

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

<b>Concept/Activities</b>	<b>NASPE/TEKS</b>	<b>Page(s)</b>	<b>Family Activities</b>	<b>Assessment</b>
<b>Monday</b> <b>Swimming Strokes</b> <b>Front Crawl</b> (often used in a freestyle event) - lift one arm up then the other up, forward and around to eight quick counts as if you are swimming in water. Have students jog around the gym, then stop on signal to perform the stroke.	Standard 1, 2, 3, 4, 6  K-6.1, 3	2	Ask students to demonstrate this stroke for other family members. Play this game at home.	<u><b>SPARK K-2</b></u> Building a Foundation Games  <u><b>SPARK 3-6</b></u> Group Fitness Fitness Circuits Aerobic Games
<b>Tuesday</b> <b>Backstroke</b> – lift one arm then the other up, back and around for eight quick counts. Use the jogging activity above adding the backstroke to the front crawl.	Standard 1, 2, 3, 4, 6  K-6.1, 3	2	With a family member, think of other types of exercises that are done while on the back. Report back to the class.	<u><b>SPARK K-2</b></u> Building a Foundation Games  <u><b>SPARK 3-6</b></u> Group Fitness Fitness Circuits Aerobic Games
<b>Wednesday</b> <b>Breaststroke</b> – bring straight arms together forward and then open them to each side for eight quick counts. Use the jogging activity above adding the breaststroke to the crawl and backstroke.	Standard 1, 2, 3, 4, 6  K-6.1, 3	2	Find an organization that offers swimming lessons and share that information with your class.	<u><b>SPARK K-2</b></u> Building a Foundation Games  <u><b>SPARK 3-6</b></u> Group Fitness Fitness Circuits Aerobic Games
<b>Thursday</b> <b>Butterfly</b> – jump forward while at the same time throwing your arms back, around, and forward for eight quick counts. Use the jogging activity above adding the butterfly to the crawl, backstroke, and breaststroke.	Standard 1, 2, 3, 4, 6  K-6.1, 3	2	Demonstrate the butterfly stroke for other family members. Is this stroke more difficult to perform than the other strokes?	<u><b>SPARK K-2</b></u> Building a Foundation Games  <u><b>SPARK 3-6</b></u> Group Fitness Fitness Circuits Aerobic Games
<b>Friday</b> <b>Teacher’s Choice/Physical Activity</b> <b>Options/Centers/Other Planned Physical Activity</b> <i>Examples-</i> <ul style="list-style-type: none"> <li>• Jogging activity above with all strokes performed on signal</li> <li>• Jump rope activities (group and individual)</li> <li>• Fitness centers</li> <li>• Kickball</li> <li>• 3x3 soccer games</li> </ul>	Standard 1, 2, 3, 4, 6 K-6.3	NA	Have students describe the physical activities they enjoy doing at home or after school.	<u><b>SPARK K-2</b></u> Building a Foundation Games Kicking and Trapping Jumping  <u><b>SPARK 3-6</b></u> Group Fitness Fitness Circuits Aerobic Games Soccer Jumping Rope