

SPARK Alignment with Virginia Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2000 Version)			
Demonstrate proficiency in all fundamental movement skills and patterns and competence in several specialized movement forms. (Skilled Movement)	Perceptual Power Skill Assessment	<ul style="list-style-type: none"> • 8 Basic Locomotor Skills • Levels/Directions/Tempo/Pathways • Non-Locomotor Skills 	<ul style="list-style-type: none"> • Perceptual Power • Perceptual Power • Perceptual Power
Apply movement principles and concepts to learning and developing motor skills and specialized movement forms. (Movement Principles and Concepts)	Dance With Me Skill Assessment	<ul style="list-style-type: none"> • Creative Stunts • The Elephant's Rainbow • Follow the Leader 	<ul style="list-style-type: none"> • Superkid Stunts • Dance With Me • Jumping for Joy
Achieve and maintain a health-enhancing level of personal fitness. (Personal Fitness)	Debrief	<ul style="list-style-type: none"> • Single Short-Rope Jumping • Crazy Corners • Workout Tag 	<ul style="list-style-type: none"> • Jumping for Joy • Great Games • Great Games
Demonstrate responsible personal and social behaviors in physical activity settings. (Responsible Behaviors)	Parachute Parade Skill Assessment	<ul style="list-style-type: none"> • Wring the Dishrag, Partner Toe Toucher, Double Top, Leapfrog, Mirror • Merry-Go-Round • Popcorn and Team Popcorn 	<ul style="list-style-type: none"> • Superkid Stunts • Parachute Parade • Parachute Parade

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Demonstrate a physically active lifestyle, including activity within and outside of the physical education setting. (Physically Active Lifestyle)	Debrief	<ul style="list-style-type: none"> • Crazy Doctor Tag • Frogs in the Pond • Kid Star 	<ul style="list-style-type: none"> • SPARK Starters • Happy Hoops • Dance with Me

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3-5 (2007 Version)			
Demonstrate proficiency in all fundamental movement skills and patterns and competence in several specialized movement forms. (Skilled Movement)	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
Apply movement principles and concepts to learning and developing motor skills and specialized movement forms. (Movement Principles and Concepts)	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
Achieve and maintain a health-enhancing level of personal fitness. (Personal Fitness)	Fitness Circuits Performance Rubric Personal Best Log	<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

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Demonstrate responsible personal and social behaviors in physical activity settings. (Responsible Behaviors)	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
Demonstrate a physically active lifestyle, including activity within and outside of the physical education setting. (Physically Active Lifestyle)	Group Fitness Think About Personal Best Log Home Plays	<ul style="list-style-type: none"> • Mixed Fitness Circuit • Create a Routine • Personal Best Day 	<ul style="list-style-type: none"> • Fitness Circuits • Group Fitness • Personal Best Day

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6-8 (2001 Version)			
Demonstrate proficiency in all fundamental movement skills and patterns and competence in several specialized movement forms. (Skilled Movement)	Dance Assessment (Extra Extra)	<ul style="list-style-type: none"> • Tininkling • Troika • Long Rope Jumping 	<ul style="list-style-type: none"> • Dance • Dance • Jump Rope
Apply movement principles and concepts to learning and developing motor skills and specialized movement forms. (Movement Principles and Concepts)	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> • 3 Catch with Shot • Frisbee Golf • Dodge and Pass 	<ul style="list-style-type: none"> • Basketball • Frisbee • Hockey
Achieve and maintain a health-enhancing level of personal fitness. (Personal 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
Demonstrate responsible personal and social behaviors in physical activity settings. (Responsible Behaviors)	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> • Workout Tag • All-Run Kickball • Group Moon Ball 	<ul style="list-style-type: none"> • Aerobic Games • All-Run Games • Cooperative Games

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Demonstrate a physically active lifestyle, including activity within and outside of the physical education setting. (Physically Active Lifestyle)	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

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9-12 (2007 Version)			
Demonstrate proficiency in all fundamental movement skills and patterns and competence in several specialized movement forms. (Skilled Movement)	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
Apply movement principles and concepts to learning and developing motor skills and specialized movement forms. (Movement Principles and Concepts)	Choreography Project	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tininkling/Jump Bands 	<ul style="list-style-type: none"> • Jump Rope • Line Dance • Tininkling/Jump Bands
Achieve and maintain a health-enhancing level of personal fitness. (Personal Fitness)	Weight Room and Fitness Lab Safety Test 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
Demonstrate responsible personal and social behaviors in physical activity settings. (Responsible Behaviors)	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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Demonstrate a physically active lifestyle, including activity within and outside of the physical education setting. (Physically Active Lifestyle)	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