

**January –Week 2 (Begin each day with a warm-up activity and end with a cool down activity.)**

<b>Concept/Activities</b>	<b>NASPE/TEK</b>	<b>Page(s)</b>	<b>Family Activities</b>	<b>SPARK PE Lessons, Resources by Tab</b>
<p><b>Monday</b>  <b>Individual Sports</b>  <b>Track</b>            Have students run a 50-meter dash and record their times. Also use modified runs, dashes, and races.</p>	Standard 1, 2 K-6.1, 3, 6	1	Practice running a 50-meter dash at home and try to improve your time.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Walk/Jog/Run</p>
<p><b>Tuesday</b>  <b>Fitness Goal - Muscular Strength and Endurance</b>  <b>Calisthenics Relay</b>            Each team must complete each station –lunges, sit-ups, push-ups, jumping jacks, etc. (12-15 repetitions each). Modify as needed.</p>	Standard 1, 2 K-6.3	2	Practice these exercises one day during 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>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><b>Aerobic Circle</b> – Students jog in place to music. One person goes to the middle and demonstrates an individual sport. The group imitates the person. Then, the person chooses another person to come to the middle to demonstrate an individual sport as he or she rejoins the circle.</p>	Standard 1, 2 K-6.1, 3	1, 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</p>
<p><b>Thursday</b>  <b>Individual Sports</b>  <b>Track</b>  <b>Long Jump</b>            In the gym or outside, have students jump for distance. From a starting line, have students jump as far as they can. Let students practice multiple times. Teach students to measure their distance.</p>	Standard 1, 2, 3, 4 K-6.3, 6	1	Practice the long jump at home with other family members. Don't forget to measure your distance.	<p><b><u>SPARK K-2</u></b>            Jumping</p> <p><b><u>SPARK 3-6</u></b>            Group Fitness            Fitness Circuits            Jump Rope</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 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>