

March – Week 2 (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 Track and Field (Frisbee Throw) Set cones at various distances around the gym/outside and have students throw the Frisbee as close to the cones as possible.</p> <p>Egg/Spoon Relays – Students must carry an egg on a spoon to a set distance and then bring it back to the next teammate.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6	1	Play a game of Frisbee with your family.	<p><u>SPARK K-2</u> Catching and Throwing</p> <p><u>SPARK 3-6</u> Flying Disc</p>
<p>Tuesday Track and Field (50 and 100 Meter Run) Have some students run the 50-meter run and others run the 100-meter run. Record their times.</p> <p>Relay – Pairs place an object between them (back-to-back, side-to-side) and must go a distance and then return so the next pair can proceed.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6	1	Practice at home with family members, siblings, or friends.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Walk/Jog/Run</p>
<p>Wednesday Track and Field (High Jump) In the gym or outside, have students jump for height. From a starting line, ask each student to jump as high as they can. Let students practice several times. Try it with a running approach as well. Teach students to measure height if possible. *Dress Up Relays – Big shirt, scarf, gloves, etc.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6	1	Practice your jumping skills at home with a family member.	<p><u>SPARK K-2</u> Jumping Building a Foundation</p> <p><u>SPARK 3-6</u> Walk/Jog/Run Jump Rope</p>
<p>Thursday Partner Calisthenic Centers Set up centers around the gym and have students complete various calisthenic exercises. Push-ups, curl-ups, lunges, pull-ups, rope climbing, etc. Record results. Then, jog several laps around the gym.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 3	2	Try to do at least three of these exercises over the weekend.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Group Fitness Fitness Circuits Walk/Jog/Run</p>
<p>Friday Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity</p> <ul style="list-style-type: none"> • Four Square • Jump Rope Activities • Buddy Fun Run • Speed Walking Relays 	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6, 7		Have students describe the physical activities they enjoy doing at home or after school.	<p><u>SPARK K-2</u> Jumping Building a Foundation Games</p> <p><u>SPARK 3-6</u> Aerobic Games Jumping Rope Walk/Jog/Run</p>