

October - Week 2, (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
<p><b>Monday</b>  <b>Aerobic Partners</b>            Students pair up and perform the following partner activities to music:</p> <ul style="list-style-type: none"> <li>• Two-Handed Swing</li> <li>• Elbow-Swing</li> <li>• Partner Shuffle</li> <li>• Partner Step-Hops</li> <li>• Partner Changes</li> </ul> <p>Add more...</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6	2	Do some of the aerobic partner activities with a family member at home.	<p><b><u>SPARK K-2</u></b> Dance</p> <p><b><u>SPARK 3-6</u></b> Dance</p>
<p><b>Tuesday</b>  <b>Strength Training Activities</b>  <b>Arm Muscle Builders</b></p> <ul style="list-style-type: none"> <li>• Wall Push-Ups</li> <li>• Knee Push-Ups</li> <li>• Full Push-Ups</li> </ul> <p><b>Tummy Exercisers</b></p> <ul style="list-style-type: none"> <li>• Curl-Ups</li> <li>• Elbow-Knee Curl-Ups</li> <li>• Abdominal Stretches</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.3	NA	Teach the arm muscle building exercises to your family. Which one do you like best and why?	<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>Wednesday</b>  <b>Aerobic Hopscotch</b>            Draw a variety of Hopscotch courses on the blacktop or on an outside surface. Students should proceed through the courses picking up speed as they go.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6	2	Play this aerobic Hopscotch game at home with friends or family members.	<p><b><u>SPARK K-2</u></b> Building a Foundation Games</p> <p><b><u>SPARK 3-6</u></b> Walk/Jog/Run Aerobic Games</p>
<p><b>Thursday</b>  <b>Aerobic Emphasis Partner Fun Run</b>            Partners hold hands and jog around the gym. On signal everyone has a few seconds to find a new partner and begin running again. Keep changing partners on signal.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6	2	Play this game with your neighborhood friends after school.	<p><b><u>SPARK K-2</u></b> Building a Foundation Games</p> <p><b><u>SPARK 3-6</u></b> Walk/Jog/Run Aerobic Games</p>
<p><b>Friday</b>  <b>Teacher's Choice/Physical Activity Options/Other Planned Physical Activities</b>  <i>Examples-</i></p> <ul style="list-style-type: none"> <li>• Dribble Tag</li> <li>• Hokey Pokey</li> <li>• Group Jump Rope Activities</li> <li>• Kickball</li> <li>• Favorite Sport Day</li> </ul>	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.	<p><b><u>SPARK K-2</u></b> Games</p> <p><b><u>SPARK 3-6</u></b> Aerobic Games</p>