



November – Week 3 (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
Monday Endurance Exercises <ul style="list-style-type: none"> • Step aerobics • Climb the bleachers • Brisk walk • Run a mile • Partner shuttle run 	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6	N/A	Ride your bike for 30 minutes after school to help increase your endurance.	<u>SPARK K-2</u> Building a Foundation <u>SPARK 3-6</u> Walk/Run/Jog
Tuesday Basic Shots Have students play “HORSE” using a variety of shots practiced last week.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6	1	Play “HORSE” at home with your parents or siblings. Make it “CAT” if you don’t have much time.	<u>SPARK K-2</u> Dribbling, Volleying, and Striking <u>SPARK 3-6</u> Basketball
Wednesday Strength Training Day Arm Muscle Builders <ul style="list-style-type: none"> • Wall Push-Ups • Knee Push-Ups • Full Push-Ups Tummy Exercisers <ul style="list-style-type: none"> • Curl-Ups • Elbow-Knee Curl-Ups • Abdominal Stretches Hip and Leg Builders <ul style="list-style-type: none"> • Hip Flexors • Lunges • Wall Sits or Squats • Ankle Builders • Calf Raises 	Standard 1, 2, 3, 4, 5, 6 K-6.3	2	Demonstrate some of these exercises for other family members. Try to do some strength training exercises over the weekend.	<u>SPARK K-2</u> Building a Foundation <u>SPARK 3-6</u> Group Fitness Fitness Circuits
Thursday Help students prepare for tomorrow’s game day by having them work on offensive and defensive basketball skills. Encourage good sportsmanship.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	1	Prepare for game day by practicing basketball skills at home.	<u>SPARK K-2</u> Dribbling, Volleying, and Striking <u>SPARK 3-6</u> Basketball
Friday 2nd Game Day 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, 7	1	Encourage students to organize basketball games with friends in their neighborhood.	<u>SPARK K-2</u> Dribbling, Volleying, and Striking <u>SPARK 3-6</u> Basketball