

SPARK Alignment with Connecticut Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2000 Version)			
Physical Activity: Students will become competent in a variety of, and proficient in a few, physical activities.	Perceptual Power Skill Assessment	<ul style="list-style-type: none"> • Non-Locomotor Skills • Animal Walks • 8 Basic Locomotor Skills 	<ul style="list-style-type: none"> • Perceptual Power • Superkid Stunts • Perceptual Power
Human Movement: Students will understand and apply principles of human movement to the learning and development of motor skills.	Superkid Stunts Skill Assessment	<ul style="list-style-type: none"> • Creative Stunts • Levels/Directions/Tempo/Pathways • Musical Hoops 	<ul style="list-style-type: none"> • Superkid Stunts • Perceptual Power • Happy Hoops
Fitness: Students will use fitness concepts to achieve and maintain health-enhancing levels of physical fitness.	Great Games Skill Assessment	<ul style="list-style-type: none"> • Workout Tag • Twist & Turn, Bend & Stretch • T-Rex Tag 	<ul style="list-style-type: none"> • Great Games • Bean Bag Boogie • SPARK Starters
Responsible Behavior: Students will exhibit responsible personal and social behavior in physical activity settings.	Parachute Parade Skill Assessment	<ul style="list-style-type: none"> • Wring the Dishrag, Partner Toe Toucher, Double Top, Leapfrog, Mirror • Merry-Go-Round • Popcorn and Team Popcorn 	<ul style="list-style-type: none"> • Superkid Stunts • Parachute Parade • Parachute Parade

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Respect For Differences: Students will exhibit an understanding and respect for differences among people in physical activity settings.	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
Benefits of Physical Activity: Students will identify and understand how physical activity provides personal enjoyment, challenge, self-expression and social interaction.	SPARK Starters Skill Assessment	<ul style="list-style-type: none"> • Chase • Kid Star • Crazy Animals 	<ul style="list-style-type: none"> • Perceptual Power • Dance with Me • SPARK Starters

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3-5 (2007 Version)			
Physical Activity: Students will become competent in a variety of, and proficient in a few, physical activities.	Hockey Self-Check	<ul style="list-style-type: none"> • Mini-Hockey • Quick-Play Mini-Football • Mini-Basketball 	<ul style="list-style-type: none"> • Hockey • Football • Basketball
Human Movement: Students will understand and apply principles of human movement to the learning and development of motor skills.	Create A Routine Rubric (Stunts and Tumbling)	<ul style="list-style-type: none"> • Learning the Stunts • 5-Person Kick and Dribble • Grid Passing 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Basketball
Fitness: Students will use fitness concepts to achieve and maintain health-enhancing levels of physical fitness.	Fitness Circuits Performance Rubric	<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
Responsible Behavior: Students will exhibit responsible personal and social behavior 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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Respect For Differences: Students will exhibit an understanding and respect for differences among people in physical activity settings.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Cooperative Countdown • VIP Tag • Designated Driver 	<ul style="list-style-type: none"> • Volleyball • Chasing and Fleeing • Cooperatives
Benefits of Physical Activity: Students will identify and understand how physical activity provides personal enjoyment, challenge, self-expression and social interaction.	Movement Bands Create a Routine Performance Rubric	<ul style="list-style-type: none"> • Create a Routine • Create a Routine • Create a Dance 	<ul style="list-style-type: none"> • Group Fitness • Movement Bands • Dance

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6-8 (2001 Version)			
Physical Activity: Students will become competent in a variety of, and proficient in a few, physical activities.	Skill Checklist: Volleyball Underhand Serve (Extra Extra)	<ul style="list-style-type: none"> • Swing • Face-Off • Keep It Up, Run Around 	<ul style="list-style-type: none"> • Golf • Hockey • Volleyball
Human Movement: Students will understand and apply principles of human movement to the learning and development of motor skills.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Modified Full-Court Games • Frisbee Speedball • Circle Bump and Set 	<ul style="list-style-type: none"> • Basketball • Frisbee • Volleyball
Fitness: Students will use fitness concepts to achieve and maintain health-enhancing levels of physical fitness.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Obstacle Courses • Power Walk and Jog
Responsible Behavior: Students will exhibit responsible personal and social behavior in physical activity settings.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Houdini Hoops • Bodyguards • Double Dutch Jumping 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Jump Rope
Respect For Differences: Students will exhibit an understanding and respect for differences among people in physical activity settings.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Alaska Snowball • Houdini Hoops • Memory Ball 	<ul style="list-style-type: none"> • All Run Games • Cooperative Games • Cooperative Games

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<p>Benefits of Physical Activity: Students will identify and understand how physical activity provides personal enjoyment, challenge, self-expression and social interaction.</p>	<p>Dance Assessment (Extra Extra)</p>	<ul style="list-style-type: none"> • Straddleball • Red River Valley • Ultimate Frisbee 	<ul style="list-style-type: none"> • Cooperative Games • Dance • Frisbee

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9-12 (2007 Version)			
Physical Activity: Students will become competent in a variety of, and proficient in a few, physical activities.	Racquetball Skills Check-Off	<ul style="list-style-type: none"> • Return Service to Target • Skill Builder • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Basketball • Racquetball
Human Movement: Students will understand and apply principles of human movement to the learning and development of motor skills.	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> • Return Service to Target • 5-Person Hit and Run Softball • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Softball • Racquetball
Fitness: Students will use fitness concepts to achieve and maintain health-enhancing levels of physical fitness.	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

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Responsible Behavior: Students will exhibit responsible personal and social behavior in physical activity settings.	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
Respect For Differences: Students will exhibit an understanding and respect for differences among people in physical activity settings.	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
Benefits of Physical Activity: Students will identify and understand how physical activity provides personal enjoyment, challenge, self-expression and social interaction.	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tininkling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tininkling/Jump Bands