

SPARK Alignment with Montana Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Version)			
Demonstrates competency in many movement forms and proficiency in a few movement forms.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, Directions • Body Management and Balance • Animal Balancing Act 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
Applies movement concepts and principles to the learning and development of motor skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Scarf Exploration 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Manipulatives
Exhibits a physically active lifestyle.	Games Rubric	<ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities
Achieves and maintains a health-enhancing level of physical fitness.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Jumping

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Demonstrates responsible personal and social behavior in physical activity settings.	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Jumping I and II • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games
Demonstrates understanding and respect for differences among settings.	Jumping Rubric	<ul style="list-style-type: none"> • Rope Turning in Pairs • Houdini Hoops • The Mexican Hat Dance 	<ul style="list-style-type: none"> • Jumping • Games • Dance
Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	Dance Rubric	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Showtime 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Manipulatives

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3-5 (2007 Version)			
Demonstrates competency in many movement forms and proficiency in a few movement forms.	Basketball Learning Log	<ul style="list-style-type: none"> • Dribbling Drills • Passing Drills • Addition Tag 	<ul style="list-style-type: none"> • Basketball • Soccer • Chasing and Fleeing
Applies movement concepts and principles to the learning and development of motor skills.	Create A Routine Rubric (Stunts and Tumbling)	<ul style="list-style-type: none"> • Learning the Stunts • 5-Person Kick and Dribble • Grid Passing 	<ul style="list-style-type: none"> • Stunts and Tumbling • Soccer • Basketball
Exhibits a physically active lifestyle.	Personal Best Log	<ul style="list-style-type: none"> • 4-Corner Scramble • Daily Dozen • Home Plays • Wall Ball 	<ul style="list-style-type: none"> • Recess Activities • Stunts and Tumbling • Various Units • Recess Activities
Achieves and maintains a health-enhancing level of physical fitness.	Fitness Circuits Think About; Personal Best Log	<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

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Demonstrates responsible personal and social behavior 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
Demonstrates understanding and respect for differences among settings.	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
Understands that physical activity provides the opportunity 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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6-8 (2001 Version)			
Demonstrates competency in many movement forms and proficiency in a few movement forms.	Basketball 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
Applies movement concepts and principles to the learning and development of motor skills.	Skill Checklist: Volleyball Underhand Serve (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
Exhibits a physically active lifestyle.	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
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
Demonstrates responsible personal and social behavior in physical activity settings.	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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Demonstrates understanding and respect for differences among settings.	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
Understands that physical activity provides the opportunity 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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9-12 (2007 Version)			
Demonstrates competency in many movement forms and proficiency in a few movement forms.	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
Applies movement concepts and principles to the learning and development of motor skills.	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
Exhibits a physically active lifestyle.	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
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
Demonstrates responsible personal and social behavior 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

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Demonstrates understanding and respect for differences among settings.	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
Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	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