

SPARK Alignment with New Jersey Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2			
<p>Standard 2.2: Integrated Skills All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Parachute Parade Skill Assessment 	<ul style="list-style-type: none"> • Group Step Back • Potato Head • Team Popcorn 	<ul style="list-style-type: none"> • Bean Bag Boogie • Having a Ball • Parachute Parade
<p>Standard 2.5: Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Perceptual Power Skill Assessment 	<ul style="list-style-type: none"> • Non-Locomotor Skills • 8 Basic Locomotor Skills • Levels / Directions / Tempo / Pathways 	<ul style="list-style-type: none"> • Perceptual Power • Perceptual Power • Perceptual Power
<p>Standard 2.6: Fitness All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Superkid Stunts Skill Assessment 	<ul style="list-style-type: none"> • Free Jumping • Workout Tag • Creative Stunts 	<ul style="list-style-type: none"> • Jumping for Joy • Great Games • Superkid Stunts

SPARK Alignment with New Jersey Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
3-5			
<p>Standard 2.2: Integrated Skills All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • 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
<p>Standard 2.5: Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Stunts and Tumbling Self-Check 	<ul style="list-style-type: none"> • Look, Learn and Leave • 4 Corners • Partner Throw and Catch 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Softball
<p>Standard 2.6: Fitness All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Fitness Circuits Performance Rubric • Personal Best Log 	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend • Aerobic Capacity Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits

SPARK Alignment with New Jersey Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
6-8			
Standard 2.2: Integrated Skills All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.	<ul style="list-style-type: none"> • 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
Standard 2.5: Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> • 5 Person Hit and Run Softball Assessment (Extra Extra) 	<ul style="list-style-type: none"> • Shot on Goal • Hurdle Practice • Awesome Add-On 	<ul style="list-style-type: none"> • Hockey • Track and Field • Aerobic Games
Standard 2.6: Fitness All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.	<ul style="list-style-type: none"> • 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

SPARK Alignment with New Jersey Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
9-12			
<p>Standard 2.2: Integrated Skills All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • 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
<p>Standard 2.5: Motor Skill Development All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • 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
<p>Standard 2.6: Fitness All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</p>	<ul style="list-style-type: none"> • Personal Fitness Program Evaluation • 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