

SPARK Alignment with Wisconsin Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
K-2 (2008 Edition)			
Content Standard A: Leading an Active Lifestyle Students in Wisconsin will exhibit a physically active lifestyle.	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
Content Standard B: Physical Skill Development Students in Wisconsin will demonstrate competency in many forms of movement and proficiency in some.	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
Content Standard C: Learning Skills Students in Wisconsin will apply concepts and principles of movement to the learning and development of physical skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> • Movement Concepts Using Hoops • Pairs Combining Movement Concepts • Scoops and Balls Introduction 	<ul style="list-style-type: none"> • Building a Foundation • Building a Foundation • Catching and Throwing
Content Standard D: Understanding Physical Activity and Well Being	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

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Students in Wisconsin will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.			<ul style="list-style-type: none"> • Manipulatives
<p>Content Standard E: Health-Enhancing Fitness Students in Wisconsin will achieve and maintain a health-enhancing level of physical fitness.</p>	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
<p>Content Standard F: Respectful Behavior Students in Wisconsin will demonstrate responsible personal and social behavior in physical-activity settings.</p>	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
<p>Content Standard G: Understanding Diversity Students in Wisconsin will demonstrate understanding and respect for differences among people in physical-activity settings.</p>	Jumping Rubric	<ul style="list-style-type: none"> • Rope Turning in Pairs • Houdini Hoops • The Mexican Hat Dance 	<ul style="list-style-type: none"> • Jumping • Games • Dance

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3-5 (2007 Edition)			
<p>Content Standard A: Leading an Active Lifestyle Students in Wisconsin will exhibit a physically active lifestyle.</p>	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
<p>Content Standard B: Physical Skill Development Students in Wisconsin will demonstrate competency in many forms of movement and proficiency in some.</p>	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
<p>Content Standard C: Learning Skills Students in Wisconsin will apply concepts and principles of movement to the learning and development of physical skills.</p>	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
<p>Content Standard D: Understanding Physical Activity and Well Being Students in Wisconsin will</p>	Fitness Challenges Performance Rubric	<ul style="list-style-type: none"> • Solo Aerobic Fitness • Jump the Circuit (Individual Tricks) 	<ul style="list-style-type: none"> • Fitness Challenges • Jump Rope • Map Challenges

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understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.		<ul style="list-style-type: none"> • Moving Around the Track 	
<p>Content Standard E: Health-Enhancing Fitness Students in Wisconsin will achieve and maintain a health-enhancing level of physical fitness.</p>	Fitness Circuits Performance Rubric	<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>Content Standard F: Respectful Behavior Students in Wisconsin will demonstrate responsible personal and social behavior in physical-activity settings.</p>	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>Content Standard G: Understanding Diversity Students in Wisconsin will demonstrate understanding and respect for differences among people in physical-activity settings.</p>	Are You Part of the Cast? Cooperative All-Star Teammate Self Check	<ul style="list-style-type: none"> • Mini-Hockey • Survivor Challenge • Stick with Me 	<ul style="list-style-type: none"> • Hockey • Fitness Challenges • Cooperatives

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6-8 (2001 Edition)			
Content Standard A: Leading an Active Lifestyle Students in Wisconsin will exhibit a 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
Content Standard B: Physical Skill Development Students in Wisconsin will demonstrate competency in many forms of movement and proficiency in some.	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
Content Standard C: Learning Skills Students in Wisconsin will apply concepts and principles of movement to the learning and development of physical skills.	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
Content Standard D: Understanding Physical Activity and Well Being Students in Wisconsin will understand that physical activity provides opportunities for	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> • Fat Cell Tag • 5 Servings Tag • Heart Alert 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Aerobic Games

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enjoyment, challenge, self-expression, and social interaction.			
Content Standard E: Health-Enhancing Fitness Students in Wisconsin will achieve and maintain 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
Content Standard F: Respectful Behavior Students in Wisconsin will demonstrate responsible personal and social behavior in physical-activity settings.	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
Content Standard G: Understanding Diversity Students in Wisconsin will demonstrate understanding and respect for differences among people 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

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9-12 (2007 Edition)			
Content Standard A: Leading an Active Lifestyle Students in Wisconsin will exhibit a physically active lifestyle.	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
Content Standard B: Physical Skill Development Students in Wisconsin will demonstrate competency in many forms of movement and proficiency in some.	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
Content Standard C: Learning Skills Students in Wisconsin will apply concepts and principles of movement to the learning and development of physical skills.	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
Content Standard D: Understanding Physical Activity and Well Being Students in Wisconsin will	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness 	<ul style="list-style-type: none"> • Power Stretching/Yoga • Pilates • Personal Fitness

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understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.		Program	Program
Content Standard E: Health-Enhancing Fitness Students in Wisconsin will achieve and maintain 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
Content Standard F: Respectful Behavior Students in Wisconsin will demonstrate responsible personal and social behavior 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
Content Standard G: Understanding Diversity Students in Wisconsin will demonstrate understanding and respect for differences among people in physical-activity settings.	Teambuilding Response Journal	<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