

February – 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>Monday Highlight Girls Sports - Basketball Dribbling Fundamentals:</p> <p>Head Up, Hand on Top of the Ball, Bend at the Knees, Fingertip Control, Dribble Ball Between the Knee and Waist.</p> <p>Put students in groups of two and have them dribble between set distances. One player dribbles down a line, turns around, and brings it back to their partner. Then, their partner takes the ball and does the same drill - this can be timed.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1, 6</p>	<p>1</p>	<p>Ask your mom or dad to take a brisk walk with you this evening.</p> <p>Then, practice your dribbling skills.</p>	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Basketball</p>
<p>Tuesday Dribble Tag – Divide the class into groups. One group dribbles a basketball, while the other group tries to tag the dribbling players. Once tagged, a player has to go to the sideline and dribble 20 times before re-entering the game. Both teams should have an opportunity to be dribblers and chasers.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6</p>	<p>1</p>	<p>Play this game at home with other family members or friends.</p>	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Basketball</p>
<p>Wednesday Basketball Partner Passing – How many passes can you make against the wall or with a partner in 30 seconds? How many passes can you make against the wall or with a partner before the ball is dropped?</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1, 6</p>	<p>1, 2</p>	<p>Practice this drill at home with a family member.</p>	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Basketball</p>
<p>Thursday Partner Strength Training Centers Set up centers around the gym and have students complete various strength-training exercises. Push-ups, curl-ups, lunges, pull-ups, rope climbing, etc. Record results. Then, jog several laps around the gym.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 3</p>	<p>2</p>	<p>Try to do at least three of these exercises over the weekend.</p>	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Fitness Circuits</p>
<p>Friday Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity/ Favorite Jersey Day Recognize National Heart Month with the following activities:</p> <ul style="list-style-type: none"> • Jump Rope for Heart • Hoops for Heart 	<p>Standard 1, 2, 3, 4 K-6. 1, 3, 6, 7</p>	<p>6</p>	<p>Have students describe the physical activities they enjoy doing at home or after school with others.</p>	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking Jumping Games</p> <p><u>SPARK 3-6</u> Basketball Aerobic Games Jump Rope</p>