

SPARK Alignment with Ohio Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Edition)			
Standard 1: The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized 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
Standard 2: The student 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
Standard 3: The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.	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
Standard 4: The student knows the benefits from being involved in daily physical activity and factors	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness 	<ul style="list-style-type: none"> • Building a Foundation • Parachute

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that affect physical performance.		<ul style="list-style-type: none"> • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Jumping
<p>Standard 5: The student understands safety practices associated with physical activity and space.</p>	Balance, Stunts, and Tumbling Rubric	<ul style="list-style-type: none"> • Stunts Introduction • Orientation and Personal Space • General Space and Creative Moves 	<ul style="list-style-type: none"> • Balance, Stunts, and Tumbling • Building a Foundation • Building a Foundation
<p>Standard 6: The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.</p>	Games Rubric	<ul style="list-style-type: none"> • The Dog Catcher • Hawaiian Roller Coaster Ride • Weight Transfer and Rolls 	<ul style="list-style-type: none"> • Games • Dance • Balance, Stunts, and Tumbling
<p>Standard 7: The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.</p>	Parachute Rubric	<ul style="list-style-type: none"> • Capture the Orb • Catching and Throwing Circuit • Long Rope Jumping I and II 	<ul style="list-style-type: none"> • Parachute • Catching and Throwing • Jumping

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3-5 (2007 Edition)			
Standard 1: The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.	Hockey Self-Check	<ul style="list-style-type: none"> • Batting Practice • Ball-Control Drills • Dribbling Drills 	<ul style="list-style-type: none"> • Softball • Soccer • Hockey
Standard 2: The student applies movement concepts and principles to the learning and development of motor skills.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> • Survivor Challenge • Cooperative Countdown • Aerobic Bowling 	<ul style="list-style-type: none"> • Fitness Challenges • Volleyball • Aerobic Games
Standard 3: The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.	Walk/Jog/Run Think About	<ul style="list-style-type: none"> • Moving Around the Track • Inside/Outside Walk/Jog • Partner Walk/Jog and Talk 	<ul style="list-style-type: none"> • Map Challenges • Walk/Jog/Run • Walk/Jog/Run
Standard 4: The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits

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		<ul style="list-style-type: none"> • Fun and Flexibility with a Friend • Aerobic Capacity Circuit 	
<p>Standard 5: The student understands safety practices associated with physical activity and space.</p>	<p>Chasing and Fleeing Self-Check</p>	<ul style="list-style-type: none"> • 4-Corner Scramble • Addition Tag • Designated Driver 	<ul style="list-style-type: none"> • Recess Activities • Chasing and Fleeing • Cooperatives
<p>Standard 6: The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.</p>	<p>Stunts and Tumbling Self-Check</p>	<ul style="list-style-type: none"> • Daily Dozen • Mambo #5 • Mini-Basketball 	<ul style="list-style-type: none"> • Stunts and Tumbling • Dance • Basketball
<p>Standard 7: The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.</p>	<p>Cooperative All-Star Self Check</p>	<ul style="list-style-type: none"> • Group Juggling • Stepping Stones • Beat the Clock 	<ul style="list-style-type: none"> • Cooperatives • Cooperatives • Cooperatives

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6-8 (2001 Edition)			
Standard 1: The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.	Basketball Trick Skills Test (Extra Extra)	<ul style="list-style-type: none"> • Pass and Shoot • Putting to Targets • Target Frisbee 	<ul style="list-style-type: none"> • Basketball • Golf • Frisbee
Standard 2: The student applies movement concepts and principles to the learning and development of motor skills.	Basketball Skills Test (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
Standard 3: The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.	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
Standard 4: The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.	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

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Standard 5: The student understands safety practices associated with physical activity and space.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Flag Grab • Triangle Tag • Hurdle Practice 	<ul style="list-style-type: none"> • Cooperative Games • Aerobic Games • Track & Field
Standard 6: The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Straddleball • Red River Valley • Ultimate Frisbee 	<ul style="list-style-type: none"> • Cooperative Games • Dance • Frisbee
Standard 7: The student develops positive self-management and social skills needed to work independently and with others in physical activity 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

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9-12 (2007 Edition)			
Standard 1: The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> • Return Service to Target • 5-Person Hit and Run Softball • Forehand and Backhand Techniques 	<ul style="list-style-type: none"> • Volleyball • Softball • Racquetball
Standard 2: The student applies movement concepts and principles to the learning and development of motor skills.	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tinikling/Jump Bands
Standard 3: The student exhibits a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.	Personal Fitness Program Evaluation	Pedometer Activities: <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
Standard 4: The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.	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

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<p>Standard 5: The student understands safety practices associated with physical activity and space.</p>	<p>Weight Room and Fitness Lab Safety Test</p>	<ul style="list-style-type: none"> • 5-Person Hit and Run Softball • Minefield • 2 Group Human Ladder 	<ul style="list-style-type: none"> • Softball • Cooperatives/Team building • Cooperatives/Team building
<p>Standard 6: The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.</p>	<p>Dance Assessment</p>	<ul style="list-style-type: none"> • 5, 6, 7, 8 • Pilates/Yoga • Troika 	<ul style="list-style-type: none"> • Dance • Pilates/Yoga • Dance
<p>Standard 7: The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.</p>	<p>Teambuilding Response Journal</p>	<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