

SPARK Alignment with Arkansas Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Edition)			
Standard 1: Motor Skills and Movement Students shall demonstrate <i>competency</i> in motor skills and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • Manipulatives Circuit • Basic Body Positions 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives • Balance, Stunts, and Tumbling
Standard 2: Health Related Fitness Students shall achieve and maintain a health-enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Flexibility • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Parachute
Standard 3: Lifetime Sports and Recreation Students shall demonstrate an understanding of the importance and health benefits of participating in lifetime sports and recreation.	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 4: Personal and Social Behavior Students shall demonstrate responsible personal	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Partner Stunts • Long Rope 	<ul style="list-style-type: none"> • Parachute • Balance, Stunts, and Tumbling

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and social behavior that respects self and others in physical activity settings.		Jumping I and II	<ul style="list-style-type: none"> • Jumping

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3-5 (2007 Edition)			
Standard 1: Motor Skills and Movement Students shall demonstrate <i>competency</i> in motor skills and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> • Mini-Hockey • Quick-Play Mini-Football • Mini-Basketball 	<ul style="list-style-type: none"> • Hockey • Football • Basketball
Standard 2: Health Related Fitness Students shall achieve and maintain a health-enhancing level of physical fitness.	Fitness Circuits Think About	<ul style="list-style-type: none"> • Resistance Band Workout • Flexibility Circuit • Body Composition BINGO • Number Run 	<ul style="list-style-type: none"> • Group Fitness • Fitness Circuits • Fitness Challenges • Walk/Jog/Run
Standard 3: Lifetime Sports and Recreation Students shall demonstrate an understanding of the importance and health benefits of participating in lifetime sports and recreation.	Body Composition Wellness Integration	<ul style="list-style-type: none"> • Body Composition Circuit • Bench Step Basics • Walk/Run Switcheroo • Wellness 	<ul style="list-style-type: none"> • Fitness Circuits • Group Fitness • Walk/Jog/Run

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		Integration	
Standard 4: Personal and Social Behavior Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

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6-8 (2001 Edition)			
Standard 1: Motor Skills and Movement Students shall demonstrate <i>competency</i> in motor skills and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	5 Person Hit and Run Softball Assessment (Extra Extra)	<ul style="list-style-type: none"> • 5-Person Bat and Run Softball • 3-Catch Basketball • Tinikling 	<ul style="list-style-type: none"> • Softball • Basketball • Dance
Standard 2: Health Related Fitness Students shall achieve and maintain a health-enhancing level of physical fitness.	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 3: Lifetime Sports and Recreation Students shall demonstrate an understanding of the importance and health benefits of participating in lifetime sports and recreation.	Personal Best Log (Extra Extra)	SPARK Physical Activity Log <ul style="list-style-type: none"> • SPARK Action Plan • Jogging 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Run USA
Standard 4: Personal and Social Behavior Students shall demonstrate responsible personal and social behavior that respects	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

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self and others in physical activity settings.			

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9-12 (2007 Edition)			
Content Standard 1: Motor Skills and Movement Patterns Students shall demonstrate <i>competency</i> in motor skills and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Track and Field Assessment (Extra Extra)	<ul style="list-style-type: none"> • Group Passing with Defenders • Shuttle Run Practice • Keep It Up, Run Around 	<ul style="list-style-type: none"> • Field Games • Track and Field • Volleyball
Content Standard 2: <i>Health-Related Fitness</i> Students shall achieve and maintain a <i>health-enhancing</i> level of physical fitness.	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
Content Standard 3: Lifetime Sports and Recreation Students shall have an understanding of the importance and <i>health</i> benefits of participating in lifetime sports and recreation.	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
Content Standard 4: Personal and Social Behavior Students shall demonstrate responsible personal	Teambuilding Response Journal	<ul style="list-style-type: none"> • Group Jump Rope • Popsicle Push-Ups 	<ul style="list-style-type: none"> • Teambuilding • Teambuilding • Teambuilding

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and social behavior that respects self and others in physical activity settings.		<ul style="list-style-type: none"> • Minefield 	