

November – Week 4 (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>Monday Strength Training</p> <ul style="list-style-type: none"> • Rope climbing • Tug of war • Supervised medicine ball exercises • Climbing walls • Pull-ups 	Standard 1, 2, 3, 4, 5, 6 K-6.3	2	Have you and your family ever tried a climbing wall? Consider this as a family outing.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Group Fitness Fitness Circuits</p>
<p>Tuesday Endurance Exercise Wall-to-Wall Runs – Students run back and forth from one end of the gym to the other. They must touch each wall. Use intervals as appropriate.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6	N/A	Take time each week to jog with another family member or friend.	<p><u>SPARK K-2</u> Building a Foundation</p> <p><u>SPARK 3-6</u> Walk/Run/Jog</p>
<p>Wednesday Basketball Obstacle Course Construct a course that requires students to quickly complete various dribbling, passing, and shooting skills. Optional – Record times</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6	1	Create your own basketball obstacle course at home with family and friends.	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Basketball</p>
<p>Thursday Basketball Skill Wrap-up Help students prepare for tomorrow’s game by working on specific skills that will help each student. You may want to set up skill centers and use your best players as center leaders or mentors.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	1	Prepare for game day by practicing basketball skills at home.	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Basketball</p>
<p>Friday Last Basketball 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.</p> <p>Additional Activities:</p> <ul style="list-style-type: none"> • Four Square • Kickball • Group Jump Rope Activities • Frisbee Golf 	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.	<p><u>SPARK K-2</u> Dribbling, Volleying, and Striking</p> <p><u>SPARK 3-6</u> Basketball</p> <p><u>SPARK K-2</u> Games Jumping Catching and Throwing <u>SPARK 3-6</u> Cooperative Games Aerobic Games Jump Rope Flying Disc</p>