

SPARK Alignment with Ontario Physical Education Standards K-2 (Version 2008)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Fundamental Movement Skills Grade 1 Students will:			
Travel in a variety of ways (e.g., leap, gallop) in different directions in response to signals (e.g., stop or go signals)	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • 4 Corners • General Space and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Building a Foundation
Travel in a variety of ways using different pathways (e.g., straight, curved, or zigzag pathways in creative dance)	Building a Foundation Rubric	<ul style="list-style-type: none"> • Pathways and Creative Moves • Move and Groove • Tempos and Creative Moves 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Building a Foundation
Throw objects of various sizes and shapes underhand, using one or two hands and large targets (e.g., toss a bean bag through a hoop)	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Throwing Underhand to Targets • Bean Bag Exploration • Manipulatives Circuit 	<ul style="list-style-type: none"> • Catching and Throwing • Manipulatives • Manipulatives
Catch objects of various sizes, shapes, and textures below the	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Self-Toss and Catch • Partner Throw and 	<ul style="list-style-type: none"> • Catching and Throwing • Catching and Throwing

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waist and using two hands (e.g., catch a utility or beach ball)		Catch <ul style="list-style-type: none"> • Scarf Juggling Lead-Up 	<ul style="list-style-type: none"> • Manipulatives
Bounce, while stationary, a ball with one hand	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Bounce and Catch Introduction • Dribbling Introduction • Squirrels and Acorns 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking • Dribbling, Volleying, and Striking • Dribbling, Volleying, and Striking
Jump forward with control, using a variety of take-offs and landings	Jumping Rubric	<ul style="list-style-type: none"> • Jumping and Landing Patterns • Jumping and Landing • Jumping and Landing Circuit 	<ul style="list-style-type: none"> • Jumping • Balance, Stunts and Tumbling • Jumping
Demonstrate basic static balances (e.g., stork balance) without equipment	Balance, Stunts and Tumbling Rubric	<ul style="list-style-type: none"> • Static Balances • Body Management and Balance • Animal Balancing Act 	<ul style="list-style-type: none"> • Balance, Stunts and Tumbling • Building a Foundation • Balance, Stunts and Tumbling
Transfer their weight from one body part to another	Balance, Stunts and Tumbling Rubric	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Stunts Add-On • Stunts Circuit 	<ul style="list-style-type: none"> • Balance, Stunts and Tumbling • Balance, Stunts and Tumbling • Balance, Stunts and Tumbling

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			Tumbling

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Active Participation Grade 1 Students will:			
Participate vigorously in all aspects of the program (e.g., physical activity centers, dancing to music, tag games)	Building a Foundation Rubric	<ul style="list-style-type: none"> • Circuit Introduction • Superhero Tag • Mayonesa 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Dance
Display readiness to participate in the instructional program (e.g., joining in readily, wearing appropriate clothing, removing jewelry)	Balance, Stunts and Tumbling Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Stunts Introduction • Stunts Add-On 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
Follow instructions, pay attention, and attempt new activities	Games Rubric	<ul style="list-style-type: none"> • The Good Ship SPARK • It's in the Cards • Houdini Hoops 	<ul style="list-style-type: none"> • Games • Games • Games
Participate in sustained moderate to vigorous physical activity (e.g., animal-walk fitness circuit) for a minimum of twenty minutes each day, including appropriate warm-up and cool-down procedures	Building a Foundation Rubric	<ul style="list-style-type: none"> • Chasing and Fleeing • High-Five Tag • Frogs Across the Pond 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
Recognize that the heart is always	Games Rubric	<ul style="list-style-type: none"> • Crazy Cones 	<ul style="list-style-type: none"> • Games

beating and pumping blood to the muscles and the rest of the body, and that increased activity increases both the work of the heart and the speed of breathing		<ul style="list-style-type: none"> • Cookie Monster Tag • Fitness Introduction 	<ul style="list-style-type: none"> • Games • Building a Foundation
Participate in class or small-group discussion activities related to physical activity (e.g., goal setting through a theme-related activity such as a walk-run to the Olympics)	Games Rubric	<ul style="list-style-type: none"> • Emotion Motion • Showtime • Houdini Hoops 	<ul style="list-style-type: none"> • ASAP • Balance, Stunts, and Tumbling • Games
Work cooperatively with others (e.g., sharing equipment, helping others)	Throwing and Catching Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Soccer Golf • Long Rope Turning in Pairs 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Jumping
Demonstrate respect for others in group situations (e.g., being courteous, speaking kindly)	Building a Foundation 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

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Fundamental Movement Skills Grade 2 Students will:			
Travel and change from one kind of locomotion/traveling movement to another (e.g., hopping to skipping)	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • 4 Corners • Knees Up Mother Brown 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
Travel in a variety of ways, changing pathways and directions (e.g., in creative dance, dances from other countries)	Dance Rubric	<ul style="list-style-type: none"> • Pathways and Creative Moves • The Muffin Man • The Bouncer 	<ul style="list-style-type: none"> • Building a Foundation • Dance • ASAP
Kick a stationary ball, using either foot, to a partner or to a large target	Kicking and Trapping Rubric	<ul style="list-style-type: none"> • Kicking for Accuracy • Soccer Golf • Passing in Pairs 	<ul style="list-style-type: none"> • Kicking and Trapping • Kicking and Trapping • Kicking and Trapping
Dribble a ball over a short distance, using their feet	Kicking and Trapping Rubric	<ul style="list-style-type: none"> • Control Dribble Around Obstacles • Shadow Dribble • Tunnel Dribble 	<ul style="list-style-type: none"> • Kicking and Trapping • Kicking and Trapping • Kicking and Trapping
Bounce a ball while moving, using either hand	Dribbling, Volleying, and Striking Rubric	<ul style="list-style-type: none"> • Dribbling Introduction • Squirrels and Acorns • Dribbling, Volleying, and Striking Circuit 	<ul style="list-style-type: none"> • Dribbling, Volleying, and Striking

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Jump and land safely, using take-off combinations of one or two feet	Jumping Rubric	<ul style="list-style-type: none"> • Jumping and Landing Patterns • Jumping and Landing • Jumping and Landing Circuit 	<ul style="list-style-type: none"> • Jumping • Balance, Stunts, and Tumbling • Jumping
Balance on a variety of body parts, on and off equipment, while stationary and moving (e.g., balancing on a bench without moving, walking forward on a bench)	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Animal Balancing Act • Static Balances • Dynamic Balances 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling • Balance, Stunts, and Tumbling
Transfer their body weight over low equipment in a variety of ways (e.g., from feet to hands to feet)	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Weight Transfer and Rolls • Hurdling Practice • Stunts Circuit 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Jumping • Balance, Stunts, and Tumbling

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Active Participation Grade 2 Students will:			
Participate vigorously in all aspects of the program (e.g., individual and group activities, dancing to music, cooperative games)	Games Rubric	<ul style="list-style-type: none"> • Oxygen Boogie • Stunts Circuit • Seven Jumps 	<ul style="list-style-type: none"> • Games • Balance, Stunts, and Tumbling • Dance
Identify the reasons for participating in regular activity	Debrief question: <i>How does exercise help to keep your body healthy?</i>	<ul style="list-style-type: none"> • Chasing and Fleeing • High-Five Tag • The Dog Catcher 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • Games
Display readiness to participate in the instructional program (e.g., taking out and putting away equipment, joining in readily, wearing appropriate clothing, and applying sun protection when necessary)	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Stunts Introduction • Circuit Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Balance, Stunts, and Tumbling • Building a Foundation
Stay on task, follow instructions, pay attention, and see tasks through to completion	Games Rubric	<ul style="list-style-type: none"> • Houdini Hoops • Catch a Tail • Frog Crossing 	<ul style="list-style-type: none"> • Games • Games • Games
Participate in sustained moderate to vigorous physical activity (e.g.,	Games Rubric	<ul style="list-style-type: none"> • Crazy Cones • Cookie Monster Tag 	<ul style="list-style-type: none"> • Games • Games

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aerobics routine) for a minimum of twenty minutes each day, including appropriate warm-up and cool-down procedures		<ul style="list-style-type: none"> • Fitness Introduction 	<ul style="list-style-type: none"> • Building a Foundation
Explain the importance of stretching the large muscle groups through warm-ups before physical activity	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Flexibility • Twist and Turn/Bend and Stretch • Stunts Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives • Balance, Stunts, and Tumbling
Recognize that the body needs activity for sustained amounts of time to improve the strength of the heart and lungs	Debrief question: <i>How do your heart and lungs work together when you are exercising?</i>	<ul style="list-style-type: none"> • Fitness Introduction • Chasing and Fleeing • Crazy Cones 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Games
Assess the degree of exertion in physical activities (e.g., by calculating their heart beat or breathing rate)	Debrief question: <i>Was your heart rate the same before, during, and after you exercised? How did it change?</i>	<ul style="list-style-type: none"> • Fitness Introduction (SPARK It Up!) • Pedometer Activities 	<ul style="list-style-type: none"> • Building a Foundation • Various Units
Participate in personal or group goal setting related to physical activity (e.g., to bring proper clothing for gymnastics, to bench step for two minutes)	Games Rubric	<ul style="list-style-type: none"> • Oxygen Boogie • Grouping and Moving Together • Frog Crossing 	<ul style="list-style-type: none"> • Games • Building a Foundation • Games

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Demonstrate appropriate interpersonal skills and respectful behavior (e.g., displaying etiquette, playing fairly, cooperating) in physical activities	Parachute Rubric	<ul style="list-style-type: none"> • Fly in the Web • Houdini Hoops • Line Boogie 	<ul style="list-style-type: none"> • Parachute • ASAP • Manipulatives
Provide help to and ask for help from group members	Throwing and Catching Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch • Soccer Golf • Long Rope Turning in Pairs 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Jumping