

SPARK Alignment with Tennessee Physical Education Standards Grades K-12

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
Grades K-2 (2008 Version)			
1.0 Movement Forms The student will demonstrate 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 • Animal Balancing Act 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Balance, Stunts, and Tumbling
2.0 Movement Concepts and Principles The student will apply 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
3.0 Personal and Social Responsibility The student will demonstrate responsible personal and social behavior in physical activity settings.	Parachute Rubric	<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

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<p>4.0 Fitness The student will understand, achieve, and maintain a health-enhancing level of fitness leading to a physically active lifestyle.</p>	<p>Building a Foundation Rubric</p>	<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
<p>5.0 Understanding Physical Activity The student will understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.</p>	<p>Dance Rubric</p>	<ul style="list-style-type: none"> • Create a Dance • Create a Routine • Showtime 	<ul style="list-style-type: none"> • Dance • Balance, Stunts, and Tumbling • Manipulatives

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Grades 3-5			
1.0 Movement Forms The student will demonstrate competency in many movement forms and proficiency in a few movement forms.	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
2.0 Motor Concepts and Principles The student will apply movement concepts and principles to the learning and development of motor skills.	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
3.0 Personal and Social Responsibility The student will demonstrate responsible personal and social behavior in physical activity settings.	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
4.0 Fitness The student will understand, achieve, and maintain a health-enhancing level of fitness leading to a physically active lifestyle.	Fitness Circuits Performance Rubric	<ul style="list-style-type: none"> • Body Composition Circuit • Muscular Strength and Endurance Circuit • Fun and Flexibility 	<ul style="list-style-type: none"> • Fitness Circuits • Fitness Circuits • Fitness Challenges • Fitness Circuits

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		with a Friend <ul style="list-style-type: none"> • Aerobic Capacity Circuit 	
5.0 Understanding Physical Activity The student will understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.	Cooperative All-Star Self Check	<ul style="list-style-type: none"> • Cooperative Countdown • VIP Tag • Designated Driver 	<ul style="list-style-type: none"> • Volleyball • Chasing and Fleeing • Cooperatives

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Grades 6-8			
1.0 Motor Skill Development The student will demonstrate competency in many movement forms and proficiency in a few movement forms.	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
2.0 Movement Concepts and Principles The student will apply movement concepts and principles to the learning and development of motor skills.	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
3.0 Personal and Social Responsibility The student will demonstrate responsible personal and social behavior 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
4.0 Fitness The student will understand, achieve, and maintain a health-enhancing level of fitness leading to a physically active lifestyle.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fun and Fitness Circuits • Heart Alert • Power Walk/Jog 	<ul style="list-style-type: none"> • Fun and Fitness Circuits • Aerobic Games • Power Walk/Jog
5.0 Understanding Physical Activity The student will understand that physical activity	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

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provides opportunities for enjoyment, challenge, self-expression and social interaction.			

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Grades 9-12			
1.0 Individual and Dual Sports The student will exhibit a level of competency, advancing to a level of proficiency, in a specific individual or dual sport.	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
2.0 Team Sports. The student will exhibit competency, advancing to proficiency in a team sport.	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
3.0 Fitness and Conditioning The student will recognize and establish behavioral factors leading to the development of total fitness.	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
4.0 Rhythmic Activities The student will exhibit a level of competency by performing various rhythmic activities.	Dance Assessment	<ul style="list-style-type: none"> • 5, 6, 7, 8 • Pilates/Yoga • Troika 	<ul style="list-style-type: none"> • Dance • Pilates/Yoga • Dance

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<p>5.0 Educational Gymnastics. The student will practice body control through various educational gymnastic activities appropriate to the individual's ability and confidence level in a non-competitive setting.</p>	<p>Personal Fitness Program Evaluation</p>	<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
<p>6.0 Outdoor Education. Develop competency in outdoor education activities that provide opportunities for lifelong enjoyment and challenge.</p>	<p>Teambuilding Response Journal</p>	<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