



December - Week 2 (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>Monday Exercise in the Winter Emphasis Bundle Up Fun Run All students should dress for the outside weather conditions and run for fun. They can run with partners, run backwards, run and skip, or do any fun variation.</p>	Standard 1, 2, 3, 4 K-6.1, 3, 6	2	Bundle up and take a walk with your family this evening.	<p><u>SPARK K-2</u> Building a Foundation Games</p> <p><u>SPARK 3-6</u> Group Fitness Fitness Circuits Aerobic Games</p>
<p>Tuesday Outside Strength Training Use outdoor apparatus or equipment for:</p> <ul style="list-style-type: none"> • Climbing • Pull-ups • Play Tug-of War outside 	Standard 1, 2, 3, 4 K-6.3	2	What kinds of things can you climb at home?	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Group Fitness Fitness Circuits</p>
<p>Wednesday Outside Obstacle Course – Variety of Activities (Bundle Up and Be Creative!) 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</p>	Standard 1, 2, 3, 4 K-6.1, 3, 6	2	Create an obstacle course in your backyard.	<p><u>SPARK K-2</u> Building a Foundation Games</p> <p><u>SPARK 3-6</u> Group Fitness Fitness Circuits Aerobic Games</p>
<p>Thursday Winter Sports Day Structure small-sided games played outside.</p> <ul style="list-style-type: none"> • Basketball • Soccer • Volleyball 	Standard 1, 2, 3, 4 K-6.6	2	With your parents, plan games that you can play with relatives and friends during the winter break.	<p><u>SPARK K-2</u> Dribbling, Volley, and Striking Kicking and Trapping Catching and Throwing</p> <p><u>SPARK 3-6</u> Basketball Soccer Volleyball</p>
<p>Friday Teacher’s Choice/Physical Activity Options/Other Planned Physical Activities <i>All activities should take place outside:</i></p> <ul style="list-style-type: none"> • Four Square • Kickball • Winter Festival Fun Day (Active Games - Choices) • Freeze tag 	Standard 5, 6 K-6.3, 6, 7	NA	Have students describe the physical activities they enjoy doing at home or after school.	<p><u>SPARK K-2</u> Games</p> <p><u>SPARK 3-6</u> Aerobic Games</p>