

October - Week 1 (Begin each day with a warm-up activity, flexibility exercises, and end with a cool down activity.)

Concept/Activities	NASPE/TEKS	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
Monday Running and Aerobic Emphasis Partner Jogs – Let 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, 6	2	Jog or take a brisk walk with a family member.	<u>SPARK K-2</u> Building a Foundation <u>SPARK 3-6</u> Walk/Jog/Run
Tuesday Coach Led Tug of War/Rope Climbing Activities Divide students into groups, and pick a student to be the coach of the team. The coach must help his/her team participate in tug-of-war games and rope climbing or climbing wall activities.	Standard 1, 2, 3, 4, 5, 6 K-6.3	1	What kinds of chores at home help build upper body strength?	<u>SPARK K-2</u> Building a Foundation <u>SPARK 3-6</u> Group Fitness Fitness Circuits
Wednesday Aerobic Circle Everyone jogs in place in a circle. One student comes to the middle and demonstrates an aerobic activity such as swimming, biking, skating, etc. The other students must copy the student. That student then picks another student to come to the middle as he/she rejoins the circle.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6	2	Play this aerobic game at home with friends or family members.	<u>SPARK K-2</u> Building a Foundation Games <u>SPARK 3-6</u> Walk/Jog/Run Aerobic Games
Thursday Assign student coaches to each strength training station: <ul style="list-style-type: none"> • Body weight exercises • Resistance band exercises • Abdominal exercises 	Standard 1, 2, 3, 4, 5, 6 K-6.3	1	Plan to do these exercises one day this weekend.	<u>SPARK K-2</u> Building a Foundation <u>SPARK 3-6</u> Group Fitness Fitness Circuits
Friday Teacher's Choice/Physical Activity Options/Other Planned Physical Activities <i>Examples-</i> <ul style="list-style-type: none"> • A Cross Country Run • Partner Freeze Tag • Follow the Leader • Loose Caboose • Obstacle Course • Hula Hoop Challenges 	Standard 1, 2, 3, 4, 5, 6 K-6.3, 7	NA	Have students describe the physical activities they enjoy doing at home or after school.	<u>SPARK K-2</u> Games <u>SPARK 3-6</u> Aerobic Games