



February – Week 4 (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
Monday Partner Runs Let students pair up with a friend and have them jog around the school if weather permits. If necessary, use the gym. Encourage them to socialize and chat, but to also jog at good pace.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 7	2	Take a brisk walk with a family member this evening.	<u>SPARK K-2</u> Building a Foundation <u>SPARK 3-6</u> Walk/jog/Run
Tuesday Partner Plays Frisbee or Soccer Golf Select markers that are both challenging and success oriented for all students.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	2	Play these games at home with other family members or friends.	<u>SPARK K-2</u> Catching and Throwing Kicking and Trapping <u>SPARK 3-6</u> Frisbee Soccer
Wednesday Partner Co-ops Partners cooperate together as they work in pairs to complete the following activities: <ul style="list-style-type: none"> • Backward Get-Up • Wheelbarrow Walks • Centipede Walks • Crab Walks • Bouncing ball from point to point 	Standard 1, 2, 3, 4, 5 K-6.1, 3, 7	2	Can you do these exercises at home with a friend? Of course you can.	<u>SPARK K-2</u> Building a Foundation <u>SPARK 3-6</u> Fitness Circuits
Thursday Buddy Freeze Tag Partners hold hands as they chase or run away from the “Freeze Team.” When tagged, a pair must freeze with hands together until they count to 25.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	2	Play a game of freeze tag with friends or other family members.	<u>SPARK K-2</u> Building a Foundation Games <u>SPARK 3-6</u> Group Fitness Aerobic Games
Friday Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity <i>Examples-</i> <ul style="list-style-type: none"> • Hoops for Heart • Jump Rope for Heart • Aerobic Simon Says • Hopscotch • Marathon 	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.	<u>SPARK K-2</u> Dribbling, Volleying, and Striking Jumping Games <u>SPARK 3-6</u> Aerobic Games Jump Rope Basketball