

SPARK Alignment with South Dakota Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Edition)			
<p>STANDARD/GOAL ONE: Students will develop competency in all fundamental movement skills and proficiency in some movement forms.</p>	Building a Foundation 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
<p>STANDARD/GOAL TWO: Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance.</p>	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Scoops and Balls Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Catching and Throwing
<p>STANDARD THREE: Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.</p>	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

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<p>STANDARD FOUR: Students will develop responsible and respectful personal and social behavior in physical activity settings.</p>	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
<p>STANDARD FIVE: Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment.</p>	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 South Dakota Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3-5 (2007 Edition)			
STANDARD/GOAL ONE: Students will develop competency in all fundamental movement skills and proficiency in some movement forms.	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
STANDARD/GOAL TWO: Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance.	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
STANDARD THREE: Students will participate in physical activity to 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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>STANDARD FOUR: Students will develop responsible and respectful personal and social behavior in physical activity settings.</p>	<p>Cooperative All-Star Self Check</p>	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
<p>STANDARD FIVE: Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment.</p>	<p>Are You Part of the Cast? Cooperative All-Star Teammate Self Check</p>	<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

SPARK Alignment with South Dakota Physical Education Standards Grades 6-8 (MS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard/Goal One: Students will develop competency in all fundamental movement skills and proficiency in some movement forms			
Indicator 1: Students will model complex locomotor movement patterns in specialized activities.	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 • Create a Poco Loco • Create a Hip Hop Routine • Creating Combinations 	<ul style="list-style-type: none"> • Dance • Dance • Dance • Stunts and Tumbling
Indicator 2: Students will apply correct technique when performing complex manipulative movement patterns in specialized activities.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Sepak Takraw • Extreme Rally • Durango Boot 	<ul style="list-style-type: none"> • World Games • Racquets and Paddles • Flying Disc
Indicator 3: Students will exhibit a mature kinesthetic sense in non-locomotor/stability movement patterns in specialized activities.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Self-Guided Tour • Advanced Progressions • Partner Stunts 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard/Goal Two: Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance			
Indicator 1: Students will apply scientific concepts and principles to analyze performance of self and others.	Sample debrief questions: <i>How do you apply rotation principles when performing a cartwheel? Throwing a disc?</i> <i>How long does it take to get ready to execute a forehand swing? A backhand swing? When should you begin your swing?</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
Indicator 2: Students will evaluate the influence of physical, emotional, and cognitive factors on improving performance.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubrics • Written Tests 	<ul style="list-style-type: none"> • Sprint and Jump Circuit • Aerobic Capacity Circuit • Throw and Sprint Circuit 	<ul style="list-style-type: none"> • Track and Field • Fitness • Track and Field
Indicator 3: Students will evaluate various strategies leading to successful performance.	Specific Unit Written Tests, Self-Checks, Peer Coach, Teacher Rubrics	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Defense • Zone and Person Defense • Zone and Player- 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		to-Player Defenses • Zone Defense	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard Three: Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness			
Indicator 1: Students will monitor personal fitness level and alter activity to enhance health-related fitness.	Personally Fit SPARKfit (SPARKfamily.org)		
Indicator 2: Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.	Sample debrief question: <i>How does a healthy lifestyle affect your weight? How you feel about yourself? How well you can perform your chosen sport?</i>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Balancing Strength and Flexibility 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
Indicator 3: Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Introduction to Yoga • Introduction to 	<ul style="list-style-type: none"> • Fitness Unit • Fitness Unit • Fitness Unit • Fitness Unit • Fitness Unit

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Pilates	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard Four: Students will develop responsible and respectful personal and social behavior in physical activity settings			
Indicator 1: Students will model and encourage appropriate personal and social conduct 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"> • Responsibility and Routines • Respect and Roll Taking • Acceptance and Super Grouping 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • First 5 Lessons
Indicator 2: Students will value and maximize the contributions and potential of each individual in group 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
Indicator 3: Students will evaluate the positive impact of contributions provided through human diversity.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Cross the Great Divide • Nutrition Team Challenge • Modified Team Handball 	<ul style="list-style-type: none"> • Cooperatives • Fitness • World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard Five: Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment			
Indicator 1: Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Creating Combinations • Create a 4-Wall Line Dance • Create a Hip Hop Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Dance • Dance
Indicator 2: Students will evaluate the unique benefits of perseverance and pursuance of challenging physical activity.	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
Indicator 3: Students will analyze employment/career options in the physical education/fitness fields.	<i>Career options not specifically addressed in SPARK curriculum</i>		

SPARK Alignment with South Dakota Physical Education Standards Grades 9-12 (HS Version 2011)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard/Goal One: Students will develop competency in all fundamental movement skills and proficiency in some movement forms			
Indicator 1: Students will model complex locomotor movement patterns in specialized activities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • iCardio Kickboxing • iFreestyle Aerobics 	<ul style="list-style-type: none"> • Dance • Group Fitness • Group Fitness
Indicator 2: Students will apply correct technique when performing complex manipulative movement patterns in specialized activities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • Badminton Personal Best • Football Personal Best • Hockey Personal Best 	<ul style="list-style-type: none"> • Badminton • Football • Hockey
Indicator 3: Students will exhibit a mature kinesthetic sense in non-locomotor/stability movement patterns in specialized activities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Performance Rubric 	<ul style="list-style-type: none"> • iYoga • Basic Training: Arms • Basic Training: Legs 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard/Goal Two: Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance			
Indicator 1: Students will apply scientific concepts and principles to analyze performance of self and others.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Aquatics Personal Best • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Aquatics (online unit) • Flying Disc: Ultimate • Hockey • Softball
Indicator 2: Students will evaluate the influence of physical, emotional, and cognitive factors on improving performance.	Specific Unit: <ul style="list-style-type: none"> • Personal Best Assessments • Character Matters Assessments • Self-Check • Fun-day-mentals Jigsaw Notes • Written Tests 	<ul style="list-style-type: none"> • Badminton Personal Best • Basketball Personal Best • Cooperatives: Orienteering Personal Best • Dance Personal Best • Flying Disc: Ultimate Personal Best • Football Personal Best • Hockey Personal Best • Soccer Personal 	<ul style="list-style-type: none"> • Badminton • Basketball • Cooperatives: Orienteering • Dance • Flying Disc: Ultimate • Football • Hockey • Soccer • Softball • Volleyball • World Games: Cricket

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Best <ul style="list-style-type: none"> • Softball Personal Best • Volleyball Personal Best • World Games: Cricket Personal Best 	
Indicator 3: Students will evaluate various strategies leading to successful performance.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Win the Point (Singles Royal Court) 	<ul style="list-style-type: none"> • Basketball • Football • Badminton

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard Three: Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness			
Indicator 1: Students will monitor personal fitness level and alter activity to enhance health-related fitness.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> • Fitness Personal Best • Fitness Personal Best • Fitness Personal Best 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Wellness Walking
Indicator 2: Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • Walk and Talk Fun-day-mentals Jigsaw • Create Your Own ST Program • Yoga Basic Training • HIIT Basic Training 	<ul style="list-style-type: none"> • Wellness Walking • Strength Training • Group Fitness • Group Fitness
Indicator 3: Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.	<ul style="list-style-type: none"> • Pedometer Log • Heart Rate Monitor Log • Personally Fit Activity Challenge: In the Mood to Move 	<ul style="list-style-type: none"> • iHIIT (High Intensity Interval Training) • iYoga • iCardio Kickboxing • Walk-Jog-Run 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard Four: Students will develop responsible and respectful personal and social behavior in physical activity settings			
Indicator 1: Students will model and encourage appropriate personal and social conduct in physical activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Event: Strength in Numbers • Orienteering Adventure Race • Waltzing Royalty Mixer 	<ul style="list-style-type: none"> • Strength Training • Cooperatives: Orienteering • Dance
Indicator 2: Students will value and maximize the contributions and potential of each individual in group activities.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101
Indicator 3: Students will evaluate the positive impact of contributions provided through human diversity.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, 	<ul style="list-style-type: none"> • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure 	<ul style="list-style-type: none"> • Softball • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Shoulda, Woulda Character Ed Journaling Pages	Race <ul style="list-style-type: none">• Adventure Race 101	

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Standard Five: Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment			
Indicator 1: Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.	Walk and Talk Fun-day-mentals Jigsaw Think About...	<ul style="list-style-type: none"> • SPARK Fitness Instructor Certification/ Studio Showdown • Create a Hip Hop Routine • iFreestyle Aerobics • Create Your Own ST Program 	<ul style="list-style-type: none"> • Group Fitness • Dance • Group Fitness • Strength Training
Indicator 2: Students will evaluate the unique benefits of perseverance and pursuance of challenging physical activity.	Personally Fit Activity Challenge: In the Mood to Move	<ul style="list-style-type: none"> • Create Your Own ST Program • Personal Fitness Program Development • Wellness Walking Personal Best 	<ul style="list-style-type: none"> • Strength Training • Group Fitness • Wellness Walking
Indicator 3: Students will analyze employment/career options in the physical education/fitness fields.	<i>Career options not specifically addressed in SPARK curriculum</i>		