



**March – Week 1 (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><b>Monday</b>  <b>Track and Field</b>  <b>(50-Meter Run)</b>            Have students practice this event first, then have them run the 50-meter run/dash and record their times.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 6	1	Practice running at home this evening.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Walk/Jog/Run</p>
<p><b>Tuesday</b>  <b>Calisthenics Relay</b>            Divide class into teams. Each team must complete each station. Lunges, push-ups, sit-ups, jumping jacks, etc. (15-20 repetitions each). Record each team's time.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3	2	Demonstrate these calisthenic exercises to other family members.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Group Fitness            Fitness Circuits</p>
<p><b>Wednesday</b>  <b>Track and Field</b>  <b>(Long Jump)</b>            In the gym or outside, have students jump for distance. From a starting line, ask each student to jump as far as he/she can. Use a running approach as well. Let students practice several times. Teach students to measure their distance.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 6	1	Practice your jumping skills at home with a family member.	<p><b><u>SPARK K-2</u></b>            Building a Foundation            Jumping</p> <p><b><u>SPARK 3-6</u></b>            Group Fitness            Fitness Circuits            Jump Rope</p>
<p><b>Thursday</b>  <b>Track and Field</b>  <b>(Team Relays)</b>            Divide students into teams and practice team relay events. Demonstrate passing the baton/object with an appropriate handoff.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3	1	Practice handing off an object that resembles a baton to a family member while running.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Walk/Jog/Run</p>
<p><b>Friday</b>  <b>Teacher's Choice/Physical Activity</b>  <b>Options/Centers/Other Planned Physical Activity/ Favorite Jersey Day</b></p> <ul style="list-style-type: none"> <li>• Kickball</li> <li>• Hop Scotch</li> <li>• Four Square</li> <li>• Jump Rope Activities</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6, 7	N/A	Have students describe the physical activities they enjoy doing at home or after school.	<p><b><u>SPARK K-2</u></b>            Jumping Games</p> <p><b><u>SPARK 3-6</u></b>            Aerobic Games            Jump Rope</p>