

SPARK Alignment with Alaska Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2000 Edition)			
Standard A: A student should be able to acquire a core knowledge related to well-being.	Debrief	<ul style="list-style-type: none"> • Workout Tag • Single Short Rope Jumping • Twist & Turn, Bend & Stretch 	<ul style="list-style-type: none"> • Great Games • Jumping for Joy • Bean Bag Boogie
Standard B: A student should be able to demonstrate responsibility for the student's well-being.	Superkid Stunt Skill Assessment	<ul style="list-style-type: none"> • Wring the Dishrag, Partner Toe Toucher, Double Top, Leapfrog, Mirror • Motorcycle Mania • Safety Song 	<ul style="list-style-type: none"> • Superkid Stunts • SPARK Starters • Dance with Me
Standard C: A student should understand how well-being is affected by relationships with others.	Parachute Parade Skill Assessment	<ul style="list-style-type: none"> • Motorcycle Mania • Popcorn and Team Popcorn • Pass and Duck 	<ul style="list-style-type: none"> • SPARK Starters • Parachute Parade • Having a Ball
Standard D: A student should be able to contribute to the well-being of families and communities.	Jumping for Joy Skill Assessment	<ul style="list-style-type: none"> • Rope Turning • Hoop a Group Lines • The Mexican Hat Dance 	<ul style="list-style-type: none"> • Jumping for Joy • Happy Hoops • Dance with Me

SPARK Alignment with Alaska Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3-5 (2007 Edition)			
Standard A: A student should be able to acquire a core knowledge related to well-being.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Solo Aerobic Fitness • Figure 8 Walk / Jog • Moving Around the Track 	<ul style="list-style-type: none"> • Fitness Challenges • Walk / Jog / Run • Map Challenges
Standard B: A student should be able to demonstrate responsibility for the student's well-being.	Personal Best Log	<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 C: A student should understand how well-being is affected by relationships with others.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Cooperative Countdown • VIP Tag • Designated Driver • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Volleyball • Chasing and Fleeing • Cooperatives • Cooperatives • Cooperatives • Cooperatives

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard D: A student should be able to contribute to the well-being of families and communities.	Home Play Activities	<ul style="list-style-type: none"> • Survivor Challenge • Create a Dance • Centipede Bucket Brigade 	<ul style="list-style-type: none"> • Fitness Challenges • Dance • Aerobic Games

SPARK Alignment with Alaska Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
6-8 (2001 Edition)			
Standard A: A student should be able to acquire a core knowledge related to well-being.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Estimation • Jogging • Rope Skipping 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Jump Rope
Standard B: A student should be able to demonstrate responsibility for the student's well-being.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Baseball / Softball BINGO • Throw for Distance • Softball Throw for Distance 	<ul style="list-style-type: none"> • Extra Extra • Frisbee • Track and Field
Standard C: A student should understand how well-being is affected by relationships with others.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Houdini Hoops • Moon Ball • Group Moon Ball 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Cooperative Games
Standard D: A student should be able to contribute to the well-being of families and communities.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Bump to Partner • B.U.M.P. Game • Keep It Up 	<ul style="list-style-type: none"> • Volleyball • Volleyball • Volleyball

SPARK Alignment with Alaska Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
9-12 (2007 Edition)			
Standard A: A student should be able to acquire a core knowledge related to well-being.	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling / Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling / Jump Bands
Standard B: A student should be able to demonstrate responsibility for the student's well-being.	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness Program
Standard C: A student should understand how well-being is affected by relationships with others.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Hula Hoop Pass • 2 Group Human Ladder • Minefield 	<ul style="list-style-type: none"> • Cooperatives / Teambuilding • Cooperatives / Teambuilding • Cooperatives / Teambuilding
Standard D: A student should be able to contribute to the well-being of families and communities.	Weight Room and Fitness Lab Safety Test	<ul style="list-style-type: none"> • Power Stretching / Yoga • Pilates • Personal Fitness Program 	<ul style="list-style-type: none"> • Power Stretching / Yoga • Pilates • Personal Fitness Program