

SPARK Alignment with Florida Physical Education Standards  
(Version 2008)  
K-2

Content Standards	Sample Activities	Unit
<b>Standard 1</b> <b>The student demonstrates competency in many movement forms and proficiency in a few forms of physical activity. (PE.A.1.1)</b>		
<b>1.</b> Combines shapes, levels, directions, pathways, and ranges into simple sequences.	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> <li>• Tempos and Creative Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> </ul>
<b>2.</b> Kicks stationary and rolled balls with strong force while maintaining balance.	<ul style="list-style-type: none"> <li>• Kicking for Distance</li> <li>• Kicking for Accuracy</li> <li>• Soccer Golf</li> </ul>	<ul style="list-style-type: none"> <li>• Kicking and Trapping</li> </ul>
<b>3.</b> Adapts movement to changing environmental conditions.	<ul style="list-style-type: none"> <li>• Chasing and Fleeing</li> <li>• I Want a Home</li> <li>• The Good Ship SPARK</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• ASAP</li> <li>• ASAP</li> </ul>
<b>4.</b> Chases, flees, and dodges to avoid or catch others and maneuver around obstacles.	<ul style="list-style-type: none"> <li>• Chasing and Fleeing</li> <li>• Stuck-in-the-Mud</li> <li>• Squirrels in Trees</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Games</li> <li>• Games</li> </ul>
<b>5.</b> Consistently strikes lightweight objects with body parts and with lightweight implements.	<ul style="list-style-type: none"> <li>• Keep It Up</li> <li>• Sheep Dogs</li> <li>• Striking with Paddles</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling, Volleying, and Striking!</li> </ul>
<b>6.</b> Knows ways to manage own body weight in a variety of situations (e.g., hanging and climbing and balancing in symmetrical and asymmetrical shapes on a variety of body parts on mats or apparatus).	<ul style="list-style-type: none"> <li>• Body Management and Balance</li> <li>• Static Balances</li> <li>• Basic Body Positions</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Balance, Stunts, and Tumbling</li> <li>• Balance, Stunts, and Tumbling</li> </ul>

Content Standards	Sample Activities	Unit
7. Demonstrates basic locomotor skills (e.g., hop, walk, run, jump, leap, gallop, skip, and slide).	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels and Directions</li> <li>• Dead Bugs</li> <li>• 4 Corners</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• ASAP</li> <li>• ASAP</li> </ul>
8. Uses an overhand throwing pattern with accuracy	<ul style="list-style-type: none"> <li>• Overhand Throw for Distance</li> <li>• Catching and Throwing Circuit</li> <li>• Clean Your Room</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> </ul>
9. Knows various techniques for catching thrown objects.	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Partner Throw and Catch Challenges</li> <li>• Catching and Throwing Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> </ul>

Content Standards	Sample Activities	Unit
<b>Standard 2</b> <b>The student applies concepts and principles of human movement to the development of motor skills and the learning of new skills. (PE.A.2.1)</b>		
<b>1.</b> Knows how to absorb force by establishing a base of support to receive the force of the oncoming object.	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Partner Throw and Catch Challenges</li> <li>• Catching and Throwing Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> </ul>
<b>2.</b> Knows ways to establish bases of support using various body parts and fundamental principles of balance.	<ul style="list-style-type: none"> <li>• Body Management and Balance</li> <li>• Static Balances</li> <li>• Basic Body Positions</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Balance, Stunts, and Tumbling</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
<b>3.</b> Knows various techniques for landing safely.	<ul style="list-style-type: none"> <li>• Jumping and Landing</li> <li>• Jumping and Landing Patterns</li> <li>• Jump for Distance</li> </ul>	<ul style="list-style-type: none"> <li>• Balance, Stunts, and Tumbling</li> <li>• Jumping</li> <li>• Jumping</li> </ul>
<b>4.</b> Uses concepts of space and movement to design and practice sequences that show the use of all three types of pathways (i.e., straight, zig-zag, and curved).	<ul style="list-style-type: none"> <li>• General Space and Creative Moves</li> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> </ul>
<b>5.</b> Uses movement control to run, hop, and skip in different ways in a large group without bumping into others or falling	<ul style="list-style-type: none"> <li>• General Space and Creative Moves</li> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> </ul>

Content Standards	Sample Activities	Unit
<b>Standard 3</b> <b>The student analyzes the benefits of regular participation in physical activity. (PE.A.3.1)</b>		
<b>1.</b> Knows the characteristics of a mature throw.	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Partner Throw and Catch Challenges</li> <li>• Catching and Throwing Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> </ul>
<b>2.</b> Knows that the heart is a muscle that will become stronger as a result of physical activity.	<ul style="list-style-type: none"> <li>• Oxygen Boogie</li> <li>• Cookie Monster Tag</li> <li>• Fitness Introduction</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Games</li> <li>• Building a Foundation</li> </ul>
<b>3.</b> Understands that physical activity produces feelings of pleasure.	<ul style="list-style-type: none"> <li>• Crazy Cones</li> <li>• Chasing and Fleeing</li> <li>• The Good Ship SPARK</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Building a Foundation</li> <li>• ASAP</li> </ul>
<b>4.</b> Knows ways in which physical activity promotes muscular strength.	Fitness Introduction (SPARK It Up!)	<ul style="list-style-type: none"> <li>• Building a Foundation</li> </ul>

Florida Academic Standards for Health, Safety, and Physical Education

Grades K-2 Responsible Physical Activity Behaviors

Content Standards	Sample Activities	Unit
<b>Standard 1</b> <b>The student achieves and maintains a health-enhancing level of physical fitness. (PE.B.1.1)</b>		
<b>1.</b> Knows how to move each joint through a functional range of motion.	<ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Twist and Turn/Bend and Stretch</li> <li>• Stunts Introduction</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Manipulatives</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
<b>2.</b> Understands the changes that occur in respiration during vigorous physical	<ul style="list-style-type: none"> <li>• Oxygen Boogie</li> <li>• Cookie Monster Tag</li> <li>• Fitness Introduction</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Games</li> <li>• Building a Foundation</li> </ul>
<b>3.</b> Knows various warm-up and cool-down exercises.	<ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Twist and Turn/Bend and Stretch</li> <li>• Stunts Introduction</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Manipulatives</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
<b>4.</b> Participates in health-related fitness assessment.	Fitness Introduction	<ul style="list-style-type: none"> <li>• Building a Foundation (Rubric)</li> </ul>

Content Standards	Sample Activities	Unit
<b>Standard 2</b> <b>The student demonstrates responsible personal and social behavior in physical activity. (PE.B.2.1)</b>		
<b>1.</b> Understands the importance of being aware of one's surroundings and acting in a safe manner while participating in physical activity settings.	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, and Directions</li> <li>• Pathways and Creative Moves</li> <li>• Chasing and Fleeing</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> </ul>
<b>2.</b> Follows directions given by instructor or group leader.	<ul style="list-style-type: none"> <li>• I See, I See</li> <li>• Airplanes</li> <li>• Roadway</li> </ul>	<ul style="list-style-type: none"> <li>• ASAP</li> </ul>
<b>3.</b> Understands the difference between compliance and noncompliance with game rules and fair play.	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• The Great Race</li> <li>• Long Rope Turning in Pairs</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> <li>• Parachute</li> <li>• Jumping</li> </ul>
<b>4.</b> Identifies appropriate behaviors for participating with others in physical activity	<ul style="list-style-type: none"> <li>• Fly in the Web</li> <li>• Houdini Hoops</li> <li>• Line Boogie</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• ASAP</li> <li>• Manipulatives</li> </ul>

# Florida Academic Standards for Health, Safety, and Physical Education

## Grades K-2 Advocate and Promote Physically Active Lifestyles

Content Standards	Sample Activities	Unit
<b>Standard 1</b> <b>The student understands how participating in physical activity promotes inclusion and an understanding of the abilities and cultural diversity of people. (PE.C.1.1)</b>		
1. Knows the importance of demonstrating consideration of others in physical activity settings.	<ul style="list-style-type: none"><li>• Partner Throw and Catch</li><li>• Soccer Golf</li><li>• Long Rope Turning in Pairs</li></ul>	<ul style="list-style-type: none"><li>• Catching and Throwing</li><li>• Kicking and Trapping</li><li>• Jumping</li></ul>
2. Knows games to play with students who have disabilities.	<ul style="list-style-type: none"><li>• Inclusion Strategies</li></ul>	<ul style="list-style-type: none"><li>• All Units</li></ul>

Content Standards	Sample Activities	Unit
<b>Standard 2</b> <b>The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. (PE.C.2.1)</b>		
<b>1.</b> Identifies the feelings resulting from challenges, successes, and failures in physical activity.	<ul style="list-style-type: none"> <li>• Fly in the Web</li> <li>• Houdini Hoops</li> <li>• Line Boogie</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• ASAP</li> <li>• Manipulatives</li> </ul>
<b>2.</b> Knows various ways to use the body and movement activities to communicate ideas and feelings (e.g., creative movement).	<ul style="list-style-type: none"> <li>• Emotion Motion</li> <li>• Create a Dance</li> <li>• Showtime</li> </ul>	<ul style="list-style-type: none"> <li>• ASAP</li> <li>• Dance</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
<b>3.</b> Recognizes the benefits that accompany cooperation and sharing.	<ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• The Great Race</li> <li>• Long Rope Turning in Pairs</li> </ul>	<ul style="list-style-type: none"> <li>• Catching and Throwing</li> <li>• Parachute</li> <li>• Jumping</li> </ul>