

January – Week 3 (Begin each day with a warm-up activity and end with a cool down activity.)

Concept/Activities	NASPE/TEKS	Page	Family Activities	Assessment
<p>Monday Individual Sports/Activities Dancing, Marching, Cheering Students will perform various dances to appropriate music.</p> <ul style="list-style-type: none"> • The Twist • The Swim • Hokey Pokey <p><i>Optional</i></p> <ul style="list-style-type: none"> • Marches • Cheers 	Standard 1, 2 K-6.3, 6	1	Teach one of these dances to other family members.	<p><u>SPARK K-2</u> Dance</p> <p><u>SPARK 3-6</u> Dance</p>
<p>Tuesday Fitness Goal Emphasis Obstacle Course – Variety of Activities (Be Creative!)</p> <ul style="list-style-type: none"> • Run the straight line • Bench walk • Jump rope • Sit in four chairs • Run the Zig-Zag pattern • Hoop steps (like tires) • Five base run and touch • Shoot hoops 	Standard 1, 2, 3, 4 K-6.1, 3, 6	2	Create an obstacle course in your backyard or at your neighborhood park.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Fitness Challenges</p>
<p>Wednesday Fitness Goal Emphasis Hip and Leg Builders</p> <ul style="list-style-type: none"> • Hip Flexors • Lunges • Wall Sits or Squats • Ankle Builders • Calf Raises <p>Fitness Emphasis Strength Training</p> <ul style="list-style-type: none"> • Rope Climbing Challenges • Climbing Walls • Tug of War Games • Wheel Barrow Races • Crab Walk Races 	Standard 1, 2 K-6.3	2	Demonstrate some of these exercises for other family members.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Fitness Challenges</p>
<p>Thursday Individual Sports Frisbee Golf Set up markers around the gym or outside if weather permits and have students play Frisbee golf.</p>	Standard 1, 2, 3, 4 K-6.3, 6	1	Play Frisbee golf at home with other family members. Go miniature golfing with your family.	<p><u>SPARK K-2</u> Catching and Throwing</p> <p><u>SPARK 3-6</u> Flying Disc</p>
<p>Friday Teacher’s Choice/Physical Activity Options/Other Planned Physical Activities <i>Examples-</i></p> <ul style="list-style-type: none"> • Dribble Tag • Hokey Pokey • Group Jump Rope Activities • Kickball • Favorite Sport Day 	Standard 5, 6 K-6.3, 7	N/A	Have students describe the physical activities they enjoy doing at home or after school.	<p><u>SPARK K-2</u> Games Jumping</p> <p><u>SPARK 3-6</u> Aerobic Games Jump Rope</p>