

February – Week 3 (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 Partner Jogs – Let students pair up and jog in a line that has the last pair in line moving to the front of the line while jogging. Once the new pair is in front, the pair in back jogs up to the front of the line. Continue this at a moderate pace.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1, 7</p>	<p>2</p>	<p>Ask your mom or dad to take a brisk walk with you this evening.</p>	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Walk/Jog/Run</p>
<p>Tuesday Partner Tug of Wars/Rope Climbing Divide students into pairs and let them participate in tug-of-war games and rope climbing activities as teams.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 3, 7</p>	<p>2</p>	<p>Play these games at home with other family members or friends.</p>	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Fitness Circuits</p>
<p>Wednesday Aerobic Partnerships Form a circle and have all members run in place. Two people (partners) must come to the middle and lead the group in a different exercise. Examples:</p> <ul style="list-style-type: none"> • Jumping jacks • The twist • Hop on one foot • Row a boat <p>Be Creative!</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6.1, 7</p>	<p>2</p>	<p>Be a role model at home and encourage your family to be physically active.</p>	<p><u>SPARK K-2</u> Building a Foundation Games</p> <p><u>SPARK 3-6</u> Fitness Circuits Aerobic Games</p>
<p>Thursday In pairs, students progress through the following centers: Arm Muscle Builders</p> <ul style="list-style-type: none"> • Wall Push-Ups • Knee Push-Ups • Full Push-Ups <p>Tummy Exercisers</p> <ul style="list-style-type: none"> • Curl-Ups • Elbow-Knee Curl-Ups • Abdominal Stretches <p>Light jog around the gym.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 3, 7</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</p> <ul style="list-style-type: none"> • Jump Rope for Heart • Hoops for Heart • Partner Freeze Tag • Follow the Leader • Loose Caboose 	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6, 7</p>	<p>6 National Heart Month</p>	<p>Have students describe the physical activities they enjoy doing at home or after school.</p>	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking Jumping Games</p> <p><u>SPARK 3-6</u> Basketball Aerobic Games Jumpe Rope</p>