

**January – Week 1 (Begin each day with a warm-up activity and end with a cool down activity.)**

Concept/Activities	NASPE/ TEKS	Page	Family Activities	SPARK PE Lessons, Resources by Tab
<p><b>Monday</b>  <b>Individual Sports Activities</b>            Speed walking around the gym            Speed walking races            Speed walking relays</p> <p><b>“Simon Says” Individual Sport Commands</b>            Play Simon Says (jogging in place) and then give commands that simulate the sports in the Healthy and Wise article.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6	1	Go to the park this evening and speed walk with your parents.	<p><b><u>SPARK K-2</u></b>            Building a Foundation Games</p> <p><b><u>SPARK 3-6</u></b>            Cooperative Games            Group Fitness</p>
<p><b>Tuesday</b>  <b>Fitness Goal - Cardiovascular fitness</b></p> <ul style="list-style-type: none"> <li>• Step aerobics</li> <li>• Climb the bleachers</li> <li>• Brisk walk</li> <li>• Run a mile</li> <li>• Partner shuttle run</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6	2	Ride your bike for 30 minutes after school to help increase your endurance.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Walk/Jog/Run            Group Fitness            Fitness Circuits</p>
<p><b>Wednesday</b>  <b>Fitness Goal - Flexibility Fitness</b>            Have students complete flexibility exercises for:</p> <ul style="list-style-type: none"> <li>• Chest</li> <li>• Shoulders</li> <li>• Back</li> <li>• Thighs (Quadriceps)</li> <li>• Hamstrings</li> </ul> <p>Then, let the kids play freeze tag. When a person is tagged, they must freeze in an individual sport pose for 30 seconds.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	2	Demonstrate some of these flexibility exercises for other family members.	<p><b><u>SPARK K-2</u></b>            Building a Foundation Games</p> <p><b><u>SPARK 3-6</u></b>            Group Fitness            Fitness Circuits            Aerobic Games            Chasing and Fleeing</p>
<p><b>Thursday</b>  <b>Fitness Goal - Strength and Muscle Fitness</b>  <b>Arm Muscle Builders</b></p> <ul style="list-style-type: none"> <li>• Wall Push-Ups</li> <li>• Knee Push-Ups</li> <li>• Full Push-Ups</li> </ul> <p><b>Tummy Exercisers</b></p> <ul style="list-style-type: none"> <li>• Curl-Ups</li> <li>• Elbow-Knee Curl-Ups</li> <li>• Abdominal Stretches</li> </ul> <p><b>Hip and Leg Builders</b></p> <ul style="list-style-type: none"> <li>• Hip Flexors</li> <li>• Lunges</li> <li>• Wall Sits or Squats</li> <li>• Ankle Builders</li> <li>• Calf Raises</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.3	2	Demonstrate some of these exercises for other family members. Try to do some strength training exercises over the weekend.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Fitness Challenges</p>
<p><b>Friday</b>  <b>Individual Sports Centers</b>            Give students an opportunity this month to rotate through various individual sports centers.</p> <ul style="list-style-type: none"> <li>• Bowling</li> <li>• Archery</li> <li>• Gymnastics</li> <li>• Golf</li> <li>• Dance</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.6	1	Practice one of the individual sports at home.	<p><b><u>SPARK K-2</u></b>            Dance            Balance, Stunts, and Tumbling</p> <p><b><u>SPARK 3-6</u></b>            Dance            Stunts and Tumbling</p>