

## SPARK Alignment with Alabama Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>K-2 (2008 Edition)</b>			
Demonstrates competency in many movement forms and proficiency in a few movement forms	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Manipulatives Circuit</li> <li>• Basic Body Positions</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Manipulatives</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
Applies movement concepts and principles to the learning and the development of motor skills.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> <li>• Showtime</li> <li>• Scoops and Balls Introduction</li> <li>• Control Dribble Around Obstacles</li> </ul>	<ul style="list-style-type: none"> <li>• Balance, Stunts, and Tumbling</li> <li>• Catching and Throwing</li> <li>• Kicking and Trapping</li> </ul>
Exhibits a physically active lifestyle	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Fitness Introduction</li> <li>• Flexibility</li> <li>• Parachute Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Parachute</li> </ul>
Achieves and maintains a health-enhancing level of physical fitness.	Games Rubric	<ul style="list-style-type: none"> <li>• Sugar and Fat Tag</li> <li>• Weight Transfer and Rolls</li> <li>• Locomotor Grab</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Balance, Stunts, and Tumbling</li> <li>• ASAP</li> </ul>

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		Bag	
Demonstrates responsible personal and social behavior in physical activity settings.	Parachute Rubric	<ul style="list-style-type: none"> <li>• Capture the Orb</li> <li>• Partner Stunts</li> <li>• Long Rope Jumping I and II</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Balance, Stunts, and Tumbling</li> <li>• Jumping</li> </ul>
Demonstrates understanding and respect for differences among people in physical activity settings.	Games Rubric	<ul style="list-style-type: none"> <li>• Houdini Hoops</li> <li>• Frog Crossing</li> <li>• The Mexican Hat Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Games</li> <li>• Dance</li> </ul>
Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Dance Rubric	<ul style="list-style-type: none"> <li>• Create a Dance</li> <li>• Emotion Motion</li> <li>• Oxygen Boogie</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• ASAP</li> <li>• Games</li> </ul>

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<b>3-5 (2007 Edition)</b>			
Demonstrates competency in many movement forms and proficiency in a few movement forms	Hockey Self-Check	<ul style="list-style-type: none"> <li>• Batting Practice</li> <li>• Ball-Control Drills</li> <li>• Dribbling Drills</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
Applies movement concepts and principles to the learning and the development of motor skills.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> <li>• Survivor Challenge</li> <li>• Cooperative Countdown</li> <li>• Aerobic Bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Volleyball</li> <li>• Aerobic Games</li> </ul>
Exhibits a physically active lifestyle	Walk/Jog/Run Think About	<ul style="list-style-type: none"> <li>• Moving Around the Track</li> <li>• Inside/Outside Walk/Jog</li> <li>• Partner Walk/Jog and Talk</li> </ul>	<ul style="list-style-type: none"> <li>• Map Challenges</li> <li>• Walk/Jog/Run</li> <li>• Walk/Jog/Run</li> </ul>
Achieves and maintains a health-enhancing level of physical fitness.	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> <li>• Muscular Strength and Endurance Circuit</li> <li>• Fun and Flexibility with a</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Circuits</li> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Fitness Circuits</li> </ul>

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		Friend <ul style="list-style-type: none"> <li>• Aerobic Capacity Circuit</li> </ul>	
Demonstrates responsible personal and social behavior in physical activity settings.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> <li>• Group Juggling</li> <li>• Stepping Stones</li> <li>• Beat the Clock</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>
Demonstrates understanding and respect for differences among people in physical activity settings.	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> <li>• Mini-Hockey</li> <li>• Survivor Challenge</li> <li>• Stick with Me!</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Fitness Challenges</li> <li>• Cooperatives and Initiatives</li> </ul>
Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> <li>• Solo Aerobic Fitness</li> <li>• Jump the Circuit (Individual Tricks)</li> <li>• Moving Around the Track</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Jump Rope</li> <li>• Map Challenges</li> </ul>

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<b>6-8 (2001 Edition)</b>			
Demonstrates competency in many movement forms and proficiency in a few movement forms	Basketball Trick Skills Test (Extra Extra)	<ul style="list-style-type: none"> <li>• Pass and Shoot</li> <li>• Putting to Targets</li> <li>• Target Frisbee</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Golf</li> <li>• Frisbee</li> </ul>
Applies movement concepts and principles to the learning and the development of motor skills.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> <li>• Modified Full-Court Games</li> <li>• Frisbee Speedball</li> <li>• Circle Bump and Set</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Frisbee</li> <li>• Volleyball</li> </ul>
Exhibits a physically active lifestyle	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>
Achieves and maintains a health-enhancing level of physical fitness.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>
Demonstrates responsible personal and social behavior in physical activity settings.	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> <li>• Straddleball</li> <li>• Red River Valley</li> <li>• Ultimate Frisbee</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Dance</li> <li>• Frisbee</li> </ul>
Demonstrates understanding and respect for differences among	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> <li>• Houdini Hoops</li> <li>• Bodyguards</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Cooperative Games</li> </ul>

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people in physical activity settings.		<ul style="list-style-type: none"> <li>• Double Dutch Jumping</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> </ul>
Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>

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<b>9-12 (2007 Edition)</b>			
Demonstrates competency in many movement forms and proficiency in a few movement forms	Choreography Project	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling/Jump Bands</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling/Jump Bands</li> </ul>
Applies movement concepts and principles to the learning and the development of motor skills.	Weight Room and Fitness Lab Safety Test	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>
Exhibits a physically active lifestyle	Dance Assessment	<ul style="list-style-type: none"> <li>• 5, 6, 7, 8</li> <li>• Pilates/Yoga</li> <li>• Troika</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Pilates/Yoga</li> <li>• Dance</li> </ul>
Achieves and maintains a health-enhancing level of physical fitness.	Jump Rope Routine Score Sheet	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Volleyball</li> <li>• Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Volleyball</li> <li>• Dance</li> </ul>
Demonstrates responsible personal and social behavior in physical activity settings.	Teambuilding Response Journal	<ul style="list-style-type: none"> <li>• Two by Four Shuffle</li> <li>• Spider's Web</li> <li>• Warp Speed</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> </ul>
Demonstrates understanding and	Teambuilding	<ul style="list-style-type: none"> <li>• Everybody Up</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives/Team</li> </ul>

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respect for differences among people in physical activity settings.	Response Journal	<ul style="list-style-type: none"> <li>• Gordian Knot</li> <li>• Trolleys</li> </ul>	building <ul style="list-style-type: none"> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> </ul>
Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>