

## SPARK Alignment with New Hampshire Physical Education Standards

| Standard   | Suggested Assessments   | Sample SPARK Activities  | Corresponding SPARK Unit  |
|--|---|--|---|
| <b>K-2 (2000 Version)</b>  |   |  |   |
| Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | <ul style="list-style-type: none"> <li>• Perceptual Power Skill Assessment</li> </ul> | <ul style="list-style-type: none"> <li>• Non-Locomotor Skills</li> <li>• 8 Basic Locomotor Skills</li> <li>• Levels/Directions/Tempo/Pathways</li> </ul> | <ul style="list-style-type: none"> <li>• Perceptual Power</li> <li>• Perceptual Power Skills</li> <li>• Perceptual Power</li> </ul> |
| Demonstrate understanding of movement concepts, principles, and performance of physical activities.              | <ul style="list-style-type: none"> <li>• Having a Ball Skill Assessment</li> </ul>    | <ul style="list-style-type: none"> <li>• Throw for Distance</li> <li>• Move and Catch</li> <li>• Pass and Trap</li> </ul>                                | <ul style="list-style-type: none"> <li>• Bean Bag Boogie</li> <li>• Having a Ball</li> <li>• Let's Hit It</li> </ul>                |
| Participate regularly in physical activity.  | <ul style="list-style-type: none"> <li>• Great Games Skill Assessment</li> </ul>      | <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>                       |
| Achieve and maintain a health enhancing level of physical fitness.   | <ul style="list-style-type: none"> <li>• Great Games Skill Assessment</li> </ul>      | <ul style="list-style-type: none"> <li>• Workout Tag</li> <li>• Oliver Twist</li> <li>• Memory Games</li> </ul>  | <ul style="list-style-type: none"> <li>• Great Games</li> <li>• Having a Ball</li> <li>• Superkid Stunts</li> </ul>                 |
| Exhibit responsible personal and social behavior that respects self and others in physical activity settings.    | <ul style="list-style-type: none"> <li>• Parachute Parade Skill Assessment</li> </ul> | <ul style="list-style-type: none"> <li>• Group Step Back</li> <li>• Potato Head</li> <li>• Team Popcorn</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Bean Bag Boogie</li> <li>• Having a Ball</li> <li>• Parachute Parade</li> </ul>            |

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| Value physical activity for health, enjoyment, challenge, self expression, and social interaction. | <ul style="list-style-type: none"> <li>• Superkid Stunts Skill Assessment</li> </ul> | <ul style="list-style-type: none"> <li>• Free Jumping</li> <li>• Workout Tag</li> <li>• Creative Stunts</li> </ul> | <ul style="list-style-type: none"> <li>• Jumping for Joy</li> <li>• Great Games</li> <li>• Superkid Stunts</li> </ul> |

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| <b>3-5 (2007 Version)</b>  |   |   |  |
| Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | <ul style="list-style-type: none"> <li>• Hockey Self-Check</li> </ul>                     | <ul style="list-style-type: none"> <li>• Mini-Hockey</li> <li>• Quick-Play Mini-Football</li> <li>• Mini-Basketball</li> </ul>                          | <ul style="list-style-type: none"> <li>• Hockey</li> <li>• Football</li> <li>• Basketball</li> </ul>                     |
| Demonstrate understanding of movement concepts, principles, and performance of physical activities.              | <ul style="list-style-type: none"> <li>• Softball Learning Log</li> </ul>                 | <ul style="list-style-type: none"> <li>• Partner Throw and Catch</li> <li>• Introduction to Forward Pass</li> <li>• Intro to Throw and Catch</li> </ul> | <ul style="list-style-type: none"> <li>• Softball</li> <li>• Football</li> <li>• Frisbee</li> </ul>                      |
| Participate regularly in physical activity.  | <ul style="list-style-type: none"> <li>• Fitness Challenges Performance Rubric</li> </ul> | <ul style="list-style-type: none"> <li>• Solo Aerobic Fitness</li> <li>• Figure 8 Walk/Jog</li> <li>• Moving Around the Track</li> </ul>                | <ul style="list-style-type: none"> <li>• Fitness Challenges</li> <li>• Walk/Jog/Run</li> <li>• Map Challenges</li> </ul> |

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|---|--|--|--|
| Achieve and maintain a health enhancing level of physical fitness.  | <ul style="list-style-type: none"> <li>• Fitness Circuits Performance Rubric</li> <li>• Home Plays (Various Units)</li> <li>• Personal Best Log</li> </ul> | <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> |
| Exhibit responsible personal and social behavior that respects self and others in physical activity settings. | <ul style="list-style-type: none"> <li>• Cooperative All-Star Self Check</li> </ul>  | <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>   |
| Value physical activity for health, enjoyment, challenge, self expression, and social interaction.            | <ul style="list-style-type: none"> <li>• Movement Bands Performance Rubric</li> </ul>  | <ul style="list-style-type: none"> <li>• Add-On</li> <li>• Mirror, Mirror</li> <li>• Meet Me in the Middle</li> </ul>  | <ul style="list-style-type: none"> <li>• Movement Bands</li> <li>• Jump Rope</li> <li>• ASAP</li> </ul>  |

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| <b>6-8 (2001 Version)</b>  |   |   |   |
| Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | <ul style="list-style-type: none"> <li>• Basketball Skills Test (Extra Extra)</li> </ul>                      | <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>                               |
| Demonstrate understanding of movement concepts, principles, and performance of physical activities.              | <ul style="list-style-type: none"> <li>• Skill Checklist: Volleyball Underhand Serve (Extra Extra)</li> </ul> | <ul style="list-style-type: none"> <li>• Swing</li> <li>• Face-Off</li> <li>• Keep It Up, Run Around</li> </ul>                           | <ul style="list-style-type: none"> <li>• Golf</li> <li>• Hockey</li> <li>• Volleyball</li> </ul>                                      |
| Participate regularly in physical activity.  | <ul style="list-style-type: none"> <li>• Personal Best Log (Extra Extra)</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>     | <ul style="list-style-type: none"> <li>• Fun and Fitness Circuit</li> <li>• Obstacle Courses</li> <li>• Power Walk and Jog</li> </ul> |
| Achieve and maintain a health enhancing level of physical fitness.   | <ul style="list-style-type: none"> <li>• Personal Best Log (Extra Extra)</li> </ul>                           | <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>                   |
| Exhibit responsible personal and social behavior that respects self and others in physical activity settings.    | <ul style="list-style-type: none"> <li>• Pair Share (Lesson Closure, Extra Extra)</li> </ul>                  | <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>               |
| Value physical activity for health, enjoyment, challenge, self expression, and social interaction.               | <ul style="list-style-type: none"> <li>• Dance Assessment (Extra Extra)</li> </ul>                            | <ul style="list-style-type: none"> <li>• Straddleball</li> <li>• Red River Valley</li> <li>• Ultimate Frisbee</li> </ul>                  | <ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Dance</li> <li>• Frisbee</li> </ul>                             |

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|--|--|---|--|
| <b>9-12 (2007 Version)</b>   |  |   |  |
| Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. | <ul style="list-style-type: none"> <li>• 5-Person Hit and Run Softball Assessment</li> </ul>   | <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>                        |
| Demonstrate understanding of movement concepts, principles, and performance of physical activities.              | <ul style="list-style-type: none"> <li>• Racquetball Skills Check-Off</li> </ul>   | <ul style="list-style-type: none"> <li>• Return Service to Target</li> <li>• Skill Builder</li> <li>• Forehand and Backhand Techniques</li> </ul>                 | <ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Basketball</li> <li>• Racquetball</li> </ul>                      |
| Participate regularly in physical activity.  | <ul style="list-style-type: none"> <li>• Personal Fitness Program Evaluation</li> <li>• Weight Room and Fitness Lab Safety Test</li> </ul> | <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> |

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| Achieve and maintain a health enhancing level of physical fitness.  | <ul style="list-style-type: none"> <li>• Personal Fitness Program Evaluation</li> </ul> | <ul style="list-style-type: none"> <li>• 5, 6, 7, 8</li> <li>• Pilates/Yoga</li> <li>• Troika</li> </ul>              | <ul style="list-style-type: none"> <li>• Dance</li> <li>• Pilates/Yoga</li> <li>• Dance</li> </ul>   |
| Exhibit responsible personal and social behavior that respects self and others in physical activity settings. | <ul style="list-style-type: none"> <li>• Teambuilding Response Journal</li> </ul>       | <ul style="list-style-type: none"> <li>• Two by Four Shuffle</li> <li>• Spider's Web</li> <li>• Warp Speed</li> </ul> | <ul style="list-style-type: none"> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> <li>• Cooperatives/Team building</li> </ul> |
| Value physical activity for health, enjoyment, challenge, self expression, and social interaction.            | <ul style="list-style-type: none"> <li>• Choreography Project</li> </ul>                | <ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinkling/Jump Bands</li> </ul>    | <ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinkling/Jump Bands</li> </ul>   |