



**November - Week 1 (Begin each day with a warm-up activity and end with a cool down activity.)**

Concept/Activities	NASPE/TEKS	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<p><b>Monday</b>  <b>Basketball – Dribbling Skills</b> Using cones and markers, have students work on dribbling the ball. Set up a course for students to dribble around various obstacles. Dribble with the right hand and dribble with the left hand.</p>	<p>Standard 1, 2, 3, 4, 5, 6            K-6.1, 6</p>	<p>1</p>	<p>Practice dribbling a basketball at home with friends or family.</p>	<p><b><u>SPARK K-2</u></b>            Dribbling, Volleying, and Striking</p> <p><b><u>SPARK 3-6</u></b>            Basketball</p>
<p><b>Tuesday</b>  <b>Dribble and Shoot</b>            Place students in two lines facing the basket. Have each student practice a jump shot, bank shot, lay-up, hook shot, and free throw.</p>	<p>Standard 1, 2, 3, 4, 5, 6            K-6.1, 6, 7</p>	<p>1</p>	<p>Ask a family member to help you work on basketball shots at home.</p>	<p><b><u>SPARK K-2</u></b>            Dribbling, Volleying, and Striking</p> <p><b><u>SPARK 3-6</u></b>            Basketball</p>
<p><b>Wednesday</b>  <b>Strength training day</b></p> <ul style="list-style-type: none"> <li>• Body weight exercises</li> <li>• Resistance band exercises</li> <li>• Abdominal exercises</li> </ul>	<p>Standard 1, 2, 3, 4, 5, 6            K-6.3</p>	<p>2</p>	<p>Identify strength training exercises that students can do at home.</p>	<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>Dribble and Pass</b>            At midcourt, pairs dribble and pass the ball between them until they reach the basket. One person takes a shot and the other rebounds and returns the ball back to the next pair.</p>	<p>Standard 1, 2, 3, 4, 5, 6            K-6.1, 6, 7</p>	<p>1</p>	<p>Practice your passing skills with a friend or family member at home.</p>	<p><b><u>SPARK K-2</u></b>            Dribbling, Volleying, and Striking</p> <p><b><u>SPARK 3-6</u></b>            Basketball</p>
<p><b>Friday</b>  <b>Teacher’s Choice/Physical Activity</b>  <b>Options/Centers/Other Planned Physical Activity</b>  <i>Examples-</i></p> <ul style="list-style-type: none"> <li>• Basketball “Simon Says”</li> <li>• Hopscotch Marathon</li> <li>• Basketball dribble relays</li> </ul>	<p>Standard 1, 2, 3, 4, 5, 6            K-6.3</p>	<p>N/A</p>	<p>Have students describe the physical activities they enjoy doing at home or after school.</p>	<p><b><u>SPARK K-2</u></b>            Games            Dribbling, Volleying, and Striking</p> <p><b><u>SPARK 3-6</u></b>            Cooperatives            Aerobic Games            Basketball</p>