

SPARK Alignment with Wyoming Physical Education Standards MS Version 2011

| Standard | Suggested Assessments | Sample SPARK Activities | Corresponding SPARK Unit |
|--|---|---|--|
| 1. MOVEMENT Students demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills. | | | |
| Students demonstrate skills in: <ol style="list-style-type: none"> a. Rhythms or dance, b. Modified team activities, c. Regulation or individual or dual activities, and d. Lifetime activities. | Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric | <ul style="list-style-type: none"> • Create a 4-Wall Line Dance • Introduction to the Forehand Stroke • Forearm Pass (Bump) • Singles/Doubles Game Play • Disc Golf • Target Golf | <ul style="list-style-type: none"> • Dance • Racquets and Paddles • Volleyball • Handball • Flying Disc • Golf |
| Students demonstrate an understanding of critical skill cues of skills employed in: <ol style="list-style-type: none"> a. Rhythms or dance, b. Regulation or form team activities, | Specific Unit: <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric | <ul style="list-style-type: none"> • Create a 4-Wall Line Dance • Introduction to the Forehand Stroke • Forearm Pass | <ul style="list-style-type: none"> • Dance • Racquets and Paddles • Volleyball • Handball • Flying Disc |

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| <ul style="list-style-type: none"> c. Regulation or form individual or dual activities, and d. Lifetime activities. | | <ul style="list-style-type: none"> (Bump) • Singles/Doubles Game Play • Disc Golf • Target Golf | <ul style="list-style-type: none"> • Golf |
| <p>Students demonstrate an understanding of rules and strategies in:</p> <ul style="list-style-type: none"> a. Rhythms or dance, b. Regulation or form team activities, c. Regulation or form individual or dual activities, and d. Lifetime activities. | <p>Specific Unit:</p> <ul style="list-style-type: none"> • Peer Coach • Self-Check • Teacher Rubric | <ul style="list-style-type: none"> • Create a 4-Wall Line Dance • Introduction to the Forehand Stroke • Forearm Pass (Bump) • Singles/Doubles Game Play • Disc Golf • Target Golf | <ul style="list-style-type: none"> • Dance • Racquets and Paddles • Volleyball • Handball • Flying Disc • Golf |

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| 2. FITNESS Students demonstrate fitness literacy and behaviors associated with it. | | | |
| <p>Students explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.</p> | <p>Fitness Self-Check 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"> • Gotta Have Heart • Resistance Band Workout • Stability Ball and Medicine Ball Workout • Combining Aerobic Capacity and Flexibility • Body Composition Circuit | <ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness |
| <p>Applying principles of fitness (FITT, warm-up/cool-down, progression, overload), students select and describe lifetime physical activities that enhance health related fitness.</p> | <p>Sample debrief question: <i>How would you describe the principle of overload to improve your muscular strength?</i></p> | <p>Personally Fit SPARKfit (SPARKfamily.org)</p> | |
| <p>Students create personal fitness goals.</p> | <p>Personally Fit SPARKfit (SPARKfamily.org)</p> | | |

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| Students recognize and explain valid characteristics of products and technology related to fitness literacy. | <ul style="list-style-type: none"> • Pedometer Log • Heart Rate Monitor Log | Personally Fit SPARKfit (SPARKfamily.org) | |
| Students participate in a variety of physical activities that will enhance health-related physical fitness. | Personally Fit Activity Challenge: In the Mood to Move | <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 | <ul style="list-style-type: none"> • Fitness • Fitness • Fitness • Fitness |

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| <p>3. PERSONAL AND SOCIAL BEHAVIOR</p> <p>Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.</p> | | | |
| <p>Students recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings.</p> | <p>Cooperatives:</p> <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics <p>Coulda Shoulda Woulda (all units)</p> | <ul style="list-style-type: none"> • Responsibility and Routines • Respect and Roll Taking • Acceptance and Super Grouping • Trust and Technology • Appreciation and Assistance | <ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • First 5 Lessons • First 5 Lessons • First 5 Lessons |
| <p>Students demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.</p> | <p>Cooperatives:</p> <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics <p>Coulda Shoulda Woulda (all units)</p> | <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 |
| <p>Students demonstrate respect for individual differences and similarities in others in physical activity settings.</p> | <p>Cooperatives:</p> <ul style="list-style-type: none"> • Peer Coach • Self Check • Teacher Rubrics <p>Coulda Shoulda</p> | <ul style="list-style-type: none"> • Acceptance and Super Grouping • Appreciation and Assistance • Adventure Racing | <ul style="list-style-type: none"> • First 5 Lessons • First 5 Lessons • Cooperatives |

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| | Woulda (all units) | 101 | |
| Students demonstrate an understanding that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. | Specific Unit: <ul style="list-style-type: none"> • Teacher Rubric • Self-Check | <ul style="list-style-type: none"> • Self-Guided Tour • Disc Throwing Stations • Individual Trick Circuit | <ul style="list-style-type: none"> • Stunts and Tumbling • Flying Disc • Jump Rope |