

SPARK Alignment with Montana Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2000 Version)			
Demonstrates competency in many movement forms and proficiency in a few movement forms.	Perceptual Power Skill Assessment	<ul style="list-style-type: none"> • Non-Locomotor Skills • Animal Walks • 8 Basic Locomotor Skills 	<ul style="list-style-type: none"> • Perceptual Power • Superkid Stunts • Perceptual Power
Applies movement concepts and principles to the learning and development of motor skills.	Superkid Stunts Skill Assessment	<ul style="list-style-type: none"> • Creative Stunts • Levels/Directions/Tempo/Pathways • Musical Hoops 	<ul style="list-style-type: none"> • Superkid Stunts • Perceptual Power • Happy Hoops
Exhibits a physically active lifestyle.	SPARK Starters Skill Assessment	<ul style="list-style-type: none"> • Chase • Kid Star • Crazy Animals 	<ul style="list-style-type: none"> • Perceptual Power • Dance with Me • SPARK Starters
Achieves and maintains a health-enhancing level of physical fitness.	Great Games Skill Assessment	<ul style="list-style-type: none"> • Workout Tag • Twist & Turn, Bend & Stretch • T-Rex Tag 	<ul style="list-style-type: none"> • Great Games • Bean Bag Boogie • SPARK Starters

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Demonstrates responsible personal and social behavior in physical activity settings.	Parachute Parade Skill Assessment	<ul style="list-style-type: none"> • Wring the Dishrag, Partner Toe Toucher, Double Top, Leapfrog, Mirror • Merry-Go-Round • Popcorn and Team Popcorn 	<ul style="list-style-type: none"> • Superkid Stunts • Parachute Parade • Parachute Parade
Demonstrates understanding and respect for differences among settings.	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
Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	SPARK Starters Skill Assessment	<ul style="list-style-type: none"> • Fun, Fun, Fun • The Good Ship SPARK • Bodyguards 	<ul style="list-style-type: none"> • Dance With Me • Great Games • Great Games

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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	Mini-Hockey Survivor Challenge Stick with Me!	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