

## SPARK Alignment with Pennsylvania Physical Education Standards Grade 9

Standard	Sample SPARK Activities	Corresponding SPARK Unit
<b>10.4 Physical Activity</b>		
<b>A.</b> Analyze and engage in physical activities that are developmentally individually appropriate and support achievement of personal fitness and activity goals.		Power Walk and Jog Unit
<b>B.</b> Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health. Improvement- <ul style="list-style-type: none"> <li>• stress management</li> <li>• disease prevention</li> <li>• weight management</li> </ul>		Aerobic Games Unit

Standard	Sample SPARK Activities	Corresponding SPARK Unit
<p><b>C.</b> Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• exercise (e.g., climate, altitude, location, temperature)</li> <li>• healthy fitness zone</li> <li>• individual fitness status (e.g., cardio-respiratory fitness, muscular endurance, muscular strength, flexibility)</li> <li>• drug/substance use/abuse</li> </ul>	All-Run Games	Games
<p><b>D.</b> Analyze factors that affect physical activity preferences of adolescents.</p> <ul style="list-style-type: none"> <li>• skill competence</li> <li>• social benefits</li> <li>• previous experience</li> <li>• activity confidence</li> </ul>		Cooperative Games Unit  Field Games Unit
<p><b>E.</b> Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <ul style="list-style-type: none"> <li>• personal choice</li> <li>• developmental differences</li> <li>• amount of physical activity</li> <li>• authentic practice</li> </ul>		Basketball Unit  Dance and Rhythms Unit

Standard	Sample SPARK Activities	Corresponding SPARK Unit
<b>F.</b> Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <ul style="list-style-type: none"> <li>• group dynamics</li> <li>• social pressure</li> </ul>	3 Catch Game	Basketball

Standard	Sample SPARK Activities	Corresponding SPARK Unit
<b>10.5 Concepts, Principles and Strategies of Movement</b>		
<p><b>A.</b> Describe and apply the components of skill-related fitness to movement performance.</p> <ul style="list-style-type: none"> <li>• agility</li> <li>• balance</li> <li>• coordination</li> <li>• power</li> <li>• reaction time</li> <li>• speed</li> </ul>		Fun and Fitness Circuits
<p><b>B.</b> Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <ul style="list-style-type: none"> <li>• response selection</li> <li>• stages of learning a motor skill (i.e., verbal cognitive, motor, automatic)</li> <li>• types of skill (i.e., discrete, serial, continuous)</li> </ul>	Backyard Golf	Golf
<p><b>C.</b> Identify and apply practice strategies for skill improvement.</p>	Backyard Golf	Golf

Standard	Sample SPARK Activities	Corresponding SPARK Unit
<p><b>D.</b> Identify and describe the principles of training using appropriate vocabulary.</p> <ul style="list-style-type: none"> <li>• specificity</li> <li>• overload</li> <li>• progression</li> <li>• aerobic, anaerobic</li> <li>• circuit, interval</li> <li>• repetition, set</li> </ul>		<p>Fun and Fitness Unit</p> <p>Power Walk and Jog Unit</p>
<p><b>E.</b> Analyze and apply scientific and biomechanical principles to complex movements.</p> <ul style="list-style-type: none"> <li>• centripetal, centrifugal force</li> <li>• linear motion</li> <li>• rotary motion</li> <li>• friction, resistance</li> <li>• equilibrium</li> <li>• number of moving segments</li> </ul>		<p>Track &amp; Field Unit</p>
<p><b>F.</b> Describe and apply game strategies to complex games and physical activities.</p> <ul style="list-style-type: none"> <li>• offensive strategies</li> <li>• defensive strategies</li> <li>• time management</li> </ul>		<p>Field Games Unit</p> <p>Basketball Unit</p> <p>Hockey Unit</p>