

SPARK Alignment with the Physical Education Standards for South Wales (SPARK K-2 Version 2008)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Early Stage 1 (ES1) Kindergarten			
Communicating COES1.1 Expresses feelings, needs and wants in appropriate ways.	Games Rubric	<ul style="list-style-type: none"> • Emotion Motion • Toys Alive! • General Space and Creative Moves 	<ul style="list-style-type: none"> • ASAP • ASAP • Building a Foundation
Decision Making DMES1.2 Identifies some options available when making simple decisions.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Circuit Introduction • General Space and Creative Moves • Stunts Add-On 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
Interacting INES1.3 Relates well to others in work and play situations.	Throwing and Catching Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Grouping and Moving Together • Changing Places 	<ul style="list-style-type: none"> • Catching and Throwing • Building a Foundation • Parachute
Moving MOES1.4 Demonstrates a general awareness of how basic movement skills apply	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Pathways and 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation

in play and other introductory movement experiences.		<ul style="list-style-type: none"> Creative Moves • Tempos and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation
Problem Solving PSES1.5 Seeks help as needed when faced with simple problems.	Games Rubric	<ul style="list-style-type: none"> • Houdini Hoops • Frog Crossing • Oxygen Boogie 	<ul style="list-style-type: none"> • Games • Games • Games
Active Lifestyle ALES1.6 Develops a repertoire of physical activities in which they can participate.	Sample debrief question: <ul style="list-style-type: none"> • <i>What are some of your favorite physical activities?</i> 	<ul style="list-style-type: none"> • Individual Rope Jumping I and II • Stunts Circuit • Fitness Introduction 	<ul style="list-style-type: none"> • Jumping • Balance, Stunts, and Tumbling • Building a Foundation
Dance DAES1.7 Moves in response to various stimuli.	Dance Rubric	<ul style="list-style-type: none"> • The Bouncer • Monkey See, Monkey Do • The Hokey Pokey 	<ul style="list-style-type: none"> • ASAP • ASAP • Dance
Games and Sports GSES1.8 Demonstrates fundamental movement skills while playing with and sharing equipment.	Games Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Sheep Dogs • Oxygen Boogie 	<ul style="list-style-type: none"> • Catching and Throwing • Dribbling, Volleying, and Striking • Games
Growth and Development GDES1.9 Identifies how people grow and change.	Sample debrief question: <ul style="list-style-type: none"> • <i>What things could you do easier if your muscles were</i> 	<ul style="list-style-type: none"> • Fitness Introduction • Circuit Introduction • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Parachute

	<i>stronger?</i>		
Gymnastics GYES1.10 Performs basic movement patterns to show actions of the whole body.	Balance, Stunts and Tumbling Rubric	<ul style="list-style-type: none"> • Basic Body Positions • Stunts Introduction • Body Management and Balance 	<ul style="list-style-type: none"> • Balance, Stunts and Tumbling • Balance, Stunts and Tumbling • Building a Foundation
Interpersonal Relationships IRES1.11 Identifies how individuals care for each other.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Partner Stunts • Scoops and Balls in Groups 	<ul style="list-style-type: none"> • Parachute • Balance, Stunts, and Tumbling • Catching and Throwing
Personal Health Choices PHES1.12 Displays basic positive health practices.	Sample debrief question: <i>How does eating healthy food help you do your work in the classroom?</i>	<ul style="list-style-type: none"> • Sugar and Fat Tag • Cookie Monster Tag • Fruits and Veggies Tag (High-Five Tag SPARK It Up!) 	<ul style="list-style-type: none"> • Games • Games • ASAP
Safe Living SLES1.13 Demonstrates an emerging awareness of the concepts of safe and unsafe living.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Stunts Introduction • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation

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Stage 1 (S1) Years 1 and 2			
Communicating COS1.1 Communicates appropriately in a variety of ways.	Games Rubric	<ul style="list-style-type: none"> • Emotion Motion • Toys Alive! • General Space and Creative Moves 	<ul style="list-style-type: none"> • ASAP • ASAP • Building a Foundation
Decision Making DMS1.2 Recalls past experiences in making decisions.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Circuit Introduction • General Space and Creative Moves • Stunts Add-On 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
Interacting INS1.3 Develops positive relationships with peers and other people.	Games Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Grouping and Moving Together • Changing Places 	<ul style="list-style-type: none"> • Catching and Throwing • Building a Foundation • Parachute
Moving MOS1.4 Demonstrates maturing	Building a Foundation Rubric	<ul style="list-style-type: none"> • Showtime • General Space and Creative Moves 	<ul style="list-style-type: none"> • Dance • Building a Foundation

performance of basic movement and compositional skills in a variety of predictable situations.		<ul style="list-style-type: none"> • Stunts Add-On 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling
Problem Solving PSS1.5 Draws on past experiences to solve familiar problems.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Fly in the Web • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Parachute • Games
Active Lifestyle ALS1.6 Participates in physical activity, recognizing that it can be both enjoyable and important for health.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Flexibility • Body Management and Balance 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Dance DAS1.7 Performs simple dance sequences incorporating basic movement skills and patterns.	Dance Rubric	<ul style="list-style-type: none"> • The Conga • Hawaiian Roller Coaster Ride • Alley Cat 	<ul style="list-style-type: none"> • Dance • Dance • ASAP
Games and Sports GSS1.8 Performs fundamental movement skills with equipment in minor games.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Throwing Underhand to Targets • Kicking for Accuracy • Striking with Paddles 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Dribbling, Volleying, and Striking
Growth and Development GDS1.9 Describes the characteristics that make them both similar to others	Sample debrief question: <ul style="list-style-type: none"> • <i>Name some things that</i> 	<ul style="list-style-type: none"> • Fitness Introduction • Circuit Introduction • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Parachute

and unique.	<i>make each of us unique. How can we show respect for those differences when we play?</i>		
Gymnastics GYS1.10 Follows a simple sequence that links basic movement patterns.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Stunts Add-On • Stunts Circuit 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
Interpersonal Relationships IRS1.11 Identifies the ways in which they communicate, cooperate and care for others.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Partner Stunts • Scoops and Balls in Groups 	<ul style="list-style-type: none"> • Parachute • Balance, Stunts, and Tumbling • Catching and Throwing
Personal Health Choices PHS1.12 Recognizes that positive health choices can promote wellbeing.	Sample debrief question: <i>How does eating healthy food help you do your work in the classroom?</i>	<ul style="list-style-type: none"> • Sugar and Fat Tag • Cookie Monster Tag • Fruits and Veggies Tag (High-Five Tag SPARK It Up!) 	<ul style="list-style-type: none"> • Games • Games • ASAP
Safe Living SLS1.13 Recognizes that their safety depends on the environment and the behavior of themselves and	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Stunts Introduction • General Space and 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a

others.		Creative Moves	Foundation
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SPARK Alignment with the Physical Education Standards for South Wales (SPARK 3-6 Version 2008)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Stage 2 (S2) Years 3 and 4			
Communicating COS2.1 Uses a variety of ways to communicate with and within groups.	<ul style="list-style-type: none"> • Cooperative All-Star Self-Check 	<ul style="list-style-type: none"> • Survivor Challenge • Create a Dance • Houdini Hoops 	<ul style="list-style-type: none"> • Fitness Challenges • Dance • Cooperatives
Decision Making DMS2.2 Makes decisions as an individual and as a group member.	<ul style="list-style-type: none"> • Aerobic Games Performance Rubric 	<ul style="list-style-type: none"> • Lucky Guess (Individual and Group Tricks) • Stunt Stories and Tumbling Tales • Quidditch 	<ul style="list-style-type: none"> • Movement Bands • Stunts and Tumbling • Aerobic Games
Interacting INS2.3 Makes positive contributions in group activities.	<ul style="list-style-type: none"> • Cooperative All-Star Self-Check 	<ul style="list-style-type: none"> • Create a Routine • Outdoor Scavenger Hunt • Group Estimation 	<ul style="list-style-type: none"> • Group Fitness • Walk/Jog/Run • Jump Rope
Moving MOS2.4 Displays a focus on quality of movement in applying movement	<ul style="list-style-type: none"> • Aerobic Games Performance Rubric 	<ul style="list-style-type: none"> • Defense! • Partner Tag • Offense/Defense 	<ul style="list-style-type: none"> • Hockey • Chasing and Fleeing • ASAP

skills to a variety of familiar and new situations.			
Problem Solving PSS2.5 Uses a range of problem-solving strategies.	<ul style="list-style-type: none"> • Cooperative All-Star Self-Check 	<ul style="list-style-type: none"> • Stepping Stones • Log Jam • Stick With Me! 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Active Lifestyle ALS2.6 Discusses the relationship between regular physical activity and health.	Sample debrief question: <i>Why can your performance improve when you strengthen your muscles?</i>	<ul style="list-style-type: none"> • Solo Aerobic Fitness Challenge • Muscular Strength and Endurance Circuit • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Group Fitness
Dance DAS2.7 Performs familiar movement patterns in a variety of dance situations.	<ul style="list-style-type: none"> • Dance Performance Rubric 	<ul style="list-style-type: none"> • Mambo #5 • 5-6-7-8 • Cotton Eyed Joe 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Games and Sports GSS2.8 Participates and uses equipment in a variety of games and modified sports.	<ul style="list-style-type: none"> • Basketball Performance Rubric 	<ul style="list-style-type: none"> • Grid Passing • Corner to Corner Pass and Go • Air It Out 	<ul style="list-style-type: none"> • Basketball • Frisbee • Football
Growth and Development GDS2.9 Describes life changes and associated feelings.	<ul style="list-style-type: none"> • Personal Best Day Log 	<ul style="list-style-type: none"> • Personal Best Day • Partner Walk/Jog and Talk • Human BINGO 	<ul style="list-style-type: none"> • Personal Best Day • Walk/Jog/Run • Cooperatives
Gymnastics GYS2.10 Demonstrates control in performing	<ul style="list-style-type: none"> • Stunts and Tumbling Performance 	<ul style="list-style-type: none"> • Learning the Stunts • Stunts and Tumbling Circuit 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and

sequences of introductory gymnastic movements.	Rubric	<ul style="list-style-type: none"> • Add-On 	<ul style="list-style-type: none"> • Tumbling • Stunts and Tumbling
Interpersonal Relationships IRS2.11 Describes how relationships with a range of people enhance wellbeing.	<ul style="list-style-type: none"> • Cooperative All-Star Self-Check 	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Parachute Play (Small Group) 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Personal Health Choices PHS2.12 Discusses the factors influencing personal health choices.	Sample debrief question: <i>Name some healthy foods that can help you improve your fitness performance.</i>	<ul style="list-style-type: none"> • Body Composition Circuit • Body Composition BINGO • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits
Safe Living SLS2.13 Discusses how safe practices promote personal wellbeing.	Sample debrief question: <i>Why do we warm-up before we exercise?</i> <i>Why do we cool-down after we exercise?</i>	<ul style="list-style-type: none"> • Fun and Flexibility with a Friend • Flexibility Circuit • Fitness Grids 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Fitness Circuits

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Stage 3 (S3) Years 5 and 6			
Communicating COS3.3 Communicates confidently in a variety of situations.	Cooperative All-Star Self-Check	<ul style="list-style-type: none"> • Parachute Play (Small Group) • Mini-Hockey • Mini-Soccer 	<ul style="list-style-type: none"> • Cooperatives • Hockey • Soccer
Decision Making DMS3.2 Makes informed decisions and accepts responsibility for consequences.	Cooperative All-Star Self-Check	<ul style="list-style-type: none"> • Survivor Challenge • Pick a Card Circuit • Stepping Stones 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Cooperatives
Interacting INS3.3 Acts in ways that enhance the contribution of self and others in a range of cooperative situations.	Cooperative All-Star Self-Check	<ul style="list-style-type: none"> • Dollars and Cents • Group Juggling • Log Jam 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Moving MOS3.4 Refines and applies movement skills creatively to a variety of challenging situations.	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

Problem Solving PSS3.5 Suggests, considers and selects appropriate alternatives when resolving problems.	Cooperative All-Star Self-Check	<ul style="list-style-type: none"> • Designated Driver • Stick With Me! • Partner Ball Challenges 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
Active Lifestyle ALS3.6 Shows how to maintain and improve the quality of an active lifestyle.	Fitness Circuits Think About...	<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
Dance DAS3.7 Performs a range of dance styles and sequences confidently.	<ul style="list-style-type: none"> • Dance Self-Check • Create a Dance Performance Rubric 	<ul style="list-style-type: none"> • Alunelul • Jekyll Island Stomp • Virginia Reel • Create a Dance 	<ul style="list-style-type: none"> • Dance • Dance • Dance • Dance
Games and Sports GSS3.8 Applies movement skills in games and sports that require communication, cooperation, decision-making and observation of rules.	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • Quidditch • Air It Out • Raiders of the Ark 	<ul style="list-style-type: none"> • Aerobic Games • Football • Aerobic Games
Growth and Development GDS3.9	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Solo Aerobic Fitness 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits

Explains and demonstrates strategies for dealing with life changes.		<ul style="list-style-type: none"> • Fitness Grids • Moving Around the Track 	<ul style="list-style-type: none"> • Map Challenges
Gymnastics GYS3.10 Demonstrates coordinated actions of the body when performing gymnastic sequences.	Stunts and Tumbling: <ul style="list-style-type: none"> • Skill Cards Performance Rubric • Self-Check • Create a Routine Performance Rubric 	<ul style="list-style-type: none"> • Look, Learn and Leave • Stunt Stories and Tumbling Tales • Create a Routine 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
Interpersonal Relationships IRS3.11 Describes roles and responsibilities in developing and maintaining positive relationships.	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
Personal Health Choices PHS3.12 Explains the consequences of personal lifestyle choices.	Group Fitness Think About	<ul style="list-style-type: none"> • Figure-8 Walk/Jog • Moving for Time • Sports Moves Aerobics 	<ul style="list-style-type: none"> • Walk/Jog/Run • Map Challenges • Group Fitness
Safe Living SLS3.13 Describes safe practices that are appropriate to a range of situations and environments.	Sample debrief question: <ul style="list-style-type: none"> • <i>Name some stretches that are not safe for your joints and should be avoided.</i> 	<ul style="list-style-type: none"> • Stunts and Tumbling Circuit • Flexibility Circuit • Medicine Ball Madness 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness Circuits • Group Fitness