



**December – Week 1 (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><b>Monday</b>            Martial Arts Conditioning  <b>Warm-up</b> – Running in Place  <b>Stretches</b></p> <ul style="list-style-type: none"> <li>• Arm Extensions (front, sides, and back)</li> <li>• Shoulder Exercises – Rotate arms forward and then backwards</li> <li>• Front Thigh Stretch</li> <li>• Hamstring Stretch</li> </ul> <p><b>Aerobic Emphasis</b>            Martial Arts Freeze Tag – Once a child is tagged they must pose in a Martial Arts position.</p>	Standard 1, 2 K-6.1, 3, 6	1	Meditation is a critical part of Martial Arts training. Tonight, spend time thinking about the conditioning exercises you did in PE. Imagine your muscle fibers stretching and your heart getting stronger.	<p><b><u>SPARK K-2</u></b>            Building a Foundation Games</p> <p><b><u>SPARK 3-6</u></b>            Group Fitness            Fitness Circuits            Aerobic Games</p>
<p><b>Tuesday</b>  <b>Martial Arts Conditioning</b>            Warm-up – March in Place            Perform flexibility exercises  <b>Chinese Dragon Relays</b>            In groups of five, holding the persons waist ahead of them, students progress through the strength training centers and complete</p> <ul style="list-style-type: none"> <li>• Body weight exercises</li> <li>• Resistance band exercises</li> <li>• Abdominal exercises</li> </ul>	Standard 1, 2 K-6.1, 3	1	Demonstrate some of the exercises you learned in PE to other family members.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Group Fitness            Fitness Circuits</p>
<p><b>Wednesday</b>  <b>Martial Arts Conditioning</b>            Practice the following kicking movements emphasizing self-control – Never kick other students.  <b>Forward Snap Kicks</b> – bring knee up and then extend the leg  <b>Side Kicks</b> - bend the knee and raise the kicking leg as high as possible in a manner so that the knee itself is pointed ninety degrees away from the target. These movements should be performed slowly focusing on balance and technique.</p>	Standard 1, 2 K-6.1, 3	1	Practice these kicking techniques at home.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Group Fitness            Fitness Circuits</p>
<p><b>Thursday</b>  <b>Simon Says</b> do Martial Arts movements or conditioning exercises.</p>	Standard 1, 2 K-6.1, 3, 6	1	Play this game at home with your neighborhood friends.	<p><b><u>SPARK K-2</u></b>            Building a Foundation Games</p> <p><b><u>SPARK 3-6</u></b>            Group Fitness            Fitness Circuits            Aerobic Games</p>
<p><b>Friday</b>  <b>Tinikling Dancing</b> – Have students learn this Philippine National Dance. Online resource for Tinikling history and instructions - <a href="http://www.giancruz.com/portfolio/imd110/city/ho wto.html">http://www.giancruz.com/portfolio/imd110/city/ho wto.html</a></p>	Standard 5, 6 K-6.3, 6	1	Follow along with an exercise or dance video at home.	<p><b><u>SPARK K-2</u></b>            Dance</p> <p><b><u>SPARK 3-6</u></b>            Dance</p>