

SPARK Alignment with Canada Physical Education Standards Middle School

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<p>GENERAL OUTCOME A: Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.</p> <p>Basic Skills—Locomotor: e.g., walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion through water</p> <p>Basic Skills—Nonlocomotor: e.g., turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging</p> <p>Basic Skills—Manipulative: receiving; e.g., catching, collecting; retaining; e.g., dribbling, carrying, bouncing, trapping; sending; e.g., throwing, kicking, striking</p>			
<p>A7-1: Demonstrate ways to improve and refine the functional and expressive quality of locomotor skills to improve personal performance</p> <p>A8-1: Select, combine and perform specific locomotor skills in a variety</p>	<p>Dance Assessment</p>	<ul style="list-style-type: none"> • Hurdle Practice • Awesome Add-On • Red River Valley 	<ul style="list-style-type: none"> • Track and Field • Aerobic Games • Dance

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of activities to improve personal performance			
<p>A7-2: Demonstrate locomotor skills by using elements of body and space awareness, effort and relationships to improve personal performance</p> <p>A8-2: Select, combine and perform locomotor skills by using elements of space awareness, effort and relationships to improve personal performance</p>	Dance Assessment	<ul style="list-style-type: none"> • Hurdle Practice • Awesome Add-On • Red River Valley 	<ul style="list-style-type: none"> • Track and Field • Aerobic Games • Dance
<p>A7-3: Demonstrate ways to improve and refine the functional and expressive quality of nonlocomotor skills to improve personal performance</p> <p>A8-3: Select, combine and perform specific nonlocomotor skills in a variety of activities to improve personal performance</p>	Skill Checklist: Volleyball Underhand Serve (Extra Extra)	<ul style="list-style-type: none"> • Swing • Shadow • Circle Bump and Set 	<ul style="list-style-type: none"> • Golf • Handball/Wallball • Volleyball
A7-4: Demonstrate nonlocomotor skills by using elements of body and space awareness, effort and	Skill Checklist: Volleyball Underhand Serve (Extra Extra)	<ul style="list-style-type: none"> • Swing • Face-Off • Circle Bump and 	<ul style="list-style-type: none"> • Golf • Hockey • Volleyball

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<p>relationships, to improve personal performance A8-4: Select, combine and perform nonlocomotor skills by using elements of body and space awareness, effort and relationships, to improve personal performance</p>		Set	
<p>A7-5: Demonstrate ways to receive, retain and send an object with varying speeds and accuracy in skills specific to an activity A8-5: Demonstrate ways to receive, retain and send an object with varying speeds, accuracy and distance in skills specific to an activity</p>	5 Person Hit and Run Softball Assessment (Extra Extra)	<ul style="list-style-type: none"> • Shot on Goal • Frisbee Speedball • Bocce Golf 	<ul style="list-style-type: none"> • Hockey • Frisbee • Golf
<p>A7-6: Demonstrate manipulative skills by using elements of space awareness, effort and relationships, with and without objects, to improve performance A8-6: Select, combine and perform manipulative skills by using elements of space awareness, effort</p>	5 Person Hit and Run Softball Assessment (Extra Extra)	<ul style="list-style-type: none"> • Frisbee Speedball • Chipping (Target Golf) • Striking a Ball (Shadow) 	<ul style="list-style-type: none"> • Frisbee • Golf • Handball/Wallball

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and relationships, with and without object, to improve performance			
<p>A7-7: Demonstrate activity-specific skills in a variety of environments and using various equipment; e.g., orienteering</p> <p>A8-7: Apply activity-specific skills in a variety of environments and using various equipment; e.g., cross-country skiing, skating</p>	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Putting to Targets • Shot on Goal • Ultimate Frisbee 	<ul style="list-style-type: none"> • Golf • Hockey • Frisbee
<p>A7-8: Refine and present a variety of dance sequences; e.g., folk, square, social and novelty, alone and with others</p> <p>A8-8: Select, refine and present a variety of dance sequences; e.g., jazz, square, social and novelty, alone and with others.</p>	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • California Strut • Achy Breaky Heart • The Electric Slide 	<ul style="list-style-type: none"> • Dance
<p>A7-9: Choreograph and perform dance sequences, using the elements of movement and basic dance steps and patterns</p> <p>A8-9: Choreograph and perform</p>	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • The Virginia Reel • Cotton Eyed Joe • Troika 	<ul style="list-style-type: none"> • Dance

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dance sequences, using the elements of movement and basic dance steps and patterns			
A7-10: Demonstrate activity-specific basic skills in a variety of games A8-10: Select, combine and perform activity-specific basic skills in a variety of games	Volleyball Skill Assessment (Extra Extra)	<ul style="list-style-type: none"> • Group Passing With Defenders • 3 Trap with Shot • Circle Bump and Set 	<ul style="list-style-type: none"> • Field Games • Hockey • Volleyball
A7-11: Demonstrate more challenging strategies and tactics that coordinate efforts with others; e.g., team/fair play, in order to achieve a common goal activity A8-11: Be able to identify and evaluate specific strategies and tactics that coordinate effort with others; e.g., team/fair play, in order to achieve a common activity goal	Volleyball Skill Assessment (Extra Extra)	<ul style="list-style-type: none"> • Group Passing With Defenders • 3 Trap with Shot • Circle Bump and Set 	<ul style="list-style-type: none"> • Field Games • Hockey • Volleyball
A7-12: Demonstrate ways to improve and refine the functional and expressive qualities of movements that combine basic skills in a variety of gymnastic experiences individually, with a	Not addressed in this version		

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<p>partner, or in a group; e.g., educational, rhythmic and artistic</p> <p>A8-12: Select and perform ways to improve the functional and expressive qualities of movements, that combine basic skills in a variety of gymnastic experiences individually, with a partner, or in a group; e.g., educational, rhythmic and artistic</p>			
<p>A7-13: Demonstrate activity-specific skills in a variety of individual pursuits; e.g., power walk</p> <p>A8-13: Select, perform and refine activity-specific skills in a variety of individual pursuits; e.g., wrestling</p>	<p>Personal Best Log (Extra Extra)</p>	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog

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<p>General Outcome B: Students will understand, experience and appreciate the health benefits that result from physical activity.</p> <p>Functional Fitness, Body Image, Well-Being</p>			
<p>B7-1: Analyze personal nutritional habits and how they relate to performance in physical activity B8-1: Monitor and analyze a personal nutrition plan that affects physical performance</p>	<p>Debrief</p>	<ul style="list-style-type: none"> • Workout Tag • 5 Servings Tag • Fat Grabbers 	<ul style="list-style-type: none"> • Aerobic Games
<p>B7-2: Demonstrate and evaluate ways to achieve a personal functional level of fitness B8-2: Demonstrate and monitor ways to achieve a personal functional level of physical fitness</p>	<p>Personal Best Log (Extra Extra)</p>	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
<p>B7-3: Explain the components of fitness; e.g., flexibility, endurance, strength, cardio-respiratory activity; analyze individual abilities and formulate an individual plan for growth</p>	<p>Personal Best Log (Extra Extra)</p>	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog

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B8-3: Explain fitness components and principles of training, and formulate individual plans for personal physical fitness			
B7-4: Identify different body types and how all types can contribute to, or participate in, physical activity B8-4: Acknowledge the perceptions that occur as a result of media influence on body types in relation to physically active images	Debrief	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
B7-5: Discuss performance-enhancing substances as a part of the negative effect on physical activity B8-5: Discuss performance-enhancing substances and how they can affect body type in relation to physical activity	Debrief	Not specifically addressed	
B7-6: Identify and explain the effects of exercise on the body systems before, during and after exercise	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and

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B8-6: Analyze the personal effects of exercise on the body systems before, during and after exercise		Jog	Jog
B7-7: Interpret personal fitness changes as a result of physical activity B8-7: Monitor, analyze and assess fitness changes as a result of physical activity	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
B7-8: Understand the connection between physical activity, stress management and relaxation B8-8: Describe and perform appropriate physical activities for personal stress management and relaxation	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog

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<p>General Outcome C: Students will interact positively with others.</p> <p>Communication, Fair Play, Leadership, Teamwork</p>			
<p>C7-1: Communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity</p> <p>C8-1: Communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity</p>	<p>Pair Share (Lesson Closure, Extra Extra)</p>	<ul style="list-style-type: none"> • Alaska Snowball • Houdini Hoops • Memory Ball 	<ul style="list-style-type: none"> • All Run Games • Cooperative Games • Cooperative Games
<p>C7-2: Identify positive active living role models</p> <p>C8-2: Discuss positive active living role models</p>	<p>Debrief</p>	<p>Not specifically addressed</p>	
<p>C7-3: Demonstrate etiquette and fair play</p> <p>C8-3: Demonstrate etiquette and fair play</p>	<p>5 Person Hit and Run Softball Assessment (Extra Extra)</p>	<ul style="list-style-type: none"> • Give and Go • Dodge and Pass • 3-Step Run With Defender 	<ul style="list-style-type: none"> • Soccer • Hockey • Field Games
<p>C7-4: Identify and then take responsibility for various roles while participating in physical</p>	<p>Pair Share (Lesson Closure, Extra Extra)</p>	<ul style="list-style-type: none"> • Houdini Hoops • Bodyguards • Double Dutch 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Jump Rope

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activity, and identify the leadership and followership skills used while participating in physical education C8-4: Describe, apply and practice leadership and followership skills related to physical activity		Jumping	
C7-5: Select and apply practices that contribute to teamwork C8-5: Recommend practices that contribute to teamwork	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Houdini Hoops • Bodyguards • Double Dutch Jumping 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Jump Rope
C7-6: Identify and demonstrate positive behaviors that show respect for self and others C8-6: Identify and demonstrate positive behaviors that show respect for self and others	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Moon Ball • Group Moon Ball • Freeze and Go 	<ul style="list-style-type: none"> • Cooperative Games

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<p>General Outcome D: Students will assume responsibility to lead an active way of life.</p> <p>Effort, Safety</p>			
<p>D7-1: Participate regularly in, and identify the benefits of, an active lifestyle</p> <p>D8-1: Participate regularly in, and identify and describe the benefits of, an active lifestyle</p>	<p>Personal Best Log (Extra Extra)</p>	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California
<p>D7-2: Identify and demonstrate strategies that encourage participation and continued motivation</p> <p>D8-2: Develop a personal plan that encourages participation and continued motivation</p>	<p>Personal Best Log (Extra Extra)</p>	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California
<p>D7-3: Identify, describe and follow the rules, routines and procedures for safety in a variety of activities in all dimensions</p> <p>D8-3: Select and apply rules, routines and procedures for safety</p>	<p>5 Person Hit and Run Softball Assessment (Extra Extra)</p>	<ul style="list-style-type: none"> • Give and Go • Dodge and Pass • 3-Step Run With Defender 	<ul style="list-style-type: none"> • Soccer • Hockey • Field Games

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in a variety of activities			
<p>D7-4: Explain the benefits of, and demonstrate safe warm-up and cool-down activities</p> <p>D8-4: Design and perform warm-up and cool-down activities</p>	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California
<p>D7-5: Recommend safe movement experiences that promote an active, healthy lifestyle; e.g., protective equipment for in-line skating, ball hockey</p> <p>D8-5: Appraise or judge movement experiences for safety that promote an active, healthy lifestyle; e.g., safe use of equipment</p>	5 Person Hit and Run Softball Assessment (Extra Extra)	<ul style="list-style-type: none"> • Give and Go • Dodge and Pass • Fielding Ground Balls 	<ul style="list-style-type: none"> • Soccer • Hockey • Softball