



October -Week 3, (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
<b>Monday</b> <b>Aerobic Emphasis</b> <b>Partner Shuttle Run</b> Partners take turns moving in different ways to the opposite side of the gym touching a different body part to the floor each time.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6	2	Play the partner shuttle run game at home with other family members.	<u><b>SPARK K-2</b></u> Building a Foundation  <u><b>SPARK 3-6</b></u> Walk/Jog/Run
<b>Tuesday</b> <b>Assign student coaches to each strength training station:</b> <ul style="list-style-type: none"> <li>• Body weight exercises</li> <li>• Resistance band exercises</li> <li>• Abdominal exercises</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.3	1	Plan to do these exercises one day this weekend.	<u><b>SPARK K-2</b></u> Building a Foundation  <u><b>SPARK 3-6</b></u> Group Fitness Fitness Circuits
<b>Wednesday</b> <b>Obstacle Course – Variety of Activities (Be Creative!)</b> <ul style="list-style-type: none"> <li>• Run the straight line</li> <li>• Bench walk</li> <li>• Jump rope</li> <li>• Sit in four chairs</li> <li>• Run the Zig Zag pattern</li> <li>• Hoop steps (like tires)</li> <li>• Five base run and touch</li> <li>• Run and shoot the ball through a basket</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6	2	Create an obstacle course in your backyard or a neighborhood park. Have your friends and family members complete it.	<u><b>SPARK K-2</b></u> Building a Foundation Games  <u><b>SPARK 3-6</b></u> Aerobic Games Walk/Run/Jog
<b>Thursday</b> <b>Coach supervised</b> <b>Aerobic/Anaerobic Circuit Stations</b> <ul style="list-style-type: none"> <li>• Jump and Turns</li> <li>• Push-Ups</li> <li>• Crab-Walks</li> <li>• Short Distance Sprints</li> <li>• Curl-Ups</li> <li>• Gym or Outdoor Jog</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	1, 2	Have crab-walk races with other family members.	<u><b>SPARK K-2</b></u> Building a Foundation  <u><b>SPARK 3-6</b></u> Walk/Run/Jog Fitness Circuits Group Fitness
<b>Friday</b> <b>Teacher’s Choice/Physical Activity Options/Other Planned Physical Activities</b> <i>Examples-</i> <ul style="list-style-type: none"> <li>• 3 x 3 Soccer Fun</li> <li>• Kickball</li> <li>• Fall Festival Fun Day (Active Games)</li> <li>• Pumpkin Toss/Pass Games</li> <li>• Dance 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.	<u><b>SPARK K-2</b></u> Games Dance Dribbling, Volley, and Striking Kicking and Trapping  <u><b>SPARK 3-6</b></u> Aerobic Games Sports Units Dance