



April – Week 1 (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 Sports Safety Awareness – Let students play a game of softball. All batters must wear a helmet. Field players should wear a glove. Optional Softball Stations:</p> <ul style="list-style-type: none"> • Batting • Pitching • Fielding Grounders • Fielding Fly balls <p>Alternative – T-Ball</p>	1, 2, 3, 4, 5, 6 K-6.5, 6, 7	1	Encourage students to play catch and practice batting skills at home.	<p><u>SPARK K-2</u> Catching and Throwing Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Softball</p>
<p>Tuesday Let students play softball and, once again, encourage appropriate sports safety equipment. Optional Base Running Relays Softball Stations (cont.)</p>	1, 2, 3, 4, 5, 6 K-6. 1, 5, 6, 7	1	Organize a softball game in your neighborhood with family and friends.	<p><u>SPARK K-2</u> Catching and Throwing Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Softball</p>
<p>Wednesday Exercise Day (Proper Conditioning) Identify and practice warm-up and flexibility exercises to help prepare the body for exercise and prevent injuries. How does this relate to sports safety? Assign additional body weight exercises for upper and lower body strength training.</p>	1, 2, 3, 4, 5, 6 K-6.3, 5	1	Identify four warm-up activities and four flexibility exercises that can be completed at home with family members.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Group Fitness Fitness Circuits</p>
<p>Thursday Freeze Tag (Play Cooperatively) Students should avoid being touched and frozen. Once touched, they are frozen for 60 seconds before they can re-enter the game. Use space or play environment safely.</p>	1, 2, 3, 4, 5, 6 K-6. 1, 5, 6, 7	1	Encourage students to play this game after school with friends.	<p><u>SPARK K-2</u> Games</p> <p><u>SPARK 3-6</u> Aerobic Games</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	N/A	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>