

SPARK Alignment with Rhode Island Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Version)			
Standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Locomotor Skills, Levels, Directions • Body Management and Balance • Self-Toss and Catch 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Catching and Throwing
Standard 2: 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 • Striking with Paddles 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Dribbling, Volleying, and Striking
Standard 3: Understands the implications of and the benefits derived from involvement in physical activity.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Fitness Introduction • Parachute Fitness • Individual Rope Jumping I and II 	<ul style="list-style-type: none"> • Building a Foundation • Parachute • Jumping

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<p>Standard 4: Applies physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.</p>	<p>Games Rubric</p>	<ul style="list-style-type: none"> • Catch and Chase • 2-Square • Switcheroo! 	<ul style="list-style-type: none"> • Games • Recess Activities • Recess Activities
<p>Standard 5: Demonstrates responsible personal and social behavior in physical activity settings.</p>	<p>Parachute Rubric</p>	<ul style="list-style-type: none"> • Capture the Orb • Long Rope Jumping I and II • Frog Crossing 	<ul style="list-style-type: none"> • Parachute • Jumping • Games
<p>Standard 6: Understands that internal and external environments influence physical activity.</p>	<p>Dance Rubric</p>	<ul style="list-style-type: none"> • Create a Dance • Emotion Motion • Showtime 	<ul style="list-style-type: none"> • Dance • ASAP • Manipulatives

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3-5			
Standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms.	<ul style="list-style-type: none"> • Stunts and Tumbling Self-Check 	<ul style="list-style-type: none"> • Look, Learn and Leave • 4 Corners • Capture the Flag 	<ul style="list-style-type: none"> • Stunts and Tumbling • ASAP • Aerobic Games
Standard 2: Applies movement concepts and principles to the learning and development of motor skills.	<ul style="list-style-type: none"> • Softball Learning Log 	<ul style="list-style-type: none"> • Partner Throw and Catch • Introduction to Forward Pass • Intro to Throw and Catch 	<ul style="list-style-type: none"> • Softball • Football • Frisbee
Standard 3: Understands the implications of and the benefits derived from involvement in physical activity.	<ul style="list-style-type: none"> • Fitness Circuits Think About 	<ul style="list-style-type: none"> • Moving for Time • Fitness Grids • Partner Mixed Fitness 	<ul style="list-style-type: none"> • Map Challenges • Fitness Circuits • Fitness Challenges
Standard 4: Applies physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.	<ul style="list-style-type: none"> • Fitness Challenges Performance Rubric 	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility with a Friend 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits

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		<ul style="list-style-type: none"> • Aerobic Capacity Circuit 	
<p>Standard 5: Demonstrates responsible personal and social behavior in physical activity settings.</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 6: Understands that internal and external environments influence physical activity.</p>	<ul style="list-style-type: none"> • Hockey Self-Check 	<ul style="list-style-type: none"> • Mini-Hockey • Quick-Play Mini-Football • Mini-Basketball 	<ul style="list-style-type: none"> • Hockey • Football • Basketball

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6-8			
Standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms.	<ul style="list-style-type: none"> • Basketball 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: Applies movement concepts and principles to the learning and development of motor skills.	<ul style="list-style-type: none"> • Basketball Trick Skills Test (Extra Extra) 	<ul style="list-style-type: none"> • 3 Catch with Shot • Group Passing Challenges • 3-Catch Lead Up 	<ul style="list-style-type: none"> • Basketball • Field Games • Frisbee
Standard 3: Understands the implications of and the benefits derived from involvement in physical activity.	<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
Standard 4: Applies physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.	<ul style="list-style-type: none"> • 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 5: Demonstrates responsible personal and social behavior in physical activity settings.	<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

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<p>Standard 6: Understands that internal and external environments influence physical activity.</p>	<ul style="list-style-type: none"> • Skill Checklist: Volleyball Underhand Serve (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

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9-12			
Standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms.	<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
Standard 2: Applies movement concepts and principles to the learning and development of motor skills.	<ul style="list-style-type: none"> • 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: Understands the implications of and the benefits derived from involvement in physical activity.	<ul style="list-style-type: none"> • 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
Standard 4: Applies physical activity-related skills and concepts to maintain a physically active lifestyle and a health-enhancing level of physical fitness.	<ul style="list-style-type: none"> • 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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Standard 5: Demonstrates responsible personal and social behavior in physical activity settings.	<ul style="list-style-type: none"> • Teambuilding Response Journal 	<ul style="list-style-type: none"> • Hula Hoop Pass • 2 Group Human Ladder • Minefield 	<ul style="list-style-type: none"> • Cooperatives/Team building • Cooperatives/Team building • Cooperatives/Team building
Standard 6: Understands that internal and external environments influence physical activity.	<ul style="list-style-type: none"> • Teambuilding Response Journal 	<ul style="list-style-type: none"> • Group Jump Rope • Popsicle Push-Ups • Power Stretching/Yoga 	<ul style="list-style-type: none"> • Teambuilding • Teambuilding • Power Stretching/Yoga