

SPARK Alignment with Utah Physical Education Standards

| Standard | Suggested Assessments | Sample SPARK Activities | Corresponding SPARK Unit |
|---|------------------------------|---|---|
| K-2 (2008 Edition) | | | |
| Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | 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: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | 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: Participates regularly in physical activity. | 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: Achieves and maintains a health-enhancing level of physical fitness. | 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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| Standard 5: Exhibits responsible personal and social behavior that respects self and others 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 |
| Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. | Dance Rubric | <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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|---|--|---|--|
| 3-5 (2007 Edition) | | | |
| Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | 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: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | 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: Participates regularly in physical activity. | 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 |

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| <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</p> | <p>Fitness Circuits Performance Rubric</p> | <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 |
| <p>Standard 5: Exhibits responsible personal and social behavior that respects self and 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 |
| <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p> | <p>Are You Part of the Cast? Cooperative All- Star Teammate Self Check</p> | <ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me! | <ul style="list-style-type: none"> • Hockey • Fitness Challenges • Cooperatives and Initiatives |

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| 6-8 (2001 Edition) | | | |
| Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | 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: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | 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: Participates regularly in physical activity. | 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: Achieves and maintains a health-enhancing level of physical fitness. | 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 5: Exhibits responsible personal and social behavior that | Dance Assessment (Extra Extra) | <ul style="list-style-type: none"> • Straddleball • Red River Valley | <ul style="list-style-type: none"> • Cooperative Games • Dance |

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| respects self and others in physical activity settings. | | <ul style="list-style-type: none"> • Ultimate Frisbee | <ul style="list-style-type: none"> • Frisbee |
| Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. | 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: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | 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 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | 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 3: Participates regularly in physical activity. | 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 |
| Standard 4: Achieves and maintains a health-enhancing level of physical fitness. | Jump Rope Routine Score Sheet | <ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance | <ul style="list-style-type: none"> • Jump Rope • Volleyball • Dance |
| Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings. | 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 |

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| <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p> | <p>Teambuilding Response Journal</p> | <ul style="list-style-type: none"> • Everybody Up • Gordian Knot • Trolleys | <ul style="list-style-type: none"> • Cooperatives / Team building • Cooperatives / Team building • Cooperatives / Team building |