

**SPARK Alignment with Washington Physical Education Standards
(K-2 Version 2008 Edition)
Kindergarten**

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Building a Foundation Rubric 	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • General Space and Creative Moves • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • ASAP
1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Building a Foundation Rubric 	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Basic Body Positions • Body Management and Balance 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
1.1.3 Demonstrates mature form in manipulative skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Manipulatives Rubric 	<ul style="list-style-type: none"> • Scarf Exploration • Beanbag Exploration • Ribbon Exploration 	<ul style="list-style-type: none"> • Manipulatives • Manipulatives • Manipulatives
1.1.4 Demonstrates balance and rhythmic movement skills in	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling 	<ul style="list-style-type: none"> • Animal Balancing Act 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
traditional and non-traditional activities.	<ul style="list-style-type: none"> Rubric Dance Rubric 	<ul style="list-style-type: none"> Basic Body Positions Static Balances Tempos and Creative Moves 7 Jumps Alley Cat 	<ul style="list-style-type: none"> Balance, Stunts, and Tumbling Balance, Stunts, and Tumbling Building a Foundation Dance ASAP
1.1.5 Recognizes movement concepts.	<ul style="list-style-type: none"> Building a Foundation Rubric 	<ul style="list-style-type: none"> Movement Concepts Using Hoops Basic Body Positions Body Management and Balance 	<ul style="list-style-type: none"> Building a Foundation Balance, Stunts, and Tumbling Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Understands safety rules and procedures in a variety of physical activities necessary to maintain a	<ul style="list-style-type: none"> Building a Foundation Rubric 	<ul style="list-style-type: none"> Orientation and Personal Space Parachute 	<ul style="list-style-type: none"> Building a Foundation Parachute

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
safe-learning environment.		Introduction <ul style="list-style-type: none"> Stunts Introduction 	<ul style="list-style-type: none"> Balance, Stunts, and Tumbling
1.2.2 Applies social skills necessary for effective participation in physical activities.	<ul style="list-style-type: none"> Games Rubric 	<ul style="list-style-type: none"> Pairing and Moving Together Grouping and Moving Together Frogs Across the Pond 	<ul style="list-style-type: none"> Building a Foundation Building a Foundation ASAP
1.2.3 Recognizes strategies necessary for effective participation in physical activities. <ul style="list-style-type: none"> <i>Recognizes the concepts of offense and defense in a variety of activities.</i> 	<ul style="list-style-type: none"> Building a Foundation Rubric Games Rubric 	<ul style="list-style-type: none"> Chasing and Fleeing Cookie Monster Tag Sugar and Fat Tag 	<ul style="list-style-type: none"> Building a Foundation Games Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Recognizes daily health and fitness habits.	<ul style="list-style-type: none"> Recess Rubric 	<ul style="list-style-type: none"> 2-Square Wallball Kickback 	<ul style="list-style-type: none"> Recess Activities Recess Activities Recess Activities

1st Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Building a Foundation Rubric 	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • General Space and Creative Moves • Pathways and Creative Moves • Tempos and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation • Building a Foundation
1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Building a Foundation Rubric 	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Basic Body Positions • Body Management and Balance 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
1.1.3 Demonstrates mature form in manipulative skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Manipulatives Rubric 	<ul style="list-style-type: none"> • Scarf Exploration • Beanbag Exploration • Ribbon Exploration 	<ul style="list-style-type: none"> • Manipulatives • Manipulatives • Manipulatives
1.1.4 Demonstrates balance and rhythmic movement skills in traditional and non-traditional	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling Rubric 	<ul style="list-style-type: none"> • Animal Balancing Act • Basic Body 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activities.	<ul style="list-style-type: none"> Dance Rubric 	Positions <ul style="list-style-type: none"> Static Balances Tempos and Creative Moves 7 Jumps Alley Cat 	Tumbling <ul style="list-style-type: none"> Balance, Stunts, and Tumbling Building a Foundation Dance ASAP
1.1.5 Understands movement concepts.	<ul style="list-style-type: none"> Building a Foundation Rubric 	<ul style="list-style-type: none"> Movement Concepts Using Hoops Basic Body Positions Body Management and Balance 	<ul style="list-style-type: none"> Building a Foundation Balance, Stunts, and Tumbling Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Understands safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.	<ul style="list-style-type: none"> Building a Foundation Rubric 	<ul style="list-style-type: none"> Orientation and Personal Space Parachute Introduction 	<ul style="list-style-type: none"> Building a Foundation Parachute Balance, Stunts, and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> Stunts Introduction 	Tumbling
1.2.2 Applies social skills necessary for effective participation in physical activities.	<ul style="list-style-type: none"> Games Rubric 	<ul style="list-style-type: none"> Pairing and Moving Together Grouping and Moving Together Frogs Across the Pond 	<ul style="list-style-type: none"> Building a Foundation Building a Foundation ASAP
1.2.3 Recognizes strategies necessary for effective participation in physical activities.	<ul style="list-style-type: none"> Building a Foundation Rubric Games Rubric 	<ul style="list-style-type: none"> Chasing and Fleeing Cookie Monster Tag Sugar and Fat Tag 	<ul style="list-style-type: none"> Building a Foundation Games Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Recognizes basic vocabulary and components of health-related fitness.	Sample debrief question: <i>What are the components of health-</i>	<ul style="list-style-type: none"> Fitness Introduction Fitness Introduction 	<ul style="list-style-type: none"> Building a Foundation Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>related fitness?</i>	(SPARK It Up!) <ul style="list-style-type: none"> Flexibility Parachute Fitness 	<ul style="list-style-type: none"> Building a Foundation Parachute

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Recognizes basic vocabulary of the components of skill-related fitness. (Agility, balance, coordination, power, reaction time, and speed).	<ul style="list-style-type: none"> Building a Foundation Rubric 	<ul style="list-style-type: none"> Tempos and Creative Moves Body Management and Balance 	<ul style="list-style-type: none"> Building a Foundation Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Understands daily health and	Sample debrief	<ul style="list-style-type: none"> Fitness 	<ul style="list-style-type: none"> Health-Related

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
fitness habits.	question: <i>What are some things you can do to get more physical activity in your day?</i>	Introduction (SPARK It Up!)	Fitness Introduction (CD)

2nd Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Building a Foundation Rubric 	<ul style="list-style-type: none"> • 4 Corners • Crazy Cones • Grouping and Moving Together • Locomotor Grab Bag 	<ul style="list-style-type: none"> • ASAP • Games • Building a Foundation • ASAP
1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Building a Foundation Rubric • Games 	<ul style="list-style-type: none"> • Twist and Turn/Bend and Stretch • Monkey See, Monkey Do • Long Rope Turning in Pairs • Houdini Hoops 	<ul style="list-style-type: none"> • Manipulatives • ASAP • Jumping • Games
1.1.3 Demonstrates mature form in manipulative skills that contribute to movement proficiency.	<ul style="list-style-type: none"> • Catching and Throwing Rubric • Kicking and Trapping Rubric • Dribbling, Volleying, and Striking Rubric 	<ul style="list-style-type: none"> • Partner Throw and Catch Challenges • Passing in Pairs • Striking with Paddles 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Dribbling, Volleying, and Striking
1.1.4 Demonstrates balance and	<ul style="list-style-type: none"> • Balance, Stunts, 	<ul style="list-style-type: none"> • Weight Transfer 	<ul style="list-style-type: none"> • Balance, Stunts, and

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
rhythmic movement skills in traditional and non-traditional activities.	<ul style="list-style-type: none"> and Tumbling Rubric Dance Rubric 	<ul style="list-style-type: none"> and Rolls Dynamic Balances Hawaiian Roller Coaster Ride Tarantella Mayonesa Move and Groove 	<ul style="list-style-type: none"> Tumbling Balance, Stunts, and Tumbling Dance Dance Dance Parachute
1.1.5 Demonstrates movement concepts.	<ul style="list-style-type: none"> Building a Foundation Rubric 	<ul style="list-style-type: none"> Movement Concepts Using Hoops Basic Body Positions Body Management and Balance 	<ul style="list-style-type: none"> Building a Foundation Balance, Stunts, and Tumbling Building a Foundation

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Applies safety rules and procedures in a variety of physical	<ul style="list-style-type: none"> Balance, Stunts, and Tumbling 	<ul style="list-style-type: none"> Shark Attack Partner Tag 	<ul style="list-style-type: none"> Parachute ASAP

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activities necessary to maintain a safe-learning environment.	Rubric	<ul style="list-style-type: none"> Partner Stunts 	<ul style="list-style-type: none"> Balance, Stunts, and Tumbling
1.2.2 Applies social skills necessary for effective participation in physical activities.	<ul style="list-style-type: none"> Games Rubric 	<ul style="list-style-type: none"> Frog Crossing Parachute Switcheroo Superhero's Cape 	<ul style="list-style-type: none"> Games Parachute Parachute
1.2.3 Understands strategies necessary for effective participation in physical activities.	<ul style="list-style-type: none"> Games Rubric 	<ul style="list-style-type: none"> Oxygen Boogie Chasing and Fleeing Cookie Monster Tag 	<ul style="list-style-type: none"> Games Building a Foundation Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Understands basic vocabulary and components of health-related fitness.	Sample debrief question: <i>What are the components of health-related fitness?</i>	<ul style="list-style-type: none"> Fitness Introduction Fitness Introduction (SPARK It Up!) Flexibility Parachute Fitness 	<ul style="list-style-type: none"> Building a Foundation Building a Foundation Building a Foundation Parachute

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Understands basic vocabulary of the components of skill-related fitness.	<ul style="list-style-type: none"> • Building a Foundation Rubric 	<ul style="list-style-type: none"> • Tempos and Creative Moves • Body Management and Balance • Striking with Paddles 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Dribbling, Volleying, and Striking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Understands daily health and fitness habits.	<p>Sample debrief question: <i>What are some things you can do to get more physical activity in your day?</i></p>	<ul style="list-style-type: none"> • Fitness Introduction (SPARK It Up!) 	<ul style="list-style-type: none"> • Health-Related Fitness Introduction (CD)

**SPARK Alignment with Washington Physical Education Standards
(3-6 Version 2007 Edition)
3rd Grade**

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Applies locomotor, non-locomotor, manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Perimeter Move • Movement Band Circuit • Stroke and Catch • 5-6-7-8 • Look, Learn, and Leave 	<ul style="list-style-type: none"> • ASAP • Movement Bands • Racquets and Paddles • Dance • Stunts and Tumbling
1.1.5 Applies movement concepts.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • 3-Catch Game • Mini-Hockey • Mini-Basketball • Mini-Soccer 	<ul style="list-style-type: none"> • Aerobic Games • Hockey • Basketball • Soccer

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Applies safety rules and procedures in a variety of physical	Cooperatives Performance Rubric	<ul style="list-style-type: none"> • Orientation to SPARK PE 	<ul style="list-style-type: none"> • 1st Three Lessons • 1st Three Lessons

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activities necessary to maintain a safe-learning environment.		<ul style="list-style-type: none"> Establishing Basics Cooperation and Trust 	<ul style="list-style-type: none"> 1st Three Lessons
1.2.2 Applies social skills necessary for effective participation in physical activities.	<p>Sample debrief Question: <i>What tip can you give your partner if they are having trouble throwing their ball with sufficient force to reach their target?</i></p>	<ul style="list-style-type: none"> Partner Basketball Activity Challenge Partner Throw and Catch Hoop-To-Hoop 	<ul style="list-style-type: none"> Basketball Softball Frisbee
1.2.3 Understands strategies necessary for effective participation in physical activities.	<p>Sample debrief question: <i>What are some things you can do in practice that will help you improve your skill?</i></p>	<ul style="list-style-type: none"> Dribbling Drills Batting Practice Look, Learn, and Leave 	<ul style="list-style-type: none"> Basketball Softball Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Applies components of health-	Sample debrief	<ul style="list-style-type: none"> Body Composition 	<ul style="list-style-type: none"> Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
related fitness.	question: <i>What are the components of health-related fitness?</i>	Circuit <ul style="list-style-type: none"> • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Challenges • Fitness Circuits • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Applies components of skill-related fitness.	Sample debrief question: <i>What are some activities that you enjoy that improve skill and fitness?</i>	<ul style="list-style-type: none"> • Wallball • Bench Step Basics • Introduction to Badminton 	<ul style="list-style-type: none"> • Recess Activities • Group Fitness • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Understands daily health and fitness habits.	Fitness Challenges Self-Check	<ul style="list-style-type: none"> • Body Composition Circuit • Fun and Flexibility with a Friend • Muscular Strength and Endurance • Aerobic Dance 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Fitness Circuits • Group Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.2 – Develops and monitors a health and fitness plan.			
4.2.1 Applies goals for improving health and fitness practices.	<p>Sample debrief question:</p> <p><i>Give an example of a short-term fitness goal. A long-term goal? How would you select goals appropriate for you?</i></p>	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<p>Sample debrief question:</p> <p><i>Compare your fitness scores to the scores in the 'Healthy Fitness Zone'. How could you improve a score that fell short of the 'Healthy Fitness Zone'?</i></p>

4th Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Applies locomotor, non-locomotor, manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.	Specific Unit Performance Rubrics	Create a Dance Rubric	<ul style="list-style-type: none"> • Create A Dance • Create A Routine • Aerobic Dance
1.1.5 Analyzes movement concepts.	Specific Unit Performance Rubrics Sample debrief questions: <ul style="list-style-type: none"> • <i>What tip can you give your partner if they are having trouble throwing their ball with sufficient force to reach their target?</i> • <i>How can you create more space between yourself and the person</i> 	<ul style="list-style-type: none"> • Partner Basketball Activity Challenge • Partner Throw and Catch • Hoop-To-Hoop • Offense/Defense • Defense! • Raiders of the Ark • Capture the Flag • Quidditch 	<ul style="list-style-type: none"> • Basketball • Softball • Frisbee • ASAP • Hockey • Aerobic Games • Aerobic Games • Aerobic Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>guarding you?</i> <ul style="list-style-type: none"> • <i>How can changing speed and direction allow you to move away from another person?</i> 		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Analyzes safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.	Cooperatives Performance Rubric	<ul style="list-style-type: none"> • Orientation to SPARK PE • Establishing Basics • Cooperation and Trust 	<ul style="list-style-type: none"> • 1st Three Lessons • 1st Three Lessons • 1st Three Lessons
1.2.2 Applies social skills necessary for effective participation in physical activities.	Cooperative Skills Self-Check	<ul style="list-style-type: none"> • Survivor Challenge • Create a Game • Cooperative Volleyball 	<ul style="list-style-type: none"> • Fitness Challenges • Softball • Volleyball • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Log Jam 	
1.2.3 Applies strategies necessary for effective participation in physical activities.	Cooperative Skills Performance Rubric	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Parachute Play (Small Group) 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Analyzes components of health-related fitness.	<p>Sample debrief question: <i>What are the five components of health-related fitness? Can you give an example of each?</i></p> <p>Fitness Circuits Think About...</p>	<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
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Applies components of skill-related fitness.	Specific Unit Performance Rubric	<ul style="list-style-type: none"> • Target Throw • 5-Player Kickball • Pass and Follow • Paddle 2-Square 	<ul style="list-style-type: none"> • Softball • Aerobic Games • Hockey • Racquets and Paddles

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Applies daily health and fitness habits.	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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.2 – Develops and monitors a health and fitness plan.			
4.2.1 Applies goals for improving health and fitness practices.	Sample debrief question: <i>Describe the principles of training (F.I.T.T.) How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i>	<ul style="list-style-type: none"> • Aerobic Dance • Pick A Card Circuit • Survivor Challenge 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges

5th Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Applies locomotor, non-locomotor, manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> • Create a Routine • Jekyll Island Stomp • Create a Routine 	<ul style="list-style-type: none"> • Jump Rope • Dance • Stunts and Tumbling
1.1.5 Evaluates movement concepts.	Aerobic Games Performance Rubric	<ul style="list-style-type: none"> • Offense/Defense • Keep Away (2 on 1) • Quidditch 	<ul style="list-style-type: none"> • ASAP • Aerobic Games • Aerobic Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Evaluates safety rules and procedures in a variety of physical activities.	Cooperatives Performance Rubric	<ul style="list-style-type: none"> • Orientation to SPARK PE • Establishing Basics • Cooperation and Trust 	<ul style="list-style-type: none"> • 1st Three Lessons • 1st Three Lessons • 1st Three Lessons
1.2.2 Analyzes social skills necessary for effective participation in physical	Cooperatives Self-Check	<ul style="list-style-type: none"> • Soccer Group Challenge 	<ul style="list-style-type: none"> • Soccer • Jump Rope

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activities.		<ul style="list-style-type: none"> Group Jump Rope Challenge Survivor Challenge 	<ul style="list-style-type: none"> Fitness Challenges
1.2.3 Applies strategies necessary for effective participation in physical activities.	Specific Unit Performance Rubrics	<ul style="list-style-type: none"> 9 Grid Basketball 4 Zone Football 5-Player Kickball Capture the Flag Raiders of the Ark Quidditch 	<ul style="list-style-type: none"> Basketball Football Aerobic Games Aerobic Games Aerobic Games Aerobic Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Analyzes components of health-related fitness.	<p>Sample debrief question: <i>What are the five components of health-related fitness? Can you give an example of each?</i></p> <p>Fitness Circuits Think</p>	<ul style="list-style-type: none"> Body Composition Circuit Muscular Strength and Endurance Circuit Fun and Flexibility with a Friend 	<ul style="list-style-type: none"> Fitness Circuits Fitness Circuits Fitness Challenges Fitness Circuits

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	About...	<ul style="list-style-type: none"> Aerobic Capacity Circuit 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Analyzes components of skill-related fitness.	Sample Debrief Question: <i>What are the components of skill-related fitness?</i> <i>How can you apply them to improve specific skill performance?</i>	<ul style="list-style-type: none"> Look, Learn, and Leave Ball Control Drills Catching Drills 	<ul style="list-style-type: none"> Stunts and Tumbling Soccer Flying Disc
Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Analyzes daily health and fitness habits.	Walk/Jog/Run Performance Rubric	<ul style="list-style-type: none"> Aerobic Capacity Circuit 	<ul style="list-style-type: none"> Fitness Circuits Map Challenges

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	Map Challenges Mileage Chart Sample debrief question: <i>Name a physical activity that you enjoy doing on a regular basis. Why is that a favorite?</i>	<ul style="list-style-type: none"> • Moving for Time • Figure 8 Walk/Jog • Mini-Soccer • Mini-Hockey • Mini-Basketball 	<ul style="list-style-type: none"> • Walk, Jog, Run Activities • Soccer • Hockey • Basketball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit				
Component 4.5 – Develops and monitors a health and fitness plan.				4.2.1 Creates goals for improving health and fitness practices.	Personal Best Day: My Personal Best Progress and Goals Card	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits
4.2.1 Creates goals for improving health and fitness practices.	Personal Best Day: My Personal Best Progress and Goals Card	<ul style="list-style-type: none"> • Personal Best Day • Pedometer Activity • Mixed Fitness Circuit 	<ul style="list-style-type: none"> • Personal Best Day • Map Challenges • Fitness Circuits 				

**SPARK Alignment with Washington Physical Education Standards
Grades 6-8 (MS Version 2011)
Grade 6**

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Demonstrates fundamental motor skills and complex motor skills that contribute to movement proficiency.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Volley Tennis • 3-on-3 Basketball • Pass and Follow • Receiver Patterns • Creating Combinations 	<ul style="list-style-type: none"> • Volleyball • Basketball • Soccer • Football • Stunts and Tumbling
1.1.5 Demonstrates understanding of movement concepts.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric 	<ul style="list-style-type: none"> • Keep Away (2-on-1) • Defense • Modified Team Handball 	<ul style="list-style-type: none"> • Basketball • Football • World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Understands safety rules and	Sample debrief	<ul style="list-style-type: none"> • Advanced 	<ul style="list-style-type: none"> • Stunts and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
procedures in a variety of physical activities: Individual, dual/team, and lifetime activities.	question: <i>Name some situations that would make an activity unsafe.</i>	Progressions <ul style="list-style-type: none"> Partner Stunts Stability Ball and Medicine Ball 	<ul style="list-style-type: none"> Stunts and Tumbling Fitness
1.2.2 Applies skills and strategies necessary for effective participation in physical activities.	Specific Unit: <ul style="list-style-type: none"> Self Check Peer Coach Teacher Rubric 	<ul style="list-style-type: none"> 7v7 Modified Softball Modified Team Handball Modified Cricket 	<ul style="list-style-type: none"> Softball World Games World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Understands the components of health-related fitness.	Fitness Unit Written Test Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness components?</i>	<ul style="list-style-type: none"> Aerobic Capacity Circuit Stability Ball and Medicine Ball Workout Range of Motion Circuit Balancing Strength and Flexibility Circuit 	<ul style="list-style-type: none"> Fitness Fitness Fitness Fitness Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> • Body Composition Circuit 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Understands the components of skill-related fitness to physical activity.	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check <p>Sample debrief question: <i>What tip can you give your partner if they are having trouble throwing their ball with sufficient force to reach their target?</i></p>	<ul style="list-style-type: none"> • Shooting Drills • Shooting Drills • Shot Put • Distance and Accuracy 	<ul style="list-style-type: none"> • Basketball • Hockey • Track • Flying Disc
1.4.2 Explains how movement skills contribute to active living for lifetime health.	<p>Sample debrief question: <i>What are some benefits from</i></p>	<ul style="list-style-type: none"> • Fun and Fitness Circuit • SPARK Events • Throw and Sprint 	<ul style="list-style-type: none"> • ASAP • Various Units • Track

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>participating in fitness activities? In team activities? In learning specific sport skills?</i>	Circuit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Analyzes daily health and fitness habits.	Personally Fit Activity Challenge: <ul style="list-style-type: none"> • In the Mood to Move • Heart Rate Monitor Log • Pedometer Log 	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Body Composition Circuit • <i>Create A Routine (Fitness Aerobic Capacity)</i> <i>Extension: Heart Rate Monitors</i> 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.2 – Develops and monitors a health and fitness plan.			
4.2.1 Evaluates personal health and fitness data and sets goals.	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: In the Mood to Move • Heart Rate Monitor Log • Pedometer Log 		Personally Fit SPARKfit (SPARKfamily.org)

7th Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Demonstrates fundamental motor skills and complex motor skills that contribute to movement proficiency.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Passing and Receiving • Shot Put • Distance and Accuracy 	<ul style="list-style-type: none"> • Football • Track • Flying Disc
1.1.5 Demonstrates understanding of movement concepts.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Dribbling to Open Space • Dribble Keep Away • 3-Catch with a Post Player 	<ul style="list-style-type: none"> • Basketball • Soccer • Basketball

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Understands safety rules and procedures in a variety of physical activities: Individual, dual/team, and lifetime activities.	Sample debrief question: <i>Name some situations that would make an activity unsafe.</i>	<ul style="list-style-type: none"> • Advanced Progressions • Partner Stunts • Stability Ball and Medicine Ball 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
1.2.2 Applies skills and strategies necessary for effective participation in physical activities.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach Teacher Rubric 	<ul style="list-style-type: none"> • 7v7 Modified Softball • Modified Team Handball • Modified Cricket 	<ul style="list-style-type: none"> • Softball • World Games • World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Understands the components of health-related fitness.	Fitness Unit Written Test Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness components?</i>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Basic Exercise Techniques • Resistance Band Workout • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Understands the components of skill-related fitness to physical activity.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check Sample debrief question: <i>What tip can you give your partner if they are having trouble throwing their ball with sufficient force to reach their target?</i>	<ul style="list-style-type: none"> • Shooting Drills • Shooting Drills • Shot Put • Distance and Accuracy 	<ul style="list-style-type: none"> • Basketball • Hockey • Track • Flying Disc
1.4.2 Explains how movement skills contribute to active living for lifetime health.	Sample debrief question: <i>What are some benefits from participating in fitness activities?</i> <i>In team activities? In learning specific sport skills?</i>	<ul style="list-style-type: none"> • Fun and Fitness Circuit • SPARK Events • Throw and Sprint Circuit 	<ul style="list-style-type: none"> • ASAP • Various Units • Track

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Analyzes daily health and fitness habits.	Personally Fit Activity Challenge: <ul style="list-style-type: none"> • In the Mood to Move • Heart Rate Monitor Log • Pedometer Log Sample debrief question: <i>What should be included in a proper warm-up? What should be included in a proper cool-down?</i>	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Introduction to Yoga • Introduction to Pilates • Partner Warm-Up Routines (ASAP) • Range of Motion 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Jump Rope • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.2 – Develops and monitors a health and fitness plan.			
4.2.1 Creates personal health and fitness data and sets goals.	Personally Fit Activity Challenge: In the Mood to Move Sample debrief	<ul style="list-style-type: none"> • Gotta Have Heart • Resistance Band Workout • Stability Ball and 	Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<p>questions: <i>What are the benefits of setting fitness goals?</i> <i>What activities did you select for your fitness plan that addressed each fitness component?</i></p> <p>Fitness:</p> <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics 	<p>Medicine Ball Workout</p> <ul style="list-style-type: none"> • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	<p>Personally Fit <i>(SPARKfamily.org)</i></p>

8th Grade

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Demonstrates fundamental motor skills and complex motor skills that contribute to movement proficiency.	Specific Unit: <ul style="list-style-type: none"> • Self Check • Peer Coach • Teacher Rubric 	<ul style="list-style-type: none"> • Advanced Progressions • Sepak Takraw • Advanced Shots 	<ul style="list-style-type: none"> • Stunts • World Games • Handball
1.1.5 Demonstrates understanding of movement concepts.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Singles/Doubles Game Play • Mini-Hockey • Mini-Soccer 	<ul style="list-style-type: none"> • Racquets and Paddles • Hockey • Soccer

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Understands safety rules and procedures in a variety of physical activities: Individual, dual/team, and lifetime activities.	Sample debrief question: <i>Name some situations that would make an activity unsafe.</i>	<ul style="list-style-type: none"> • Advanced Progressions • Partner Stunts • Stability Ball and Medicine Ball 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Fitness
1.2.2 Applies skills and strategies necessary for effective participation in physical activities.	Specific Unit: <ul style="list-style-type: none"> • Self Check 	<ul style="list-style-type: none"> • 7v7 Modified Softball 	<ul style="list-style-type: none"> • Softball • World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"> Peer Coach Teacher Rubric 	<ul style="list-style-type: none"> Modified Team Handball Modified Cricket 	<ul style="list-style-type: none"> World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Understands the components of health-related fitness.	Fitness Unit Written Test Sample debrief question: <i>What are some activities that are effective in improving each of the health-related physical fitness components?</i>	<ul style="list-style-type: none"> Aerobic Capacity Circuit Basic Exercise Techniques Resistance Band Workout Combining Aerobic Capacity and Flexibility Body Composition Circuit 	<ul style="list-style-type: none"> Fitness Fitness Fitness Fitness Fitness
1.3.2 Understands phases of a workout.	Sample debrief question: <i>What should be included in a proper</i>	<ul style="list-style-type: none"> Individual Warm-Up Routines (ASAP) Partner Warm-Up 	<ul style="list-style-type: none"> Jump Rope Jump Rope Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>warm-up? What should be included in a proper cool-down?</i>	Routines (ASAP) • Range of Motion	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Applies the components of skill-related fitness to physical activity.	Specific Unit: • Peer Coach • Self-Check Sample debrief question: <i>What tip can you give your partner if they are having trouble throwing their ball with sufficient force to reach their target?</i>	• Shooting Drills • Shooting Drills • Shot Put • Distance and Accuracy	• Basketball • Hockey • Track • Flying Disc
1.4.2 Explains how movement skills contribute to active living for lifetime health.	Sample debrief question: <i>What are some benefits from</i>	• Fun and Fitness Circuit • SPARK Events • Throw and Sprint	• ASAP • Various Units • Track

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>participating in fitness activities? In team activities? In learning specific sport skills?</i>	Circuit	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Analyzes daily health and fitness habits.	Personally Fit Activity Challenge: <ul style="list-style-type: none"> • In the Mood to Move • Heart Rate Monitor Log • Pedometer Log 	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Introduction to Yoga • Introduction to Pilates 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.2 – Develops and monitors a health and fitness plan.			
4.2.1 Creates personal health and fitness data and sets goals.	<p>Personally Fit Activity Challenge: In the Mood to Move Sample debrief questions: <i>What are the benefits of setting fitness goals?</i> <i>What activities did you select for your fitness plan that addressed each fitness component?</i></p> <p>Fitness:</p> <ul style="list-style-type: none"> • MS Unit Written Tests • Peer Coach • Self Check • Teacher Rubrics 	<ul style="list-style-type: none"> • Gotta Have Heart • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Combining Aerobic Capacity and Flexibility • Body Composition Circuit 	<p>Fitness Personally Fit <i>(SPARKfamily.org)</i></p>

**SPARK Alignment with Washington Physical Education Standards
HS (2011 Version)
High School Year One**

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Applies complex motor skills and movement concepts to activities to enhance a physically active life.	<ul style="list-style-type: none"> • Personal Best Assessments • SPARK Unit Written Tests • Journaling Pages 	<ul style="list-style-type: none"> • Brain Boostin' Boogie • Ultimate Adventure Race • 3rd Hit's a Charm 	<ul style="list-style-type: none"> • Dance • Flying Disc • Volleyball
1.1.5 Applies understanding of movement concepts.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Yoga Basic Training • Event: Off to the Races! • Create a Hip Hop Routine • Win the Point (Singles Royal Court) 	<ul style="list-style-type: none"> • Group Fitness • Aquatics (online unit) • Dance • Badminton

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Applies how to perform activities and tasks safely and appropriately.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • iCardio Kickboxing • Basic Training: FUNctional Fitness Jigsaw • A Strong Side 	<ul style="list-style-type: none"> • Group Fitness • Strength Training • Football
1.2.2 Applies skills and strategies necessary for effective participation in physical activities.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes • Performance Rubric 	<ul style="list-style-type: none"> • Badminton Personal Best • Basketball Personal Best • Cooperatives: Orienteering Personal Best • Dance Personal Best • Yoga Basic Training • Create Your Own ST Program • Dive In: FUNctional Aquatic Jigsaw 	<ul style="list-style-type: none"> • Badminton • Basketball • Cooperatives: Orienteering • Dance • Group Fitness • Strength Training • Aquatics (Group Fitness online unit)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Analyzes the components of health-related fitness.	<ul style="list-style-type: none"> • Personally Fit Activity Challenge: In the Mood to Move • Create Your Strength Training Program Log • Heart Rate Monitor Logs • Pedometer Logs 	<ul style="list-style-type: none"> • Walk-Jog-Run • Cardio Kickboxing • iFreestyle Aerobics • HIIT Basic Training • iYoga • Basic Training: FUNctional Fitness Jigsaw • Personal Fitness Program Development 	<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 SPARKfit (SPARKfamily.org)</p>
1.3.2 Analyzes the progress of a personal health and fitness plan.	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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
<p>1.4.1 Applies the components of skill-related fitness to physical activity.</p>	<p>Specific Unit Personal Best Assessments Sample debrief question: <i>How could you apply the components of skill-related fitness to improve your skill</i></p>	<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 Best • Softball Personal Best • Volleyball Personal Best • World Games: Cricket Personal Best 	<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
1.4.2 Analyzes components of skill-related fitness as related to careers/occupations/recreation.	<ul style="list-style-type: none"> • Orienteering Adventure Race Think About... • Create Your Own Navigational Invitational Think About... 	<ul style="list-style-type: none"> • Orienteering Adventure Race • The Navigational Invitational 	<ul style="list-style-type: none"> • Cooperatives: Orienteering • Cooperatives: Orienteering

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.1 – Analyzes personal health and fitness information.			
4.1.1 Analyzes daily health and fitness habits.	<ul style="list-style-type: none"> • Fitness Personal Best Assessments (Pre and Post) • Heart Rate Monitor Logs • Pedometer Logs 	<ul style="list-style-type: none"> • Personal Best 101 • Fitness Personal Best Assessment • Fitness Personal Best • Wellness Walking Personal Best 	<ul style="list-style-type: none"> • SPARK HS PE 101 • Group Fitness • Strength Training • Wellness Walking
4.1.2 Analyzes career opportunities in health and fitness.	Career opportunities not specifically addressed; however, could apply Personal Fitness Program Development to the career of a personal fitness trainer		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 4.2 – Develops and monitors a health and fitness plan.			
4.2.1 Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.	Personally Fit Activity Challenge: In the Mood to Move Create Your Strength Training Program Log	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)
4.2.2 Understands barriers to physical activity and a healthy lifestyle.	Personal Fitness Program Development Personally Fit Activity Challenge: In the Mood to Move	Personally Fit SPARKfit (SPARKfamily.org)	

High School Year Two

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.1 – Develops motor skills and movement concepts as developmentally appropriate			
1.1.1 Evaluates complex motor skills and movement concepts to activities to enhance a physically active life.	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 	<ul style="list-style-type: none"> • Flying Disc: Ultimate • Softball • Volleyball
1.1.5 Evaluates understanding of movement concepts.	Specific Unit: <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Event: March Madness • Event: Ultimate Masters • Event: Gridiron Classic • Event: Star-Hockey “Shockey” Cup 	<ul style="list-style-type: none"> • Basketball • Flying Disc: Ultimate • Football • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.			
1.2.1 Analyzes how to perform	Specific Unit:	<ul style="list-style-type: none"> • Walk-Jog-Run 	<ul style="list-style-type: none"> • Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
activities and tasks safely and appropriately.	<ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Cardio Kickboxing • iFreestyle Aerobics • HIIT Basic Training • iYoga • Basic Training: FUNctional Fitness Jigsaw 	<ul style="list-style-type: none"> • Group Fitness • Group Fitness • Group Fitness • Group Fitness • Strength Training
1.2.2 Evaluates skills and strategies necessary for effective participation in physical activities.	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Game Day 101 • Adventure Race 101 • SPARK Event 101 • Orienteering Adventure Race • Event: The Crackerjack Classic (Option 1: Create & Play Your Own Game) Adventure Race 	<ul style="list-style-type: none"> • SPARK HS PE 101 • SPARK HS PE 101 • SPARK HS PE 101 • Cooperatives: Orienteering • Softball
1.2.4 Analyzes safety and the importance of fitness in the work environment.	<p>Specific Unit:</p> <ul style="list-style-type: none"> • Self-Check • Fun-day-mentals Jigsaw Notes 	<ul style="list-style-type: none"> • Walk-Jog-Run • Cardio Kickboxing • iFreestyle Aerobics • HIIT Basic Training • iYoga 	<ul style="list-style-type: none"> • Wellness Walking • Group Fitness • Group Fitness • Group Fitness • Group Fitness • Strength Training

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		<ul style="list-style-type: none"> Basic Training: FUNctional Fitness Jigsaw 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.3 – Understands the concepts of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
1.3.1 Evaluates the components of health-related fitness.	<ul style="list-style-type: none"> Personally Fit Activity Challenge: In the Mood to Move Create Your Strength Training Program Log Heart Rate Monitor Logs <ul style="list-style-type: none"> Pedometer Logs 	<ul style="list-style-type: none"> Walk-Jog-Run Cardio Kickboxing iFreestyle Aerobics HIIT Basic Training iYoga Basic Training: FUNctional Fitness Jigsaw Personal Fitness Program Development 	<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 SPARKfit (SPARKfamily.org)</p>
1.3.2 Evaluates the progress of a personal health and fitness plan.	Fitness Personal Best Assessment	<ul style="list-style-type: none"> Fitness Personal Best Fitness Personal 	<ul style="list-style-type: none"> Group Fitness Strength Training Wellness Walking

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Best <ul style="list-style-type: none"> • Fitness Personal Best 	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Component 1.4 – Understands the concepts of skill-related fitness, and interprets information from feedback			
1.4.1 Analyzes the components of skill-related fitness to physical activity.	Personally Fit Activity Challenge: In the Mood to Move <ul style="list-style-type: none"> • Create Your Strength Training Program Log 	Personal Fitness Program Development	Personally Fit SPARKfit (SPARKfamily.org)
1.4.2 Evaluates components of skill-related fitness as related to careers/occupations/recreation.	Career opportunities not specifically addressed; however, could apply Personal Fitness Program Development to the career of a personal fitness trainer		