



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

Concept/Activities	NASPE/TEKS	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<p>Monday Girls Sports - Volleyball Fun Students participate in different volleyball skill stations in pairs practicing the following:</p> <ul style="list-style-type: none"> • Serve (overhand) the ball to a partner or against a wall • Set (fingertips send the ball gently upwards) to a partner • Bump (hands loosely clasped and forearms bump the ball) back and forth with a partner or wall <p>Partners should help correct errors in skills.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 6	1, 2	Practice your volleyball serve with a parent this evening.	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Volleyball</p>
<p>Tuesday Divide the class into two teams and have students play several games of volleyball.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6	1	Practice volleyball skills at home with a family member.	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Volleyball</p>
<p>Wednesday Readdress any volleyball skills that need to be reviewed and then divide the class into two teams and have students play several games of volleyball.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 6	1	Unwind this evening with a 30 minute walk outside if weather permits or at the mall with a family member.	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Volleyball</p>
<p>Thursday Partner Jump Rope Marathons – optional with music</p> <ul style="list-style-type: none"> • Hot Pepper • Follow Me • Jump Rope Tag <p>Have students (in pairs or in groups) use jump rope activities to build endurance.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 3	2	Jump rope at home with other family members.	<p><u>SPARK K-2</u> Jumping</p> <p><u>SPARK 3-6</u> Jump Rope</p>
<p>Friday Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity</p> <ul style="list-style-type: none"> • Jump Rope for Heart • Hoops for Heart • Aerobic Simon Says • Hopscotch Marathon • Bean Bag Games 	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6, 7	6 National Heart Month	Have students describe the physical activities they enjoy doing at home or after school.	<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>