

SPARK Alignment with Missouri Physical Education Standards K-2 (2008 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Activity and Lifetime Wellness			
Personal Fitness and Healthy Active Living	Fitness Introduction (Wellness Integration)	<ul style="list-style-type: none"> • Individual Rope Jumping I and II • Fitness Introduction • Parachute Fitness 	<ul style="list-style-type: none"> • Jumping • Building a Foundation • Parachute
Responsible Personal and Social Behavior in the Physical Activity Setting	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Turning in Pairs • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games
Injury Prevention, Treatment and Rehabilitation	Building a Foundation Rubric	<ul style="list-style-type: none"> • Orientation and Personal Space • General Space and Creative Moves • Stunts Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Efficiency of Human Movement and Performance			
Fundamental Movement Skills and Games	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, and Direction • Body Management and Balance • Chasing and Fleeing 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Building a Foundation
Sport Skills and Lifetime Activities	Catching and Throwing Rubric	<ul style="list-style-type: none"> • Partner Throw and Catch Challenges • Soccer Golf • Volleying and Striking Introduction 	<ul style="list-style-type: none"> • Jumping for Joy • Kicking and Trapping • Dribbling, Volleying, and Striking
Rhythms and Dance	Dance Rubric	<ul style="list-style-type: none"> • Hawaiian Roller Coaster Ride • Alley Cat • Chinese Ribbon Dance 	<ul style="list-style-type: none"> • Dance • ASAP • Manipulatives

SPARK Alignment with Missouri Physical Education Standards 3-5 (2007 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Activity and Lifetime Wellness			
Personal Fitness and Healthy Active Living	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
Responsible Personal and Social Behavior in the Physical Activity Setting	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
Injury Prevention, Treatment and Rehabilitation	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

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Efficiency of Human Movement and Performance			
Fundamental Movement Skills and Games	Create a Game Performance Rubric (Aerobic Games)	<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
Sport Skills and Lifetime Activities	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Sport Moves Aerobics • Mini-Basketball 	<ul style="list-style-type: none"> • Group Fitness • Basketball
Rhythms and Dance	Dance Self-Check	<ul style="list-style-type: none"> • Mambo #5 • Achy Breaky Heart • Bench Step Basics 	<ul style="list-style-type: none"> • Dance • Dance • Group Fitness

SPARK Alignment with Missouri Physical Education Standards 6-8 (2001 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Activity and Lifetime Wellness			
Personal Fitness and Healthy Active Living	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
Responsible Personal and Social Behavior in the Physical Activity Setting	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Houdini Hoops • Moon Ball • Group Moon Ball 	<ul style="list-style-type: none"> • Cooperative Games • Cooperative Games • Cooperative Games
Injury Prevention, Treatment and Rehabilitation	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Flag Grab • Triangle Tag • Hurdle Practice 	<ul style="list-style-type: none"> • Cooperative Games • Aerobic Games • Track & Field

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Efficiency of Human Movement and Performance			
Fundamental Movement Skills and Games	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Bodyguards • Catch a Tail • Group Passing Challenges 	<ul style="list-style-type: none"> • Cooperative Games • Aerobic Games • Field Games
Sport Skills and Lifetime 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
Rhythms and Dance	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

SPARK Alignment with Missouri Physical Education Standards 9-12 (2007 Edition)

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Physical Activity and Lifetime Wellness			
Personal Fitness and Healthy Active Living	Personal Fitness Program Evaluation	Pedometer Activities: <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
Responsible Personal and Social Behavior in the Physical Activity Setting	Teambuilding Response Journal	<ul style="list-style-type: none"> • Group Jump Rope • Popsicle Push-Ups • Minefield 	<ul style="list-style-type: none"> • Teambuilding • Teambuilding • Teambuilding
Injury Prevention, Treatment and Rehabilitation	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	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Efficiency of Human Movement and Performance			
Fundamental Movement Skills and Games	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
Sport Skills and Lifetime Activities	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
Rhythms and Dance	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