

January – Week 4 (Begin each day with a warm-up activity and end with a cool down activity.)

Concept/Activities	NASPE/TEK	Page(s)	Family Activities	SPARK PE Lessons, Resources, by Tab
<p>Monday Fitness Activities on Signal Students will do the following activities on start and stop signals:</p> <ul style="list-style-type: none"> • Jog the perimeter of the gym • Balance on your right foot • Run in place • Reach up to the sky • Balance on your left foot • Row your boat • Swimming motions 	Standard 1, 2, 3, 4, 5, 6 K-6.3	2	Go for a bike ride with your family tonight or go for a long evening walk.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Fitness Challenges</p>
<p>Tuesday Fitness Mat Circuits Teacher’s Choice Flexibility Exercises Calisthenic Exercises</p>	Standard 1,2, 3, 4, 5, 6 K-6.3	2	Encourage students to perform flexibility exercises at home with other family members.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Fitness Challenges</p>
<p>Wednesday Team Rotations – in teams students complete the following fitness activities.</p> <ul style="list-style-type: none"> • Short course run/sprint • Rope climbing or pull-ups • Light weight medicine ball passes • Group jump rope activities 	Standard 1, 2, 3, 4, 5, 6 K-6.3	2	Schedule time after school today to be physically active. Tell your classmates what you did when you come back to class tomorrow.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Fitness Challenges</p>
<p>Thursday Fitness Goals - Sports Fitness Students participate in different sport and game stations.</p> <ul style="list-style-type: none"> • Basketball • Soccer • Volleyball • Kickball • Bowling 	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	2	Encourage students to explore recreational sports activities in your community. Obtain league and registration information.	<p><u>SPARK K-2</u> Kicking and Trapping Catching and Throwing</p> <p><u>SPARK 3-6</u> Soccer Basketball Volleyball</p>
<p>Friday Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity <i>Examples-</i></p> <ul style="list-style-type: none"> • Frisbee Golf • Freeze Tag • Obstacle Course • Dribble Tag • 50’s Day Dancing • Relays 	Standard 1, 2, 3, 4, 5, 6 K-6.3	N/A	Have students describe the physical activities they enjoy doing at home or after school.	<p><u>SPARK K-2</u> Dance Games Catching and Throwing</p> <p><u>SPARK 3-6</u> Dance Aerobic Games Flying Disc</p>