

## SPARK Alignment with West Virginia Physical Education Standards

Standard	Suggested Assessments	Sample SPARK Activities	Corresponding SPARK Unit
<b>K-2 (2008 Edition)</b>			
<b>Standard 1: Movement Forms (PE.S.1)</b> Students will demonstrate competency in many movement forms and proficiency in a few movement forms.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Locomotor Skills, Levels, Directions</li> <li>• Body Management and Balance</li> <li>• Animal Balancing Act</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Balance, Stunts, and Tumbling</li> </ul>
<b>Standard 2: Development of Motor Skills (PE.S.2)</b> Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.	Building a Foundation Rubric	<ul style="list-style-type: none"> <li>• Movement Concepts Using Hoops</li> <li>• Pairs Combining Movement Concepts</li> <li>• Scarf Exploration</li> </ul>	<ul style="list-style-type: none"> <li>• Building a Foundation</li> <li>• Building a Foundation</li> <li>• Manipulatives</li> </ul>
<b>Standard 3: Physical Activity (PE.S.3)</b> Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	Games Rubric	<ul style="list-style-type: none"> <li>• Catch and Chase</li> <li>• 2-Square</li> <li>• Switcheroo!</li> </ul>	<ul style="list-style-type: none"> <li>• Games</li> <li>• Recess Activities</li> <li>• Recess Activities</li> </ul>
<b>Standard 4: Physical Fitness</b>	Building a Foundation	<ul style="list-style-type: none"> <li>• Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Building a</li> </ul>

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<p><b>(PE.S.4)</b> Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness.</p>	<p>Rubric</p>	<p>Introduction</p> <ul style="list-style-type: none"> <li>• Parachute Fitness</li> <li>• Individual Rope Jumping I and II</li> </ul>	<p>Foundation</p> <ul style="list-style-type: none"> <li>• Parachute</li> <li>• Jumping</li> </ul>
<p><b>Standard 5: Responsible Personal and Social Behavior (PE.S.5)</b> Students will demonstrate an understanding of responsible personal and social behaviors in physical activity settings.</p>	<p>Parachute Rubric</p>	<ul style="list-style-type: none"> <li>• Capture the Orb</li> <li>• Long Rope Jumping I and II</li> <li>• Frog Crossing</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Jumping</li> <li>• Games</li> </ul>

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<b>3-5 (2007 Edition)</b>			
<b>Standard 1: Movement Forms (PE.S.1)</b> Students will demonstrate competency in many movement forms and proficiency in a few movement forms.	Stunts and Tumbling Self-Check	<ul style="list-style-type: none"> <li>• Mini-Hockey</li> <li>• Look, Learn and Leave</li> <li>• Mini-Basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Stunts and Tumbling</li> <li>• Basketball</li> </ul>
<b>Standard 2: Development of Motor Skills (PE.S.2)</b> Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.	Create a Game Performance Rubric (Aerobic Games)	<ul style="list-style-type: none"> <li>• Mambo #5</li> <li>• Stunt Stories and Tumbling Tales</li> <li>• Bench Step Basics</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Stunts and Tumbling</li> <li>• Group Fitness</li> </ul>
<b>Standard 3: Physical Activity (PE.S.3)</b> Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	Fitness Circuits Think About	<ul style="list-style-type: none"> <li>• Resistance Band Workout</li> <li>• Flexibility Circuit</li> <li>• Body Composition BINGO</li> <li>• Number Run</li> </ul>	<ul style="list-style-type: none"> <li>• Group Fitness</li> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Walk/Jog/Run</li> </ul>
<b>Standard 4: Physical Fitness (PE.S.4)</b> Students will apply physical fitness	Body Composition Wellness Integration	<ul style="list-style-type: none"> <li>• Body Composition Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Circuits</li> <li>• Fitness Challenges</li> <li>• Walk/Jog/Run</li> </ul>

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concepts to achieve and maintain a health-enhancing level of physical fitness.		<ul style="list-style-type: none"> <li>• Body Composition BINGO</li> <li>• Walk/Run Switcheroo</li> <li>• Wellness Integration</li> </ul>	
<p><b>Standard 5: Responsible Personal and Social Behavior (PE.S.5)</b> Students will demonstrate an understanding of responsible personal and social behaviors in physical activity settings.</p>	Cooperative All-Star Self Check	<ul style="list-style-type: none"> <li>• Group Juggling</li> <li>• Stepping Stones</li> <li>• Beat the Clock</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperatives</li> <li>• Cooperatives</li> <li>• Cooperatives</li> </ul>

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<b>6-8 (2001 Edition)</b>			
<b>Standard 1: Movement Forms (PE.S.1)</b> Students will demonstrate competency in many movement forms and proficiency in a few movement forms.	Basketball Skills Test (Extra Extra)	<ul style="list-style-type: none"> <li>• 5-Person Bat and Run Softball</li> <li>• 3-Catch Basketball</li> <li>• Tinikling</li> </ul>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Basketball</li> <li>• Dance</li> </ul>
<b>Standard 2: Development of Motor Skills (PE.S.2)</b> Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.	Skill Checklist: Volleyball Underhand Serve (Extra Extra)	<ul style="list-style-type: none"> <li>• Swing</li> <li>• Face-Off</li> <li>• Keep It Up, Run Around</li> </ul>	<ul style="list-style-type: none"> <li>• Golf</li> <li>• Hockey</li> <li>• Volleyball</li> </ul>
<b>Standard 3: Physical Activity (PE.S.3)</b> Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• Estimation</li> <li>• Jogging</li> <li>• Rope Skipping</li> </ul>	<ul style="list-style-type: none"> <li>• Power Walk and Jog</li> <li>• Run USA</li> <li>• Jump Rope</li> </ul>
<b>Standard 4: Physical Fitness (PE.S.4)</b> Students will apply physical fitness	Personal Best Log (Extra Extra)	<ul style="list-style-type: none"> <li>• SPARK Action Plan</li> <li>• SPARK Physical</li> </ul>	<ul style="list-style-type: none"> <li>• Extra Extra</li> <li>• Extra Extra</li> <li>• Run USA</li> </ul>

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concepts to achieve and maintain a health-enhancing level of physical fitness.		Activity Log <ul style="list-style-type: none"> <li>• Jogging</li> </ul>	
<b>Standard 5: Responsible Personal and Social Behavior (PE.S.5)</b> Students will demonstrate an understanding of responsible personal and social behaviors in physical activity settings.	Pair Share (Lesson Closure, Extra Extra)	<ul style="list-style-type: none"> <li>• Houdini Hoops</li> <li>• Moon Ball</li> <li>• Group Moon Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative Games</li> <li>• Cooperative Games</li> <li>• Cooperative Games</li> </ul>

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<b>9-12 (2007 Edition)</b>			
<b>Standard 1: Movement Forms (PE.S.1)</b> Students will demonstrate competency in many movement forms and proficiency in a few movement forms.	5-Person Hit and Run Softball Assessment	<ul style="list-style-type: none"> <li>• Return Service to Target</li> <li>• 5-Person Hit and Run Softball</li> <li>• Forehand and Backhand Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Softball</li> <li>• Racquetball</li> </ul>
<b>Standard 2: Development of Motor Skills (PE.S.2)</b> Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.	Choreography Project	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling/Jump Bands</li> </ul>	<ul style="list-style-type: none"> <li>• Jump Rope</li> <li>• Line Dance</li> <li>• Tinikling/Jump Bands</li> </ul>
<b>Standard 3: Physical Activity (PE.S.3)</b> Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.	Personal Fitness Program Evaluation	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>
<b>Standard 4: Physical Fitness (PE.S.4)</b>	<ul style="list-style-type: none"> <li>• Personal Fitness Program</li> </ul>	Pedometer Activities: <ul style="list-style-type: none"> <li>• Power</li> </ul>	<ul style="list-style-type: none"> <li>• Power Stretching/Yoga</li> </ul>

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Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness.	Evaluation <ul style="list-style-type: none"> <li>• Weight Room and Fitness Lab Safety Test</li> </ul>	Stretching/Yoga <ul style="list-style-type: none"> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates</li> <li>• Personal Fitness Program</li> </ul>
<b>Standard 5: Responsible Personal and Social Behavior (PE.S.5)</b> Students will demonstrate an understanding of responsible personal and social behaviors in physical activity settings.	Teambuilding Response Journal	<ul style="list-style-type: none"> <li>• Group Jump Rope</li> <li>• Popsicle Push-Ups</li> <li>• Minefield</li> </ul>	<ul style="list-style-type: none"> <li>• Teambuilding</li> <li>• Teambuilding</li> <li>• Teambuilding</li> </ul>