

SPARK Alignment with Michigan Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2000 Edition)			
Content Standard 1: A physically educated person 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
Content Standard 2: A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	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
Content Standard 3: A physically educated person participates regularly in lifelong physical activity.	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
Content Standard 4: A physically educated person 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
Content Standard 5: A physically educated person 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
Content Standard 6: A physically educated person 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

SPARK Alignment with Michigan Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3-5 (2007 Edition)			
Content Standard 1: A physically educated person 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
Content Standard 2: A physically educated person 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
Content Standard 3: A physically educated person participates regularly in lifelong 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
<p>Content Standard 4: A physically educated person achieves and maintains a health-enhancing level of physical fitness.</p>	<p>Fitness Circuits Performance Rubric</p>	<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>Content Standard 5: A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p>Cooperative All-Star Self Check</p>	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives
<p>Content Standard 6: A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	<p>Are You Part of the Cast? Cooperative All-Star Teammate Self Check</p>	<ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me 	<ul style="list-style-type: none"> • Hockey • Fitness CHallenges • Cooperatives

SPARK Alignment with Michigan Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
6-8 (2001 Edition)			
Content Standard 1: A physically educated person 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
Content Standard 2: A physically educated person 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
Content Standard 3: A physically educated person participates regularly in lifelong 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
Content Standard 4: A physically educated person 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	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Content Standard 5: A physically educated person 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
Content Standard 6: A physically educated person 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

SPARK Alignment with Michigan Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
9-12 (2007 Edition)			
Content Standard 1: A physically educated person 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
Content Standard 2: A physically educated person 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
Content Standard 3: A physically educated person participates regularly in lifelong 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
Content Standard 4: A physically educated person 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
Content Standard 5: A physically educated person 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
Content Standard 6: A physically educated person 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