

April – Week 2 (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 – Adequate Hydration Have students get a drink and then participate in a timed endurance run or brisk walk. Students should get a drink following the activity. Optional</p> <ul style="list-style-type: none"> • Partner Runs • Shuttle Runs • Relays 	1, 2, 3, 4, 5, 6 K-6. 1, 5	1	Ask students to track their fluid intake at home. Do they drink plenty of water before and after physical activity?	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Walk/Jog/Run</p>
<p>Tuesday Sports Safety – Players of similar size. Divide students into four teams by size. Have each team pair up. Practice defensive and offensive skills in soccer, basketball, or other sports.</p>	1, 2, 3, 4, 5, 6 K-6.5, 6, 7	1	With family members, identify sports or games in which size doesn't matter or isn't a factor.	<p><u>SPARK K-2</u> Kicking and Trapping Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Basketball Soccer</p>
<p>Wednesday Exercise Day (Proper Conditioning) Simon Says Mat Drills – Students follow teacher's lead as he/she demonstrates appropriate exercises.</p>	1, 2, 3, 4, 5, 6 K-6.3, 5	1	Identify four 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 Sports Safety Clinic – Set up sports stations around the gym. Have students participate at each station. Post a sports safety tip at each station/center.</p>	1, 2, 3, 4, 5, 6 K-6.5, 6, 7	1	Ask parents to volunteer or participate during the clinic.	<p><u>SPARK K-2</u> Kicking and Trapping Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Basketball Soccer Volleyball</p>
<p>Friday Teacher's Choice/Physical Activity Options/Centers/Other Planned Physical Activity <i>Examples -</i></p> <ul style="list-style-type: none"> • Gym Obstacle Course • Beach Ball Relays • Hot Potato or Wonder Ball • Softball Games • Free Choice Activities 	1,2, 3, 4, 5, 6 K-6.1, 3	N/A	Have students describe the physical activities they enjoy doing at home or after school.	<p><u>SPARK K-2</u> Catching and Throwing Games</p> <p><u>SPARK 3-6</u> Softball Aerobic Games</p>