio • Student MVPA Wellness Journal • Heart Rate Monitor Log • Heart Rate Chart • Pedometer Tracking Log 	<ul style="list-style-type: none"> • iFUNctional Fitness • Create Your Own Strength Training Program • Walk-Jog-Run iHITT 	<ul style="list-style-type: none"> • FUNctional Fitness • Strength Training • Wellness Walking • Group Fitness
<p>Benchmark 3: Design personal fitness programs that encompass all health-related physical fitness components:</p>	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: In 	<ul style="list-style-type: none"> • iFUNctional Fitness • iFreestyle Aerobics • Walk-Jog-Run 	<ul style="list-style-type: none"> • FUNctional Fitness • Group Fitness • Wellness Walking

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<p>Provide rationale for the principles of frequency, intensity, time and type.</p>	<p>the Mood to Move</p> <ul style="list-style-type: none"> • Fitness Personal Best Assessments • Fitness Lab – Student Portfolio • Student MVPA Wellness Journal • Heart Rate Monitor Log • Heart Rate Chart • Pedometer Tracking Log 	<ul style="list-style-type: none"> • iHITT • Create Your Own iRun Program • Fitness Mini Lessons: <ul style="list-style-type: none"> ○ F.I.T.T. – What is it? ○ F.I.T.T. Frequency & Intensity ○ F.I.T.T. Time & Type 	<ul style="list-style-type: none"> • Group Fitness • iRun • Fitness Lab: SPARKFit
<p>Benchmark 3: Design personal fitness programs that encompass all health-related physical fitness components: Demonstrate a knowledge base on training principles (i.e., progression, overload, specificity, etc.).</p>	<ul style="list-style-type: none"> • Fitness Unit Test 	<ul style="list-style-type: none"> • iCardio Kickboxing • iYoga • iHIIT (High Intensity Interval Training) 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness
<p>Benchmark 3: Design personal fitness programs that encompass all health-related physical fitness components:</p>	<ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) 	<ul style="list-style-type: none"> • iYoga • iFreestyle Aerobics • iCardio Kickboxing • iHITT 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Group Fitness

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Create a scientifically-based personal fitness program that encompasses cardiovascular, muscular strength, muscular endurance, flexibility and body composition principles in the fitness plan.	<ul style="list-style-type: none"> • SportFIT Performance Log 	<ul style="list-style-type: none"> • iCycling • iPilates • Create Your Own Strength Training Program • Walk-Jog-Run • iTabata • Create Your Own iRun Program • iFUNctional Fitness 	<ul style="list-style-type: none"> • Cycling • Pilates • Strength Training • Wellness Walking • Tabata • iRun • FUNctional Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 5: Demonstrates responsible personal and social behavior in physical activity settings. Students will:			
Benchmark 1: Identify and evaluate risks and safety factors that may affect physical activity choices throughout the life cycle: Adhere to the general classroom and specific activity rules as well as assisting with the care of the equipment and facilities.	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
<p>Benchmark 1: Identify and evaluate risks and safety factors that may affect physical activity choices throughout the life cycle: Apply appropriate etiquette in all activities.</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"> • Waltzing Royalty Jigsaw (Mixer) • Ultimate Adventure Race • Orienteering Adventure Race • Rally-a-Round • Run the Wickets! • Paddle Ball 	<ul style="list-style-type: none"> • Dance • Flying Disc: Ultimate • Cooperatives: Orienteering • Badminton • Cricket • Backyard Games
<p>Benchmark 2: Initiate independent and responsible personal behavior in physical activity settings: Follow general classroom and specific activity rules to insure physical and emotional safety.</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"> • 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
<p>Benchmark 3: Recognize the influence of peer pressure and exhibit appropriate strategies for conflict resolution: Demonstrate the ability to make responsible decisions regardless of peer pressure.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed 	<ul style="list-style-type: none"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 • SPARK Event: Star-Hockey “Shockey” Cup • Capture the Flag • Hidden Rules 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101 • Hockey • Positive Learning Environment • Social and Emotional Learning

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Journaling Pages		
<p>Benchmark 3: Recognize the influence of peer pressure and exhibit appropriate strategies for conflict resolution: Accept consequences of personal choices.</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"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 • Acceptance 3-2-1 • Human Knot • SPARK Event: The Navigational Invitational 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101 • Social and Emotional Learning • Positive Learning Environment • Orienteering
<p>Benchmark 3: Recognize the influence of peer pressure and exhibit appropriate strategies for conflict resolution: Openly discuss conflicts with the teacher and others involved while using conflict resolution skills.</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"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 • SEL T-Chart Cards: Conflict Resolution 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101 • Social and Emotional Learning (Using T-Charts for Teaching SEL Skills)
<p>Benchmark 4: Accept leadership responsibility and a willingness to follow, as appropriate, in order to accomplish group goals: Distinguish between group member roles (e.g. leader, follower, etc.)</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda 	<ul style="list-style-type: none"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 • Relationship-Building: 15 Questions 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101 • Social and Emotional Learning • Positive Learning Environment

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and act accordingly to accomplish group goals.	Character Ed Journaling Pages <ul style="list-style-type: none"> • SportFIT Leader Certification Peer Checklist 	<ul style="list-style-type: none"> • Catapult • Ultimate Omnikin • Roundnet Game Play 	<ul style="list-style-type: none"> • Omnikin Activities • Roundnet

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Content Standard 6: Demonstrates understanding and respect for differences among people in physical activity settings. Students will:			
Benchmark 1: Identify the effects of age, gender, race, ethnicity, socioeconomic standing and culture upon physical activity choices and participation: Discuss why social differences and other aspects keep young adults from participating in an active lifestyle.	<ul style="list-style-type: none"> • Walk and Talk • Fun-day-mentals • Jigsaw Think About... 	<ul style="list-style-type: none"> • iCardio • Kickboxing • iYoga • iHIIT (High Intensity Interval Training) • Cultural Differences Through Dance 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Social and Emotional Learning
Benchmark 1: Identify the effects of age, gender, race, ethnicity, socioeconomic standing and culture upon physical activity choices and participation:	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments 	<ul style="list-style-type: none"> • Event: March Madness • Event: Ultimate Masters 	<ul style="list-style-type: none"> • Basketball • Flying Disc: Ultimate • Football • Hockey

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<p>Acknowledge the attributes that individuals with differences bring to a group.</p>	<ul style="list-style-type: none"> • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Event: Gridiron Classic • Event: Star-Hockey “Shockey” Cup • Cultural Differences Through Dance • Boulder Runner 	<ul style="list-style-type: none"> • Social and Emotional Learning • Omnikin Activities
<p>Benchmark 2: Develop strategies for including persons of diverse backgrounds and abilities in physical activity: Recognize the importance of working cooperatively with persons of diverse backgrounds and abilities during any activity.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages • SportFIT Leader Certification Peer Checklist 	<ul style="list-style-type: none"> • Ultimate Adventure Race • Orienteering Adventure Race • Event: The Navigational Invitational • Cultural Differences Through Dance • Rally-a-Round • SEL T-Chart: Peer Interaction, Appreciating Diversity 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Cooperatives: Orienteering • Cooperatives: Orienteering • Social and Emotional Learning • Badminton • Social and Emotional Learning (Using T-Charts for Teaching SEL Skills)
<p>Benchmark 2: Develop strategies for including persons of diverse backgrounds and abilities in physical activity:</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments 	<ul style="list-style-type: none"> • Hip Hop Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Dance • Flying Disc: Ultimate • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Display a sensitive attitude and a willingness to participate with others in physical activities.	<ul style="list-style-type: none"> • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Spartan Adventure Race 101 	<ul style="list-style-type: none"> • Cooperatives: Adventure Racing
<p>Benchmark 3: Evaluate how the media, particularly advertising, influence the perception of the ideal body types: Recognize that media messages are trying to sell products.</p>	<ul style="list-style-type: none"> • Fitness Lab Student Portfolio 	<ul style="list-style-type: none"> • Nutrition Mini Lesson: Fueling Your Performance 	<ul style="list-style-type: none"> • Fitness Lab: SPARKfit
<p>Benchmark 3: Evaluate how the media, particularly advertising, influence the perception of the ideal body types: Know that billboards, magazines and television will show idealistic body types.</p>	<ul style="list-style-type: none"> • Fitness Lab Student Portfolio 	<ul style="list-style-type: none"> • Goal Setting Mini Lesson: Visualize the Prize 	<ul style="list-style-type: none"> • Fitness Lab: SPARKfit
<p>Benchmark 3: Evaluate how the media, particularly advertising, influence the perception of the ideal body types: Critically analyze advertising messages; create print ads endorsing healthy lifestyles.</p>	<ul style="list-style-type: none"> • Fitness Lab Student Portfolio 	<ul style="list-style-type: none"> • Nutrition Mini Lesson: Healthy Weight Control: Weight Loss • Nutrition Mini Lesson: Healthy Weight Control: Weight Gain 	<ul style="list-style-type: none"> • Fitness Lab: SPARKfit • Fitness Lab: SPARKfit

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Content Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction. Students will:			
<p>Benchmark 1: Maintain and improve physical fitness, motor skills and knowledge about physical activity: Select activities that are enjoyable and promote fitness.</p>	<ul style="list-style-type: none"> • Student MVPA Wellness Journal 	<ul style="list-style-type: none"> • Yoga Basic Training • Freestyle Aerobics Basic Training • Cardio Kickboxing Basic Training • HITT Basic Training • Cycling Basic Training • Pilates Basic Training • Create Your Own Strength Training Program • Walk-Jog-Run • Tabata Basic Training • Create Your Own iRun Program 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Group Fitness • Cycling • Pilates • Strength Training • Wellness Walking • Tabata • iRun
<p>Benchmark 1: Maintain and improve physical fitness, motor skills and knowledge about physical activity:</p>	<ul style="list-style-type: none"> • Student MVPA Wellness Journal 	<ul style="list-style-type: none"> • Yoga Basic Training • Freestyle Aerobics Basic Training 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Group Fitness • Cycling

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Identify activities that best fit their individual needs.		<ul style="list-style-type: none"> • Cardio Kickboxing Basic Training • HITT Basic Training • Cycling Basic Training • Pilates Basic Training • Create Your Own Strength Training Program • Walk-Jog-Run • Tabata Basic Training • Create Your Own iRun Program 	<ul style="list-style-type: none"> • Pilates • Strength Training • Wellness Walking • Tabata • iRun
<p>Benchmark 1: Maintain and improve physical fitness, motor skills and knowledge about physical activity: Choose activities outside of school that provide challenges and social interaction.</p>	<ul style="list-style-type: none"> • Student MVPA Wellness Journal 	<ul style="list-style-type: none"> • iYoga • iFreestyle Aerobics • iCardio Kickboxing • iHITT • iCycling • iPilates • Create Your Own Strength Training Program 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Group Fitness • Cycling • Pilates • Strength Training • Wellness Walking • Tabata • iRun

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Walk-Jog-Run • iTabata Create Your Own iRun Program 	
<p>Benchmark 1: Maintain and improve physical fitness, motor skills and knowledge about physical activity: Recognize intrinsic value of physical activity.</p>	<ul style="list-style-type: none"> • Walk and Talk Fun-day-mentals Jigsaw Think About... • Wellness Walking Personal Best Reflection Questions 	<ul style="list-style-type: none"> • iCardio Kickboxing • iYoga • iHIIT (High Intensity Interval Training) • Wellness Walking Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Wellness Walking
<p>Benchmark 2: Evaluate the importance of physical activity and healthy nutrition as part of one's lifestyle: Identify key reasons to develop and maintain physical activity and healthy eating habits.</p>	<ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) 	<ul style="list-style-type: none"> • PALA+ Healthy Eating Goals • Cardiovascular Health • Energy Balance 	<ul style="list-style-type: none"> • SPARKhome: SPARKfit • Heart Rate Unit • Heart Rate Unit
<p>Benchmark 2: Evaluate the importance of physical activity and healthy nutrition as part of one's lifestyle: Recognize the connections with lifestyle choices regarding activity and nutrition and the impact on health.</p>	<ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) 	<ul style="list-style-type: none"> • PALA+ Healthy Eating Goals • Energy Balance • Nutrition Mini Lesson: Fueling for Performance 	<ul style="list-style-type: none"> • SPARKhome: SPARKfit • Heart Rate Unit • SPARKfit: Fitness Lab

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Benchmark 3: Analyze time, cost and accessibility factors related to regular participation in physical activities: Identify barriers and enablers to regular physical activity specific to his or her situation.</p>	<ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) 	<ul style="list-style-type: none"> • Create a Heart Rate Activity • Walking Circuits • Fitness Personal Best • Create Your Own SportFIT Program 	<ul style="list-style-type: none"> • Heart Rate Unit • Wellness Walking • Group Fitness • SportFIT
<p>Benchmark 3: Analyze time, cost and accessibility factors related to regular participation in physical activities: Create a time management plan to facilitate regular physical activity participation.</p>	<ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) • SportFIT SPARK Instructor Tracking Sheet 	<ul style="list-style-type: none"> • Goal Setting Mini Lesson: Action Planning • iYoga • iFreestyle Aerobics • iCardio Kickboxing • iHITT • iCycling • iPilates • Create Your Own Strength Training Program • Walk-Jog-Run • iTabata • Create Your Own iRun Program 	<ul style="list-style-type: none"> • SPARKfit: Fitness Lab • Group Fitness • Group Fitness • Group Fitness • Group Fitness • Cycling • Pilates • Strength Training • Wellness Walking • Tabata • iRun
<p>Benchmark 4: Recognize the feelings that result from physical activity participation:</p>	<ul style="list-style-type: none"> • Walk and Talk Fun-day- 	<ul style="list-style-type: none"> • iYoga • iFreestyle Aerobics 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>Reflect on reasons for choosing to participate in selected physical activity.</p>	<p>mentals Jigsaw Think About...</p> <ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) 	<ul style="list-style-type: none"> • iCardio Kickboxing • iHITT • iCycling • iPilates • Create Your Own Strength Training Program • Walk-Jog-Run • iTabata • Create Your Own iRun Program 	<ul style="list-style-type: none"> • Group Fitness • Cycling • Pilates • Strength Training • Wellness Walking • Tabata • iRun
<p>Benchmark 4: Recognize the feelings that result from physical activity participation: Create self rewards for achieving personal fitness goals.</p>	<ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) 	<ul style="list-style-type: none"> • Portfolio Update: The Progress Path! • iFitness • iFUNctional Fitness • Goal Setting Mini Lesson: Visualize the Prize • SEL Skills: Goal Setting 	<ul style="list-style-type: none"> • Student Portfolio: SPARKfit • iGames • FUNctional Fitness • Fitness Lab: SPARKfit • Social and Emotional Learning: T-Chart
<p>Benchmark 4: Recognize the feelings that result from physical activity participation: Experience the feeling of satisfaction about personal fitness accomplishment.</p>	<ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) 	<ul style="list-style-type: none"> • iRun Fun-day-mentals Jigsaw Integration • Fitness Goal Setting • iFitness 	<ul style="list-style-type: none"> • iRun • Social and Emotional Learning • iGames • Fitness Lab: SPARKfit

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Portfolio Update Sessions: The Progress Path • Fitness Mini Lesson: How Fit Do I Feel Today? 	<ul style="list-style-type: none"> • Fitness Lab: SPARKfit
<p>Benchmark 4: Recognize the feelings that result from physical activity participation: Evaluate the physical, social and psychological benefits of a healthy and active lifestyle.</p>	<ul style="list-style-type: none"> • SPARKfit Student Portfolio (Fitness Lab) 	<ul style="list-style-type: none"> • Acceptance 3-2-1 • Heart Rate Lesson • Orienteering Adventure Race • SPARK Event: Classic Pickleball Tournament 	<ul style="list-style-type: none"> • Social and Emotional Learning • Heart Rate Unit • Orienteering • Pickleball