

SPARK Alignment with Tennessee Early Childhood Physical Education Standards Early Childhood (2011 version)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Early Childhood (2011 version)			
Shows coordination skills while moving around and engaging in play activities.	Building Blocks Performance Rubric	<ul style="list-style-type: none"> • Jumping • Galloping • Running • Side-Sliding • Skipping • Leaping 	<ul style="list-style-type: none"> • Building Blocks • Building Blocks • Building Blocks • Building Blocks • Building Blocks • Building Blocks
Moves with balance and control when participating in play activities.	Building Blocks Performance Rubric	<ul style="list-style-type: none"> • Personal Space • Spatial Relationships • Starting and Stopping • Dance Freeze 	<ul style="list-style-type: none"> • Building Blocks • Building Blocks • Building Blocks • Musical ASAPs
Moves with enough control to perform more complex tasks.	<ul style="list-style-type: none"> • Building Blocks Performance Rubric • Super Stunts Performance Rubric 	<ul style="list-style-type: none"> • Creative Words and Movements • Animal Movements III • I Want a Hoop 	<ul style="list-style-type: none"> • Building Blocks • Super Stunts • Hoop It Up
Moves with balance and control to perform simple, large motor tasks.	Super Stunts Performance Rubric	<ul style="list-style-type: none"> • Single-Leg Balances • Line Walking • Creative Stunts I & II • Animal Movements I, II, & III 	<ul style="list-style-type: none"> • Super Stunts • Super Stunts • Super Stunts • Super Stunts

<p>Coordinates movements to perform more complex tasks.</p>	<ul style="list-style-type: none"> • RSB for Me Performance Rubric • Building Blocks Performance Rubric • Super Stunts Performance Rubric 	<ul style="list-style-type: none"> • Keep It Up! • Balloon Challenges • Clean Our Neighborhood! • Creative Words and Movements • Creative Stunts I & II • Ribbon Challenges I & II 	<ul style="list-style-type: none"> • Musical ASAP • RSB for Me • RSB for Me • Building Blocks • Super Stunts • R, S, B for Me
<p>Follows safety rules of classrooms and playground.</p>	<p>Building Blocks Performance Rubric</p>	<ul style="list-style-type: none"> • Personal Space • Spatial Relationships • Orientation and Expectations 	<ul style="list-style-type: none"> • Building Blocks • Building Blocks • Building Blocks
<p>Progresses in physical growth, strength, stamina, and flexibility.</p>	<p>Building Blocks Performance Rubric</p>	<ul style="list-style-type: none"> • Work Your Body • Running • Musical Hoops 	<ul style="list-style-type: none"> • Musical ASAP • Building Blocks • Hoop It Up
<p>Actively participates in games, outdoor play and other forms of exercise that promote physical fitness.</p>	<ul style="list-style-type: none"> • Building Blocks Performance Rubric • Super Stunts Performance Rubric 	<ul style="list-style-type: none"> • Running • Act Like You Are In a Zoo • Animal Movements III • Circus Act • Auditory Discrimination • I see, I See! 	<ul style="list-style-type: none"> • Building Blocks • Musical ASAPs • Super Stunts • Hoop It Up • Building Blocks • Super Stunts

SPARK Alignment with Tennessee Physical Education Standards Grades K-12

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Grades K-2 (2008 Version)			
1.0 Movement Forms The student will demonstrate competency in many movement forms and proficiency in a few movement forms.	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
2.0 Movement Concepts and Principles The student will apply movement concepts and principles to the learning and development of motor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Scarf Exploration 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives
3.0 Personal and Social Responsibility The student will demonstrate responsible personal and social behavior in physical activity settings.	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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>4.0 Fitness The student will understand, achieve, and maintain a health-enhancing level of fitness leading to a physically active lifestyle.</p>	<p>Building a Foundation Rubric</p>	<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
<p>5.0 Understanding Physical Activity The student will understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.</p>	<p>Dance Rubric</p>	<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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Grades 3-5			
1.0 Movement Forms The student will demonstrate competency in many movement forms and proficiency in a few movement forms.	Softball Learning Log	<ul style="list-style-type: none"> • Partner Throw and Catch • Introduction to Forward Pass • Intro to Throw and Catch 	<ul style="list-style-type: none"> • Softball • Football • Frisbee
2.0 Motor Concepts and Principles The student will apply movement concepts and principles to the learning and development of motor skills.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Look, Learn and Leave • 4 Corners • Capture the Flag 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Aerobic Games
3.0 Personal and Social Responsibility The student will demonstrate responsible personal and social behavior in physical activity settings.	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
4.0 Fitness The student will understand, achieve, and maintain a health-enhancing level of fitness leading to a physically active lifestyle.	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		with a Friend <ul style="list-style-type: none"> • Aerobic Capacity Circuit 	
5.0 Understanding Physical Activity The student will understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Cooperative Countdown • VIP Tag • Designated Driver 	<ul style="list-style-type: none"> • Volleyball • Chasing and Fleeing • Cooperatives

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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Motor Skills and Movement Patterns			
Demonstrate competency in basic and advanced motor skills and tactics in three or more of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, leisure pursuits self-defense, team sports and cooperative games/activities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • HIIT Basic Training • Flying Disc: Ultimate Personal Best • Create a Hip Hop Routine • iYoga • Dive In: FUNctional Aquatic Jigsaw • Rally & Recover • Orienteering Adventure Race 	<ul style="list-style-type: none"> • Group Fitness • Flying Disc: Ultimate • Dance • Fitness • Aquatics (online unit) • Badminton • Cooperatives: Orienteering
Perform motor skills and movement patterns necessary to participate in a variety of physical activities.	Specific Unit Personal Best Assessments	<ul style="list-style-type: none"> • Badminton Personal Best • Basketball Personal Best • Cooperatives: Orienteering Personal Best • Dance Personal Best • Flying Disc: 	<ul style="list-style-type: none"> • Badminton • Basketball • Cooperatives: Orienteering • Dance • Flying Disc: Ultimate • Football • Hockey • Soccer

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Ultimate Personal Best <ul style="list-style-type: none"> • Football Personal Best • Hockey Personal Best • Soccer Personal Best • Softball Personal Best • Volleyball Personal Best • World Games: Cricket Personal Best 	<ul style="list-style-type: none"> • Softball • Volleyball • World Games: Cricket
Perform appropriate offensive and defensive skills in a variety of individual/dual and team activities that are developmentally appropriate (e.g., badminton, basketball, soccer, pickleball, ultimate Frisbee, volleyball).	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Win the Point (Singles Royal Court) • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) 	<ul style="list-style-type: none"> • Badminton • Basketball • Football

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Cognitive Concepts			
Apply an understanding of motor skills, movement patterns and strategies as they relate to the learning and performance of physical activities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • iFreestyle Aerobics • Event: Dance Olympics 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball • Group Fitness • Dance
Execute procedures, rules and etiquette as they relate to the learning and performance of 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"> • 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
Utilize content knowledge to achieve and maintain physical fitness.	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: In the Mood to Move • Create Your Strength Training 	<ul style="list-style-type: none"> • Walk-Jog-Run • Cardio Kickboxing • iFreestyle Aerobics • HIIT Basic Training • iYoga • Basic Training: FUNctional 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness • Group Fitness • Group Fitness • Strength Training <p style="text-align: center;">Personally Fit</p>

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Program Log <ul style="list-style-type: none"> • Heart Rate Monitor Logs • Pedometer Logs 	Fitness Jigsaw <ul style="list-style-type: none"> • Personal Fitness Program Development 	SPARKfit (SPARKfamily.org)
Understand the implications of and the benefits from involvement in physical activities.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Demonstrate safety practices and use equipment appropriately when participating in various physical activities.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • iHIIT (High Intensity Interval Training) • Create Your Own ST Program • Spinning: Bike Set Up (online unit) 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Group Fitness (online unit)
Understand the principles of exercise physiology and nutrition to avoid injury and enhance physical fitness.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Understand the effects of chemical substance on physical activity participation (e.g., caffeine, steroids, alcohol, tobacco, illicit drugs, over the counter drugs).	<i>Not specifically addressed in SPARK curriculum</i>		
Distinguish fact from fallacy as related to fitness products, fitness services and marketing.	<i>Not specifically addressed in SPARK curriculum</i>		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Active Lifestyle			
Participate daily in physical activities in both school and non-school settings in order to achieve and maintain a healthy, active lifestyle.	Personally Fit Activity Challenge: In the Mood to Move Heart Rate Monitor Logs Pedometer Logs	Personally Fit SPARKfit (SPARKfamily.org)	
Understand factors that impact participation in physical activity.	Fitness: <ul style="list-style-type: none"> • Self-Check • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	Personally Fit SPARKfit (SPARKfamily.org)	
Select and participate in physical activities that provide enjoyment and challenge.	Personally Fit Activity Challenge: In the Mood to Move Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Regularly assess personal physical activity level.	Fitness Personal Best Assessments	<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
Apply principles of exercise	Personal Fitness	Personally Fit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
physiology and nutrition to avoid injury and enhance physical fitness.	Program Development	SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Health-Related Fitness			
Identify the anatomy and the functions of the muscular, skeletal, and cardiovascular systems.	Group Fitness, Strength Training, Wellness Walking Written Tests	<ul style="list-style-type: none"> • Yoga Basic Training • Basic Training: FUNctional Fitness Jigsaw • iFreetle Aerobics 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Group Fitness
Identify and define concepts of physical fitness.	Group Fitness, Strength Training, Wellness Walking Written Tests	Personally Fit SPARKfit (SPARKfamily.org)	
Describe and apply principles related to physical activity.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Apply proper safety practices when participating in physical activity (e.g., warm-up, cool down).	Group Fitness, Strength Training, Wellness Walking Performance Rubrics	<ul style="list-style-type: none"> • Walk-Jog-Run • Yoga Basic Training • Basic Training: FUNctional Fitness Jigsaw • iFreetle Aerobics 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Strength Training • Group Fitness
Participate in developmentally appropriate physical activities that improve and maintain health-related fitness (i.e., cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).	Personally Fit Activity Challenge: In the Mood to Move Heart Rate Monitor Logs Pedometer Logs	<ul style="list-style-type: none"> • iCardio Kickboxing • Basic Training: FUNctional Fitness Jigsaw • Walk-Jog-Run • Yoga Basic 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Wellness Walking • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Training	
Develop challenging, yet attainable, personal short-term and long-term fitness goals.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Develop, implement and assess a personal fitness plan designed to achieve and maintain a higher level of health-related physical fitness.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	
Practice the basic principles of exercise physiology and proper nutrition to avoid injury and enhance physical fitness.	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Personal and Social Behavior			
<p>Accept diversity in a variety of physical activity settings (i.e., ability level, cultural background, gender, interest, age).</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"> • Adventure Race 101 • Game Day 101 • Event: The Navigational Invitational 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • Cooperatives: Orienteering
<p>Demonstrate leadership by holding themselves and others accountable for safety practices, rules, procedures and etiquette in all physical activity settings.</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 Mixer • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101
<p>Participate in physical activities with people of different genders, ages, backgrounds, interests and abilities.</p>	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda 	<ul style="list-style-type: none"> • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw • Fun-day-mentals Jigsaw 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Hockey • Softball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Character Ed Journaling Pages		
Exhibit conflict resolution skills.	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, Woulda Character Ed Journaling Pages 	<ul style="list-style-type: none"> • Big D (4-on-4 Royal Court) • D-Fence (5-on-5 Royal Field) • Event: Star-Hockey “Shockey” Cup 	<ul style="list-style-type: none"> • Basketball • Football • Hockey
Accomplish individual and group goals in both competitive and cooperative 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
Exhibit positive personal and social behaviors (i.e., best effort, responsibility, compassion, initiative, cooperation).	Specific Unit: <ul style="list-style-type: none"> • Character Matters Assessments • Coulda, Shoulda, 	<ul style="list-style-type: none"> • Waltzing Royalty Mixer • Adventure Race 101 • SPARK Event 101 	<ul style="list-style-type: none"> • Dance • SPARK HS PE 101 • SPARK HS PE 101

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Woulda Character Ed Journaling Pages		