

SPARK Alignment with Saskatchewan Physical Education Standards K-2 (Version 2008)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Foundational Objectives Students will:			
Exhibit a physically active lifestyle	Games Rubric	<ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities
Achieve and maintain a health-enhancing level of physical fitness	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Jumping
Demonstrate competency in many physical activities and proficiency in a few activities	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, Directions • Body Management and Balance • Animal Balancing Act 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
Apply movement concepts and principles to the learning and development of movement patterns and skills	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation

		<p>Movement Concepts</p> <ul style="list-style-type: none"> • Scarf Exploration 	<ul style="list-style-type: none"> • Manipulatives
Behave in ways that are personally and socially responsible in physical activity setting	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Jumping I and II • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games
Understand and respect differences among people in physical activity settings	Jumping Rubric	<ul style="list-style-type: none"> • Rope Turning in Pairs • Houdini Hoops • The Mexican Hat Dance 	<ul style="list-style-type: none"> • Jumping • Games • Dance
Understand that physical activity can provide enjoyment, challenge, self-expression, social interaction, work and leisure.	Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Showtime 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Manipulatives

SPARK Alignment with Saskatchewan Physical Education Standards 3-6 (Version 2007)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Foundational Objectives Students will:			
Exhibit a physically active lifestyle	Walk/Jog/Run Think About	<ul style="list-style-type: none"> • Moving Around the Track • Inside/Outside Walk/Jog • Partner Walk/Jog and Talk 	<ul style="list-style-type: none"> • Map Challenges • Walk/Jog/Run • Walk/Jog/Run
Achieve and maintain a health-enhancing level of physical fitness	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits
Demonstrate competency in many physical activities and proficiency in a few activities	Hockey Self-Check	<ul style="list-style-type: none"> • Batting Practice • Ball-Control Drills • Dribbling Drills 	<ul style="list-style-type: none"> • Softball • Soccer • Hockey

Apply movement concepts and principles to the learning and development of movement patterns and skills	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> • Survivor Challenge • Cooperative Countdown • Aerobic Bowling 	<ul style="list-style-type: none"> • Fitness Challenges • Volleyball • Aerobic Games
Behave in ways that are personally and socially responsible in physical activity setting	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Understand and respect differences among people in physical activity settings	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me! 	<ul style="list-style-type: none"> • Hockey • Fitness Challenges • Cooperatives and Initiatives
Understand that physical activity can provide enjoyment, challenge, self-expression, social interaction, work and leisure.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Solo Aerobic Fitness • Jump the Circuit (Individual Tricks) • Moving Around the Track 	<ul style="list-style-type: none"> • Fitness Challenges • Jump Rope • Map Challenges

SPARK Alignment with Saskatchewan Physical Education Standards 6-8 (Version 2001)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Foundational Objectives Students will:			
Exhibit a physically active lifestyle	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
Achieve and maintain a health-enhancing level of physical fitness	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
Demonstrate competency in many physical activities and proficiency in a few activities	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Putting to Targets • Shot on Goal • Ultimate Frisbee 	<ul style="list-style-type: none"> • Golf • Hockey • Frisbee
Apply movement concepts and principles to the learning and development of movement patterns and skills	Volleyball Skill Assessment (Extra Extra)	<ul style="list-style-type: none"> • Group Passing With Defenders • 3 Trap with Shot • Circle Bump and Set 	<ul style="list-style-type: none"> • Field Games • Hockey • Volleyball
Behave in ways that are personally and socially responsible in physical	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Houdini Hoops • Bodyguards 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games

activity setting		<ul style="list-style-type: none"> • Double Dutch Jumping 	<ul style="list-style-type: none"> • Jump Rope
Understand and respect differences among people in physical activity settings	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Alaska Snowball • Houdini Hoops • Memory Ball 	<ul style="list-style-type: none"> • All Run Games • Cooperative Games • Cooperative Games
Understand that physical activity can provide enjoyment, challenge, self-expression, social interaction, work and leisure.	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Troika • Group Moon Ball • Frisbee Speedball 	<ul style="list-style-type: none"> • Dance • Cooperative Games • Frisbee

SPARK Alignment with Saskatchewan Physical Education Standards 9-12 (Version 2007)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Foundational Objectives Students will:			
Exhibit a physically active lifestyle	Yoga/Pilates Feedback and Evaluation	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program
Achieve and maintain a health-enhancing level of physical fitness	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> • Aerobics • Line Dancing • Tinikling/Jump Bands • Jump Rope • Yoga/Power-Stretching • Pilates • Cross Training Carnival Challenge • Digital Cross Training Adventure 	<ul style="list-style-type: none"> • Personal Fitness Program • Line Dance • Tinikling/Jump Bands • Personal Fitness Program • Power Stretching/Yoga • Pilates • Personal Fitness Program • Personal Fitness Program

Demonstrate competency in many physical activities and proficiency in a few activities	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> • Return Service to Target • 5-Person Hit and Run Softball • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Softball • Racquetball
Apply movement concepts and principles to the learning and development of movement patterns and skills	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands
Behave in ways that are personally and socially responsible in physical activity setting	Teambuilding Response Journal	<ul style="list-style-type: none"> • Everybody Up • Gordian Knot • Trolleys 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building
Understand and respect differences among people in physical activity settings	Teambuilding Response Journal	<ul style="list-style-type: none"> • Hula Hoop Pass • 2 Group Human Ladder • Minefield 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building
Understand that physical activity can provide enjoyment, challenge, self-expression, social interaction, work and leisure.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Wordles • Electric Fence • All-Aboard 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building

