



November – Week 2 (Begin each day with a warm-up activity and end with a cool down activity.)

Concept/Activities	NASPE/TEK	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<b>Monday</b> <b>Dribble Tag</b> – Divide the class into groups. One group dribbles a basketball, while the other group tries to tag the dribbling players. Once tagged, a player has to go to the sideline and dribble 20 times before re-entering the game. Both teams should have an opportunity to be dribblers and chasers.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6	1	With friends or family members, shoot some hoops after school or dinner.	<u><b>SPARK K-2</b></u> Dribbling, Volleying, and Striking  <u><b>SPARK 3-6</b></u> Basketball
<b>Tuesday</b> <b>Endurance Exercises</b> <b>Jog/brisk walk – 1 mile or Partner Jogs</b> – Have students pair up and jog in a line that has the last pair in line moving to the front of the line while jogging. Once the new pair is in front, the pair in back jogs up to the front of the line. Continue this at a moderate pace. End with a cool down.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	N/A	Try to go for a jog or brisk walk with a family member several times this week.	<u><b>SPARK K-2</b></u> Building a Foundation  <u><b>SPARK 3-6</b></u> Walk/Jog/Run
<b>Wednesday</b> <b>Strength Training Centers</b> Set up centers around the gym and have students complete various strength training exercises. Push-ups, curl-ups, lunges, pull-ups, rope climbing, climbing wall, etc. Record results.	Standard 1, 2, 3, 4, 5, 6 K-6.3	2	Play tug-of-war with family or friends.	<u><b>SPARK K-2</b></u> Building a Foundation  <u><b>SPARK 3-6</b></u> Group Fitness Fitness Circuits
<b>Thursday</b> <b>Basketball Skill Centers</b> <ul style="list-style-type: none"> <li>• Dribbling Drills</li> <li>• Passing Drills</li> <li>• Shooting Skills</li> <li>• Player Defense and Offense Skills</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	1	Practice these skills at home with friends or family members.	<u><b>SPARK K-2</b></u> Dribbling, Volleying, and Striking  <u><b>SPARK 3-6</b></u> Basketball
<b>Friday</b> <b>1<sup>st</sup> Game Day</b> Divide the class into teams and play a game of basketball. Encourage students to use the skills they have learned in class. Evaluate their skills and give constructive feedback as needed.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6	1	Encourage students to organize basketball games with friends in their neighborhood.	<u><b>SPARK K-2</b></u> Dribbling, Volleying, and Striking  <u><b>SPARK 3-6</b></u> Basketball