

SPARK Alignment with Georgia Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Edition)			
Physical Fitness Standard: Participates in developmentally appropriate health-related fitness activities.	Games Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Individual Rope Jumping I and II • Sugar and Fat Tag 	<ul style="list-style-type: none"> • Building a Foundation • Jumping • Games
Movement Concepts Standard: Demonstrates and identifies the basic locomotor movements of walking, running, hopping, jumping, galloping, sliding, leaping, and skipping.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Directions • 4 Corners • Locomotor Grab Bag 	<ul style="list-style-type: none"> • Building a Foundation • ASAP • ASAP
Movement Concepts Standard: Demonstrates and identifies basic nonlocomotor movements of bending, straightening, curling, stretching, twisting, turning, swinging, swaying, rising, and collapsing.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Body Management and Balance • Twist & Turn/ Bend & Stretch • Basic Body Positions 	<ul style="list-style-type: none"> • Building a Foundation • Manipulatives • Balance, Stunts, and Tumbling
Movement Concepts Standard: Exhibits concepts of general and personal space using a	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • General Space 	<ul style="list-style-type: none"> • Building a Foundation • Building a

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variety of movement skills while transferring weight in various levels, directions, and pathways.		<ul style="list-style-type: none"> and Creative Moves • Locomotor Skills, Levels, and Directions 	<ul style="list-style-type: none"> Foundation • Building a Foundation
Movement Competencies Standard: Demonstrates basic manipulative skills of throwing, catching, striking, and kicking.	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Throwing Underhand to Targets • Kicking for Accuracy • Striking with Paddles 	<ul style="list-style-type: none"> • Catching and Throwing • Kicking and Trapping • Dribbling, Volleying, and Striking
Movement Competencies Standard: Demonstrates static balance using various body parts.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Static Balances • Body Management and Balance • Toys Alive! 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • ASAP
Movement Competencies Standard: Demonstrates basic rhythmic movements, timing, and following a beat.	Dance Rubric	<ul style="list-style-type: none"> • The Conga • Hawaiian Roller Coaster Ride • Alley Cat 	<ul style="list-style-type: none"> • Dance • Dance • ASAP
Self-Management Standard: Applies classroom rules, procedures, and safe practices.	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Stunts Introduction • Parachute Introduction • Roadway 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Parachute • ASAP

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Self-Management Standard: Shares space and equipment with others.	Games Rubric	<ul style="list-style-type: none"> • Catch and Chase • Soccer Golf • Long Rope Jumping II 	<ul style="list-style-type: none"> • Games • Kicking and Trapping • Jumping

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3-5 (2007 Edition)			
Physical Fitness Standard: Participates in developmentally appropriate health-related fitness activities.	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
Movement Concepts Standard: Demonstrates and identifies the basic locomotor movements of walking, running, hopping, jumping, galloping, sliding, leaping, and skipping.	Chasing and Fleeing Self-Check	<ul style="list-style-type: none"> • 4-Corner Scramble • Addition Tag • Designated Driver 	<ul style="list-style-type: none"> • Recess Activities • Chasing and Fleeing • Cooperatives
Movement Concepts Standard: Demonstrates and identifies basic nonlocomotor movements of bending, straightening, curling, stretching, twisting, turning, swinging, swaying, rising, and collapsing.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Look, Learn and Leave • Those Tricky Transitions • Stunt Stories and Tumbling Tales 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling • Stunts and Tumbling
Movement Concepts Standard: Exhibits concepts of	Create a Game Performance Rubric	<ul style="list-style-type: none"> • Mini-Hockey • Quick-Play Mini- 	<ul style="list-style-type: none"> • Hockey • Football

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general and personal space using a variety of movement skills while transferring weight in various levels, directions, and pathways.	(Aerobic Games)	<ul style="list-style-type: none"> • Football • Mini-Basketball 	<ul style="list-style-type: none"> • Basketball
Movement Competencies Standard: Demonstrates basic manipulative skills of throwing, catching, striking, and kicking.	Softball Self-Check	<ul style="list-style-type: none"> • Batting Practice • Mini-Basketball • Ball-Control Drills 	<ul style="list-style-type: none"> • Softball • Basketball • Soccer
Movement Competencies Standard: Demonstrates static balance using various body parts.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> • Look, Learn and Leave • Daily Dozen 	<ul style="list-style-type: none"> • Stunts and Tumbling • Stunts and Tumbling
Movement Competencies Standard: Demonstrates basic rhythmic movements, timing, and following a beat.	Dance Self-Check	<ul style="list-style-type: none"> • California Strut • Achy Breaky Heart • 5, 6, 7, 8 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Self-Management Standard: Applies classroom rules, procedures, and safe practices.	Are You Part of the Cast Cooperative Self-Check	<ul style="list-style-type: none"> • Medicine Ball Madness • Batting Practice • Mini-Hockey 	<ul style="list-style-type: none"> • Group Fitness • Softball • Hockey
Self-Management Standard: Shares space and equipment with others.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Cooperative Countdown • Designated Driver • 4 Corners 	<ul style="list-style-type: none"> • Volleyball • Cooperatives • ASAP

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6-8 (2001 Edition)			
Physical Fitness Standard: Participates in developmentally appropriate health-related fitness activities.	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
Movement Concepts Standard: Demonstrates and identifies the basic locomotor movements of walking, running, hopping, jumping, galloping, sliding, leaping, and skipping.	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Power Walk and Jog • Red River Valley 	<ul style="list-style-type: none"> • Power Walk and Jog • Dance
Movement Concepts Standard: Demonstrates and identifies basic nonlocomotor movements of bending, straightening, curling, stretching, twisting, turning, swinging, swaying, rising, and collapsing.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Straddleball • Swing • Twist-n-Turn; Bend-n-Stretch 	<ul style="list-style-type: none"> • Cooperative Games • Golf • Cooperative Games
Movement Concepts Standard: Exhibits concepts of general and personal space using a variety of movement skills while transferring weight in various	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Speedball • Moon Ball • Frisbee Speedball 	<ul style="list-style-type: none"> • Field Games • Cooperative Games • Frisbee

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levels, directions, and pathways.			
Movement Competencies Standard: Demonstrates basic manipulative skills of throwing, catching, striking, and kicking.	5 Person Hit and Run Softball Assessment (Extra Extra)	<ul style="list-style-type: none"> • 5-Person Bat and Run Softball • 3-Catch Basketball • Group Passing Challenges 	<ul style="list-style-type: none"> • Softball • Basketball • Field Games
Movement Competencies Standard: Demonstrates static balance using various body parts.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Freeze Ball • Freeze and Go 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives
Movement Competencies Standard: Demonstrates basic rhythmic movements, timing, and following a beat.	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Achy Breaky Heart • The Electric Slide • Cotton Eyed Joe 	<ul style="list-style-type: none"> • Dance • Dance • Dance
Self-Management Standard: Applies classroom rules, procedures, and safe practices.	Pair Share (Lesson Closure, 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
Self-Management Standard: Shares space and equipment with others.	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

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9-12 (2007 Edition)			
Physical Fitness Standard: Participates in developmentally appropriate health-related fitness activities.	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
Movement Concepts Standard: Demonstrates and identifies the basic locomotor movements of walking, running, hopping, jumping, galloping, sliding, leaping, and skipping.	Dance Assessment	<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
Movement Concepts Standard: Demonstrates and identifies basic nonlocomotor movements of bending, straightening, curling, stretching, twisting, turning, swinging, swaying, rising, and collapsing.	Choreography Project	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates
Movement Concepts Standard: Exhibits concepts of general and personal space using a variety of movement skills while	Track and Field Assessment (Extra Extra)	<ul style="list-style-type: none"> • Group Passing with Defenders • Shuttle Run Practice 	<ul style="list-style-type: none"> • Field Games • Track and Field • Volleyball

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transferring weight in various levels, directions, and pathways.		<ul style="list-style-type: none"> • Keep It Up, Run Around 	
Movement Competencies Standard: Demonstrates basic manipulative skills of throwing, catching, striking, and kicking.	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
Movement Competencies Standard: Demonstrates static balance using various body parts.	Choreography Project	<ul style="list-style-type: none"> • Everybody Up • Gordian Knot 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building •
Movement Competencies Standard: Demonstrates basic rhythmic movements, timing, and following a beat.	Dance Assessment	<ul style="list-style-type: none"> • 5, 6, 7, 8 • Pilates/Yoga • Troika 	<ul style="list-style-type: none"> • Dance • Pilates/Yoga • Dance
Self-Management Standard: Applies classroom rules, procedures, and safe practices.	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
Self-Management Standard: Shares space and equipment with others.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Hula Hoop Pass • 2 Group Human Ladder 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team

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		<ul style="list-style-type: none"> • Minefield 	<ul style="list-style-type: none"> building • Cooperatives/Team building