

## SPARK Alignment with North Dakota Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>K-2 (2000 Edition)</b>			
<b>Standard 1: Movement Forms</b> Students demonstrate proficiency in motor skills and movement patterns needed to perform a variety of physical activities.	Perceptual Power Skills Assessment	<ul style="list-style-type: none"> <li>• Levels / Directions / Tempo / Pathways</li> <li>• Building Bridges</li> <li>• Creative Words and Moves</li> </ul>	<ul style="list-style-type: none"> <li>• Perceptual Power</li> <li>• Perceptual Power</li> <li>• Perceptual Power</li> </ul>
<b>Standard 2: Movement Concepts</b> Students understand and apply movement concepts, principles, strategies, and tactics to learn and perform physical activities.	SPARK Starters Skill Assessment	<ul style="list-style-type: none"> <li>• Crazy Doctor Tag</li> <li>• Frogs in the Pond</li> <li>• Kid Star</li> </ul>	<ul style="list-style-type: none"> <li>• SPARK Starters</li> <li>• Happy Hoops</li> <li>• Dance with Me</li> </ul>
<b>Standard 3: Physical Activity</b> Students participate in regular physical activity.	Great Games Skill Assessment	<ul style="list-style-type: none"> <li>• Squirrels in the Trees</li> <li>• Color Tag</li> <li>• Trains at the Station</li> </ul>	<ul style="list-style-type: none"> <li>• Great Games</li> <li>• Great Games</li> <li>• Great Games</li> </ul>
<b>Standard 4: Fitness Concepts</b> Students understand and apply fitness concepts to achieve and maintain a health-enhancing level of physical fitness.	Debrief	<ul style="list-style-type: none"> <li>• Twist &amp; Turn, Bend &amp; Stretch</li> <li>• Shake, Rattle and Roll</li> <li>• Workout Tag</li> </ul>	<ul style="list-style-type: none"> <li>• Bean Bag Boogie</li> <li>• Parachute Parade</li> <li>• Great Games</li> </ul>

<b>Standard</b>	<b>Suggested Assessments</b>	<b>Sample SPARK Activities</b>	<b>Corresponding SPARK Unit</b>
<p><b>Standard 5: Behavior in Physical Activity</b>            Students exhibit responsible personal and social behavior in physical activity settings.</p>	<p>Jumping for Joy Skill Assessment</p>	<ul style="list-style-type: none"> <li>• Rope Turning</li> <li>• Hoop a Group Lines</li> <li>• The Mexican Hat Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping for Joy</li> <li>• Happy Hoops</li> <li>• Dance with Me</li> </ul>

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Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>3-5 (2007 Edition)</b>			
<b>Standard 1: Movement Forms</b> Students demonstrate proficiency in motor skills and movement patterns needed to perform a variety of physical activities.	Hockey Self-Check	<ul style="list-style-type: none"> <li>• Batting Practice</li> <li>• Ball-Control Drills</li> <li>• Dribbling Drills</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Soccer</li> <li>• Hockey</li> </ul>
<b>Standard 2: Movement Concepts</b> Students understand and apply movement concepts, principles, strategies, and tactics to learn and perform physical activities.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> <li>• Survivor Challenge</li> <li>• Cooperative Countdown</li> <li>• Aerobic Bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Volleyball</li> <li>• Aerobic Games</li> </ul>
<b>Standard 3: Physical Activity</b> Students participate in regular physical activity.	Walk/Jog/Run Think About	<ul style="list-style-type: none"> <li>• Moving Around the Track</li> <li>• Inside / Outside Walk / Jog</li> <li>• Partner Walk / Jog and Talk</li> </ul>	<ul style="list-style-type: none"> <li>• Map Challenges</li> <li>• Walk / Jog / Run</li> <li>• Walk / Jog / Run</li> </ul>

<b>Standard</b>	<b>Suggested Assessments</b>	<b>Sample SPARK Activities</b>	<b>Corresponding SPARK Unit</b>
<p><b>Standard 4: Fitness Concepts</b> Students understand and apply fitness concepts to achieve and maintain a health-enhancing level of physical fitness.</p>	<p>Fitness Circuits Performance Rubric</p>	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> <li>• Muscular Strength and Endurance Circuit</li> <li>• Fun and Flexibility with a Friend</li> <li>• Aerobic Capacity Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Circuits</li> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Fitness Circuits</li> </ul>
<p><b>Standard 5: Behavior in Physical Activity</b> Students exhibit responsible personal and social behavior in physical activity settings.</p>	<p>Cooperative All-Star Self Check</p>	<ul style="list-style-type: none"> <li>• Group Juggling</li> <li>• Stepping Stones</li> <li>• Beat the Clock</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>

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<b>6-8 (2001 Edition)</b>			
<b>Standard 1: Movement Forms</b> Students demonstrate proficiency 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"> <li>• Pass and Shoot</li> <li>• Putting to Targets</li> <li>• Target Frisbee</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Golf</li> <li>• Frisbee</li> </ul>
<b>Standard 2: Movement Concepts</b> Students understand and apply movement concepts, principles, strategies, and tactics to learn and perform physical activities.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> <li>• Modified Full-Court Games</li> <li>• Frisbee Speedball</li> <li>• Circle Bump and Set</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Frisbee</li> <li>• Volleyball</li> </ul>
<b>Standard 3: Physical Activity</b> Students participate in regular physical activity.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Run California</li> </ul>
<b>Standard 4: Fitness Concepts</b> Students understand and apply fitness concepts to achieve and maintain a health-enhancing level of physical fitness.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>	<ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul>

<b>Standard</b>	<b>Suggested Assessments</b>	<b>Sample SPARK Activities</b>	<b>Corresponding SPARK Unit</b>
<p><b>Standard 5: Behavior in Physical Activity</b>            Students exhibit responsible personal and social behavior in physical activity settings.</p>	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> <li>• Houdini Hoops</li> <li>• Bodyguards</li> <li>• Double Dutch Jumping</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Cooperative Games</li> <li>• Jump Rope</li> </ul>

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<b>9-12 (2007 Edition)</b>			
<b>Standard 1: Movement Forms</b> Students demonstrate proficiency 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"> <li>• Return Service to Target</li> <li>• 5-Person Hit and Run Softball</li> <li>• Forehand and Backhand Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Softball</li> <li>• Racquetball</li> </ul>
<b>Standard 2: Movement Concepts</b> Students understand and apply movement concepts, principles, strategies, and tactics to learn and perform physical activities.	Choreography Project	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling / Jump Bands</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling / Jump Bands</li> </ul>
<b>Standard 3: Physical Activity</b> Students participate in regular physical activity.	Jump Rope Routine Score Sheet	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Volleyball</li> <li>• Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Volleyball</li> <li>• Dance</li> </ul>
<b>Standard 4: Fitness Concepts</b> Students understand and apply fitness concepts to achieve and maintain a health-enhancing level of physical fitness.	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> <li>• Power Stretching / Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching / Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>

<b>Standard</b>	<b>Suggested Assessments</b>	<b>Sample SPARK Activities</b>	<b>Corresponding SPARK Unit</b>
<p><b>Standard 5: Behavior in Physical Activity</b>            Students exhibit responsible personal and social behavior in physical activity settings.</p>	<p>Teambuilding Response Journal</p>	<ul style="list-style-type: none"> <li>• Everybody Up</li> <li>• Gordian Knot</li> <li>• Trolleys</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives / Team building</li> <li>• Cooperatives / Team building</li> <li>• Cooperatives / Team building</li> </ul>