

SPARK Alignment with Alaska Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Edition)			
Standard A: A student should be able to acquire a core knowledge related to well-being.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Flexibility • Body Management and Balance 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Standard B: A student should be able to demonstrate responsibility for the student's well-being.	Jumping Rubric	<ul style="list-style-type: none"> • Individual Rope Jumping I and II • Stunts Circuit • Fitness Introduction 	<ul style="list-style-type: none"> • Jumping • Balance, Stunts, and Tumbling • Building a Foundation
Standard C: A student should understand how well-being is affected by relationships with others.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Partner Stunts • Scoops and Balls in Groups 	<ul style="list-style-type: none"> • Parachute • Balance, Stunts, and Tumbling • Catching and Throwing
Standard D: A student should be able to contribute to the well-being of families and communities.	Debrief	<ul style="list-style-type: none"> • Individual Rope Jumping I (Home Play) • 2-Square (Home Play) • Volleying and 	<ul style="list-style-type: none"> • Jumping • Recess Activities • Dribbling, Volleying, and Striking

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		Striking Introduction (Home Play)	

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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 	<ul style="list-style-type: none"> • Volleyball • Chasing and Fleeing • Cooperatives • Cooperatives • Cooperatives • Cooperatives

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

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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

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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/Team building • Cooperatives/Team building • Cooperatives/Team building
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