

SPARK Alignment with West Virginia Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Edition)			
Standard 1: Movement Forms (PE.S.1) Students 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
Standard 2: Development of Motor Skills (PE.S.2) Students will apply concepts and principles of human movement to the development of motor skills and learning of new 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
Standard 3: Physical Activity (PE.S.3) Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	Games Rubric	<ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities
Standard 4: Physical Fitness	Building a Foundation	<ul style="list-style-type: none"> • Fitness 	<ul style="list-style-type: none"> • Building a

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>(PE.S.4) Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness.</p>	<p>Rubric</p>	<p>Introduction</p> <ul style="list-style-type: none"> • Parachute Fitness • Individual Rope Jumping I and II 	<p>Foundation</p> <ul style="list-style-type: none"> • Parachute • Jumping
<p>Standard 5: Responsible Personal and Social Behavior (PE.S.5) Students will demonstrate an understanding of responsible personal and social behaviors in physical activity settings.</p>	<p>Parachute Rubric</p>	<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

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3-5 (2007 Edition)			
Standard 1: Movement Forms (PE.S.1) Students will demonstrate competency in many movement forms and proficiency in a few movement forms.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Mini-Hockey • Look, Learn and Leave • Mini-Basketball 	<ul style="list-style-type: none"> • Hockey • Stunts and Tumbling • Basketball
Standard 2: Development of Motor Skills (PE.S.2) Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> • Mambo #5 • Stunt Stories and Tumbling Tales • Bench Step Basics 	<ul style="list-style-type: none"> • Dance • Stunts and Tumbling • Group Fitness
Standard 3: Physical Activity (PE.S.3) Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	Fitness Circuits Think About	<ul style="list-style-type: none"> • Resistance Band Workout • Flexibility Circuit • Body Composition BINGO • Number Run 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges • Walk/Jog/Run
Standard 4: Physical Fitness (PE.S.4) Students will apply physical fitness	Body Composition Wellness Integration	<ul style="list-style-type: none"> • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Challenges • Walk/Jog/Run

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>concepts to achieve and maintain a health-enhancing level of physical fitness.</p>		<ul style="list-style-type: none"> • Body Composition BINGO • Walk/Run Switcheroo Wellness Integration 	
<p>Standard 5: Responsible Personal and Social Behavior (PE.S.5) Students will demonstrate an understanding of responsible personal and social behaviors in physical activity settings.</p>	<p>Cooperative All-Star Self Check</p>	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

SPARK Alignment with West Virginia Physical Education Standards

MS Version 2011

Grade 6

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1: Movement Forms Students will demonstrate movement patterns and motor skills needed to perform a variety of physical activities. Students will:			
PE.6.1.01 Perform independently in physical activity and/or exercise to improve skill/fitness.	Specific Unit Self-Checks	<ul style="list-style-type: none"> • Stunts and Tumbling Buffet • Create an Aerobic Capacity Routine • Putting to Targets 	<ul style="list-style-type: none"> • Stunts and Tumbling • Fitness • Golf
PE.6.1.02 Perform basic skills necessary to participate in individual, dual, team, and lifetime activities.	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Throw for Accuracy and Distance • Introduction to the Forehand Stroke • Chip and Putt Course 	<ul style="list-style-type: none"> • Flying Disc • Racquets and Paddles • Golf
PE.6.1.03 Perform lead-up activities that encompass elements of individual, dual, team, and lifetime activities.	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 • Extreme Rally 	<ul style="list-style-type: none"> • Volleyball • Basketball • Racquets and Paddles
PE.6.1.04 Perform social and/or multicultural dances.	Dance: <ul style="list-style-type: none"> • Peer Coach 	<ul style="list-style-type: none"> • The Korobushka Jigsaw 	<ul style="list-style-type: none"> • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<ul style="list-style-type: none"> • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • The Norwegian Polka Jigsaw • Merengue Mixer 	<ul style="list-style-type: none"> • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2: Development of Motor Skills Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills. Students will:			
PE.6.2.01 Identify proper techniques necessary to perform a variety of movement forms (e.g., catching, running, throwing, striking, kicking).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Partner Passing • Pass and Follow • Passing Drills 	<ul style="list-style-type: none"> • Basketball • Soccer • Hockey
PE.6.2.02 Perform basic body mechanics necessary to develop new motor skills (e.g., opposite hand-opposite foot, head-up, follow-through).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Sepak Pass and Serve (Sepak Takraw) • Tee, Jump, Field (Cricket) • 2-on-1 Just for Fun (Team Handball) 	<ul style="list-style-type: none"> • World Games • World Games • World Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3: Physical Activity Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction. Students will:			
PE.6.3.01 participate in physical activity in addition to physical education class (e.g., maintain an activity log, activity gram).	<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)
PE.6.3.02 Participate in games, sports, dance and outdoor pursuits both in and outside school to improve performance and fitness (e.g., DDR).	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)
PE.6.3.03 Identify lifestyle behaviors to increase physical activity (e.g., taking stairs, walk/ride bike to school).	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4: Physical Fitness Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness. Students will:			
PE.6.4.01 perform at the gender and age-appropriate health-related fitness standards as defined in FITNESSGRAM.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
PE.6.4.02 define the five components of FITNESSGRAM.	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 • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness
PE.6.4.03 Examine the fitness benefits of a variety of physical activities (e.g., stretching, walking).	Sample debrief question: <i>What are some benefits from participating in fitness activities?</i>	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
	<i>In team activities? In learning specific sport skills?</i>		
PE.6.4.04 Describe the necessity of warm-up and cool-down activities.	Sample debrief question: <i>Why is it important to warm-up prior to participating in physical activities? To cool-down?</i>	<ul style="list-style-type: none"> • Range of Motion Circuit • Individual Warm-up Routines • Partner Warm-up Routines 	<ul style="list-style-type: none"> • Fitness • Jump Rope • Jump Rope
PE.6.4.05 Practice the F.I.T.T. principle to achieve physical fitness.	Sample debrief questions: <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? How would you use the principle of overload to safely improve your muscular strength?</i>	<ul style="list-style-type: none"> • Basic Exercise Techniques • Fitness in the Middle • Resistance Band Workout • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5: Responsible Personal and Social Behavior Students will identify and apply responsible, personal and social behaviors in physical activity settings. Students will:			
PE.6.5.01 Work cooperatively and productively in a group to accomplish a set goal/task.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Problem-Solver Adventure Race • Poker Adventure Race • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
PE.6.5.02 Make appropriate decisions when applying rules, procedures, etiquette, and safety.	Coulda, Shoulda, Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines • Respect and Roll Taking • Acceptance and Super Grouping 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • First 5 Lessons
PE.6.5.03 Practice behaviors that are supportive and inclusive in physical activity.	Teacher Rubric, Self Check (Cooperatives) Coulda, Woulda, Shoulda (Various Units)	<ul style="list-style-type: none"> • 3-on-3 Basketball • Mini-Hockey • 7v7 Modified Softball 	<ul style="list-style-type: none"> • Basketball • Hockey • Softball

Grade 7

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1: Movement Forms Students will demonstrate movement patterns and motor skills needed to perform a variety of physical activities. Students will:			
PE.7.1.01 Participate in a variety of modified individual, dual and team sports.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Modified Cricket • Modified Team Handball • 7v7 Modified Softball 	<ul style="list-style-type: none"> • World Games • World Games • Softball
PE.7.1.02 Participate in a variety of non-competitive individual, dual and team activities.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubric 	<ul style="list-style-type: none"> • Indiana Jones • Cross the Great Divide • Kin-Ball Sport 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • World Games
PE.7.1.03 Create and perform a simple dance sequence in time to music.	Dance: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Create a Hip Hop Routine • Create your own Merengue Move • Create a 4-Wall Line Dance 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2: Development of Motor Skills Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills. Students will:			
PE.7.2.01 Analyze and demonstrate the basic skills necessary to participate in movement forms (e.g., eye-hand, eye-foot coordination).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Extreme Rally • Passing and Receiving • Bullseye and Long Shot 	<ul style="list-style-type: none"> • Racquets and Paddles • Football • Soccer
PE.7.2.02 Reflect knowledge of rules and terminology necessary to participate in movement forms.	Specific Unit Written Tests	<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
PE.7.2.03 Utilize appropriate practice plans to independently improve performance (e.g., rubric, checklist).	Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • Disc Throwing Stations • Stunts and Tumbling Buffet • Individual Juggling • Putting to Targets • Volleyball Stations • Shooting Drills 	<ul style="list-style-type: none"> • Flying Disc • Stunts and Tumbling • World Games • Golf • Volleyball • Hockey

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p style="text-align: center;">Standard 3: Physical Activity</p> <p style="text-align: center;">Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.</p> <p style="text-align: center;">Students will:</p>			
PE.7.3.01 Participate in physical activity available in their community and state (e.g., bicycling, golfing, white water rafting, kayaking, hunting, fishing, skiing, mountain biking, hiking, rock climbing).	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)
PE.7.3.02 Research economic impact on regional resources relating to physical activity (e.g., internet search)	<i>Economic impact not specifically addressed in SPARK curriculum</i>		
PE.7.3.03 Participate in physical activities both in and outside of school (e.g., physical education class, intramurals, recreation leagues).	Personally Fit Activity Challenge: In the Mood to Move		Personally Fit SPARKfit (SPARKfamily.org)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4: Physical Fitness Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness. Students will:			
PE.7.4.01 Meet the gender and age-appropriate health-related fitness standards defined in FITNESSGRAM.	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	
PE.7.4.02 Examine health-related fitness of FITNESSGRAM components (e.g., body composition, muscular strength, muscular endurance, cardiovascular endurance, and flexibility).	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 • Body Composition Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness • Fitness
PE.7.4.03 Identify personal fitness needs and participate in physical activities to improve specified fitness components (e.g., strength, flexibility and body composition).	Fitness Self-Check	<ul style="list-style-type: none"> • Aerobic Capacity Circuit • Body Composition Circuit • Stability Ball and 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
		Medicine Ball Workout <ul style="list-style-type: none"> • Range of Motion Circuit 	
PE.7.4.04 Explain the principles of progression and overload (e.g., gradual increase in F.I.T.T.).	Sample debrief questions: <i>Describe the principles of training (F.I.T.T.)</i> <i>How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i> <i>How would you use the principle of overload to safely improve your muscular strength?</i>	<ul style="list-style-type: none"> • Basic Exercise Techniques • Fitness in the Middle • Resistance Band Workout • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5: Responsible Personal and Social Behavior Students will identify and apply responsible, personal and social behaviors in physical activity settings. Students will:			
PE.7.5.01 Demonstrate cooperative team building skills appropriate for physical activity (e.g., equal opportunity for participation).	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Adventure Racing 101 • Poker Adventure Race • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
PE.7.5.02 Demonstrate appropriate conflict resolution skills (e.g., peer mediation).	Teacher Rubric, Self Check (Cooperatives) Coulda, Woulda, Shoulda (Various Units)	<ul style="list-style-type: none"> • 3-on-3 Basketball • Mini-Hockey • 7v7 Modified Softball 	<ul style="list-style-type: none"> • Basketball • Hockey • Softball
PE.7.5.03 Demonstrate knowledge of rules, etiquette and safety while participating in various physical activities (e.g. sportsmanship, fair play).	Teacher Rubric, Self Check (Cooperatives) Coulda, Woulda, Shoulda (Various Units)	<ul style="list-style-type: none"> • Singles, Doubles Game Play • Singles, Doubles Game Play • Disc Golf 	<ul style="list-style-type: none"> • Handball • Racquets and Paddles • Flying Disc
PE.7.5.04 Practice decision-making and communication skills while participating in physical activity.	Teacher Rubric, Self Check (Cooperatives) Coulda, Woulda, Shoulda (Various Units)	<ul style="list-style-type: none"> • Problem-Solver Adventure Race • Adventure Racing 101 • Hoopla Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

Grade 8

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 1: Movement Forms Students will demonstrate movement patterns and motor skills needed to perform a variety of physical activities. Students will:			
PE.8.1.01 Utilize basic offensive and defensive strategy while participating in individual, dual, and team sports (e.g., lead-up games/activities).	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric 	<ul style="list-style-type: none"> • Zone and Player-to-Player Defenses • Defense • Zone and Person Defense • Zone and Player-to-Player Defenses • Zone Defense 	<ul style="list-style-type: none"> • Basketball • Football • Flying Disc • Soccer • Hockey
PE.8.1.02 Implement basic techniques and safety procedures while participating in non-competitive lifetime physical activity (e.g., use a spotter when lifting weights, shift gears one at a time while climbing a hill on a bicycle).	Sample debrief question: <i>What types of stretches are unsafe?</i> <i>Why?</i>	<ul style="list-style-type: none"> • Basic Exercise Techniques • Resistance Band Workout • Stability Ball and Medicine Ball Workout 	<ul style="list-style-type: none"> • Fitness • Fitness • Fitness
PE.8.1.03 Perform a variety of dances (e.g., square, line and social).	Dance: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric 	<ul style="list-style-type: none"> • La Bomba Poco Loco • Hip Hop Basic Moves Jigsaw • Merengue Mixer! 	<ul style="list-style-type: none"> • Dance • Dance • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 2: Development of Motor Skills Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills. Students will:			
PE.8.2.01 Demonstrate various motor skills that increase physical activity participation and performance.	Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self Check • Peer Coach 	<ul style="list-style-type: none"> • Volleyball Stations • Extreme Rally • Disc Throwing Stations • Stunts and Tumbling Buffet 	<ul style="list-style-type: none"> • Volleyball • Racquets and Paddles • Flying Disc • Stunts and Tumbling
PE.8.2.02 Identify characteristics of skilled performance (e.g., rubric, self/peer assessment).	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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 3: Physical Activity Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction. Students will:			
PE.8.3.01 Explain the benefits of physical activity (e.g., heart health, weight control).	Sample debrief question: <i>What are some benefits from participating in fitness activities?</i>	Personally Fit SPARKfit (SPARKfamily.org)	
PE.8.3.02 Develop and implement a personal physical activity plan (e.g., where, when, cost, equipment, procedures).	Personally Fit SPARKfit (SPARKfamily.org)		

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4: Physical Fitness Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness. Students will:			
PE.8.4.01 Perform at gender and age-appropriate health-related fitness standards defined in	Fitness Self-Check	Personally Fit SPARKfit (SPARKfamily.org)	

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
FITNESSGRAM.			
<p>PE.8.4.02 Apply knowledge of progression and overload (e.g., gradual increase in F.I.T.T.) in the development of a personal fitness program.</p>	<p>Sample debrief questions: <i>Describe the principles of training (F.I.T.T.)</i> <i>How would you apply them to improve aerobic endurance? Muscular strength? Muscular endurance? Flexibility? Body composition?</i> <i>How would you use the principle of overload to safely improve your muscular strength?</i></p>	<p>Personally Fit SPARKfit (SPARKfamily.org)</p>	
<p>PE.8.4.03 Assess personal fitness related to the five components of fitness (e.g., cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility) and participate in activities to improve specific fitness components.</p>	<p>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></p>	<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
Standard 5: Responsible Personal and Social Behavior Students will identify and apply responsible, personal and social behaviors in physical activity settings. Students will:			
PE.8.5.01 Demonstrate appropriate, responsible behaviors in physical activity settings including proper rules, etiquette and safety (e.g., sportsmanship, fair play, use of safety equipment-goggles, helmets).	Coulda, Shoulda, Woulda (all units)	<ul style="list-style-type: none"> • Responsibility and Routines • Respect and Roll Taking • Acceptance and Super Grouping 	<ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • First 5 Lessons
PE.8.5.02 Discuss situations that may lead to conflict and practice mediation skills (e.g., compromise, “I” messages).	Teacher Rubric, Self Check (Cooperatives) Coulda, Woulda, Shoulda (Various Units)	<ul style="list-style-type: none"> • 3-on-3 Basketball • Mini-Hockey • 7v7 Modified Softball 	<ul style="list-style-type: none"> • Basketball • Hockey • Softball
PE.8.5.03 Recognize the affect peer pressure has on physical activity participation and performance.	Cooperatives: <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics Coulda Shoulda Woulda (all units)	<ul style="list-style-type: none"> • Problem-Solver Adventure Race • Poker Adventure Race • Final Cooperative Adventure Race 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives