

SPARK Alignment with Iowa Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2000 Edition)			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Perceptual Power Skills Assessment	<ul style="list-style-type: none"> • Levels / Directions / Tempo / Pathways • Building Bridges • Creative Words and Moves 	<ul style="list-style-type: none"> • Perceptual Power • Perceptual Power • Perceptual Power
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Debrief	<ul style="list-style-type: none"> • Twist & Turn, Bend & Stretch • Shake, Rattle and Roll • Workout Tag 	<ul style="list-style-type: none"> • Bean Bag Boogie • Parachute Parade • Great Games
Standard 3: Participates regularly in physical activity	SPARK Starters Skill Assessment	<ul style="list-style-type: none"> • Crazy Doctor Tag • Frogs in the Pond • Kid Star 	<ul style="list-style-type: none"> • SPARK Starters • Happy Hoops • Dance with Me
Standard 4: Achieves and maintains a health-enhancing level of physical fitness.	Great Games Skill Assessment	<ul style="list-style-type: none"> • Squirrels in the Trees • Color Tag • Trains at the Station 	<ul style="list-style-type: none"> • Great Games • Great Games • Great Games

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	SPARK Starters Skill Assessment	<ul style="list-style-type: none"> • T-Rex Tag • Oh No, The Trappers • Pass the Fritters Critters 	<ul style="list-style-type: none"> • SPARK Starters • SPARK Starters • Bean Bag Boogie
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	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
Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Perceptual Power Skill Assessment	<ul style="list-style-type: none"> • 8 Basic Locomotor Skills • Levels / Directions / Tempo / Pathways • Musical Hoops 	<ul style="list-style-type: none"> • Perceptual Power • Perceptual Power • Happy Hoops

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3-5 (2007 Edition)			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Hockey Self-Check	<ul style="list-style-type: none"> • Batting Practice • Ball-Control Drills • Dribbling Drills 	<ul style="list-style-type: none"> • Softball • Soccer • Hockey
Standard 2: Demonstrates 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"> • Survivor Challenge • Cooperative Countdown • Aerobic Bowling 	<ul style="list-style-type: none"> • Fitness Challenges • Volleyball • Aerobic Games
Standard 3: Participates regularly in physical activity	Walk / Jog / Run Think About	<ul style="list-style-type: none"> • Moving Around the Track • Inside / Outside Walk / Jog • Partner Walk / Jog and Talk 	<ul style="list-style-type: none"> • Map Challenges • Walk / Jog / Run • Walk / Jog / Run

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 4: Achieves and maintains a health-enhancing level 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
Standard 5: Exhibits 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
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me! 	<ul style="list-style-type: none"> • Hockey • Fitness Challenges • Cooperatives and Initiatives
Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Solo Aerobic Fitness • Jump the Circuit (Individual Tricks) • Moving Around the Track 	<ul style="list-style-type: none"> • Fitness Challenges • Jump Rope • Map Challenges

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
6-8 (2001 Edition)			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Basketball Trick Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Pass and Shoot • Putting to Targets • Target Frisbee 	<ul style="list-style-type: none"> • Basketball • Golf • Frisbee
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	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
Standard 3: Participates regularly in physical activity	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California
Standard 4: Achieves and maintains a health-enhancing level 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
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Straddleball • Red River Valley • Ultimate Frisbee 	<ul style="list-style-type: none"> • Cooperative Games • Dance • Frisbee

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	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
Standard 7: 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"> • Power Walk and Jog • Run USA • Run California 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Run California

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
9-12 (2007 Edition)			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	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
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Choreography Project	<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
Standard 3: Participates regularly in physical activity	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
Standard 4: Achieves and maintains a health-enhancing level of physical fitness.	Jump Rope Routine Score Sheet	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance 	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Two by Four Shuffle • Spider’s Web • Warp Speed 	<ul style="list-style-type: none"> • Cooperatives / Team building • Cooperatives / Team building • Cooperatives / Team building
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Teambuilding Response Journal	<ul style="list-style-type: none"> • Everybody Up • Gordian Knot • Trolleys 	<ul style="list-style-type: none"> • Cooperatives / Team building • Cooperatives / Team building • Cooperatives / Team building
Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.	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