



March – Week 3, (Begin each day with a warm-up activity and end with a cool down.)

Concept/Activities	NASPE/ TEKS	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<p>Monday</p> <p>Throwing – Students face each other in pairs 10 ft. apart. With the elbow back, step toward your partner with the opposite foot and throw. Throw at this distance 5 times, then step further apart. Throw 5 times at that distance. Repeat pattern.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6.1</p>	<p>1</p>	<p>Encourage students to play catch with a family member at home.</p>	<p><u>SPARK K-2</u> Catching and Throwing</p> <p><u>SPARK 3-6</u> Softball</p>
<p>Tuesday</p> <p>Throwing continued – Set up targets, such as cones and have students throw from different distances trying to hit the target.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1</p>	<p>1</p>	<p>Throw at a target in your backyard or a nearby park with a friend or family member.</p>	<p><u>SPARK K-2</u> Catching and Throwing</p> <p><u>SPARK 3-6</u> Softball</p>
<p>Wednesday</p> <p>Catching Grounders and Flyers Grounders – keep the ball in front of you and bend at the knees and waist to catch the grounder.</p> <p>Flyers – keep hands together when catching a fly ball.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6.1</p>	<p>1</p>	<p>Have a family member throw grounders and flyers to you so you can practice your catching skills.</p>	<p><u>SPARK K-2</u> Catching and Throwing</p> <p><u>SPARK 3-6</u> Softball</p>
<p>Thursday</p> <p>Base Run Relay Set up multiple softball fields using cones as bases. Divide the class into small teams. Each team member runs around the bases and then returns home and touches the next teammate, who then runs around the bases.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3</p>	<p>1</p>	<p>Encourage students to play this relay at home with family or friends.</p>	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Walk/Jog/Run Softball</p>
<p>Friday</p> <p>Batting stances vary and it is the swing that is most important. Teach basics of stance and swing. With fingers around the bat bring the bat behind your right ear with the right elbow up. Swing level and follow through.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1</p>	<p>1</p>	<p>Practice your batting skills at home with a family member.</p>	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Softball</p>