

SPARK Alignment with Maryland Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2000 Version)			
<p>1. Exercise Physiology Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.</p>	Great Games Skill Assessment	<ul style="list-style-type: none"> • Workout Tag • Oliver Twist • Memory Games 	<ul style="list-style-type: none"> • Great Games • Having a Ball • Superkid Stunts
<p>2. Biomechanical Principles Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.</p>	Having a Ball Skill Assessment	<ul style="list-style-type: none"> • Throw for Distance • Move and Catch • Pass and Trap 	<ul style="list-style-type: none"> • Bean Bag Boogie • Having a Ball • Let's Hit It
<p>3. Social Psychological Principles Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.</p>	Parachute Parade Skill Assessment	<ul style="list-style-type: none"> • Group Step Back • Potato Head • Team Popcorn 	<ul style="list-style-type: none"> • Bean Bag Boogie • Having a Ball • Parachute Parade

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<p>4. Motor Learning Principles Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.</p>	<p>Perceptual Power Skill Assessment</p>	<ul style="list-style-type: none"> • Non-Locomotor Skills • 8 Basic Locomotor Skills • Levels/Directions/Tempo/Pathways 	<ul style="list-style-type: none"> • Perceptual Power • Perceptual Power • Perceptual Power
<p>5. Physical Activity Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.</p>	<p>Superkid Stunts Skill Assessment</p>	<ul style="list-style-type: none"> • Free Jumping • Workout Tag • Creative Stunts 	<ul style="list-style-type: none"> • Jumping for Joy • Great Games • Superkid Stunts
<p>6. Skillfulness Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.</p>	<p>Perceptual Power Skill Assessment</p>	<ul style="list-style-type: none"> • Combining Movement Concepts • Non-Locomotor Skills • Musical Hoops 	<ul style="list-style-type: none"> • Perceptual Power • Perceptual Power • Happy Hoops

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3-5 (2007 Version)			
<p>1. Exercise Physiology Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.</p>	<ul style="list-style-type: none"> • Group Fitness Think About • Personal Best Log 	<ul style="list-style-type: none"> • Mixed Fitness Circuit • Create a Routine • Personal Best Day 	<ul style="list-style-type: none"> • Fitness Circuits • Group Fitness • Personal Best Day
<p>2. Biomechanical Principles Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.</p>	<ul style="list-style-type: none"> • Softball Learning Log 	<ul style="list-style-type: none"> • Partner Throw and Catch • Introduction to Forward Pass • Intro to Throw and Catch 	<ul style="list-style-type: none"> • Softball • Football • Frisbee
<p>3. Social Psychological Principles Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.</p>	<ul style="list-style-type: none"> • 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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<p>4. Motor Learning Principles Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.</p>	<ul style="list-style-type: none"> • Stunts and Tumbling Self-Check 	<ul style="list-style-type: none"> • Look, Learn and Leave • 4 Corners • Capture the Flag 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Aerobic Games
<p>5. Physical Activity Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.</p>	<ul style="list-style-type: none"> • Fitness Circuits Performance Rubric • Home Plays (Various Units) 	<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
<p>6. Skillfulness Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.</p>	<ul style="list-style-type: none"> • 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

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6-8 (2001 Version)			
<p>1. Exercise Physiology Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.</p>	<ul style="list-style-type: none"> • Basketball Trick Skills Test (Extra Extra) 	<ul style="list-style-type: none"> • 3 Catch with Shot • Group Passing Challenges • 3-Catch Lead Up 	<ul style="list-style-type: none"> • Basketball • Field Games • Frisbee
<p>2. Biomechanical Principles Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.</p>	<ul style="list-style-type: none"> • Basketball Trick Skills Test (Extra Extra) 	<ul style="list-style-type: none"> • 3 Catch with Shot • Group Passing Challenges • 3-Catch Lead Up 	<ul style="list-style-type: none"> • Basketball • Field Games • Frisbee
<p>3. Social Psychological Principles Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.</p>	<ul style="list-style-type: none"> • 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>4. Motor Learning Principles – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.</p>	<ul style="list-style-type: none"> • 5 Person Hit and Run Softball Assessment (Extra Extra) 	<ul style="list-style-type: none"> • Shot on Goal • Hurdle Practice • Awesome Add-On 	<ul style="list-style-type: none"> • Hockey • Track and Field • Aerobic Games
<p>5. Physical Activity – Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.</p>	<ul style="list-style-type: none"> • 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
<p>6. Skillfulness – Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.</p>	<ul style="list-style-type: none"> • 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

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9-12 (2007 Version)			
<p>1. Exercise Physiology Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.</p>	<ul style="list-style-type: none"> • Personal Fitness Program Evaluation • 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
<p>2. Biomechanical Principles Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.</p>	<ul style="list-style-type: none"> • 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
<p>3. Social Psychological Principles Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.</p>	<ul style="list-style-type: none"> • 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

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<p>4. Motor Learning Principles Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.</p>	<ul style="list-style-type: none"> • 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
<p>5. Physical Activity Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.</p>	<ul style="list-style-type: none"> • Personal Fitness Program Evaluation 	<ul style="list-style-type: none"> • 5, 6, 7, 8 • Pilates/Yoga • Troika 	<ul style="list-style-type: none"> • Dance • Pilates/Yoga • Dance
<p>6. Skillfulness Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.</p>	<ul style="list-style-type: none"> • 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