

October - Week 4, (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 Aerobic Freeze Tag (Play Cooperatively) Students should avoid being touched and frozen. Once touched, they are frozen for 60 seconds before they can re-enter the game. Use space or play environment safely.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6	2	Play this game with your neighborhood friends after school.	<u>SPARK K-2</u> Building a Foundation Games <u>SPARK 3-6</u> Walk/Jog/Run Aerobic Games
Tuesday Partner Body-Weight Exercise Challenges – Record each pair’s repetitions of each exercise. <ul style="list-style-type: none"> • Crab-walks • Wheel barrow • Take a seat (squats) • Take a bow (lunges) Give your exercises creative names! Graph progress!	Standard 1, 2, 3, 4, 5, 6 K-6.3	NA	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
Wednesday Obstacle Course – Variety of Activities (Be Creative!) <ul style="list-style-type: none"> • Egg/Spoon segment • Run two figure eights • Jump rope for distance • Dribble a soccer ball • Hula Hoop for 30 seconds • Jog/sprint a distance • Finish with a school cheer 	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>SPARK K-2</u> Building a Foundation Games <u>SPARK 3-6</u> Walk/Jog/Run Aerobic Games
Thursday Aerobic Four Wall Activities Label each wall of the gym with a different movement and have students go around the gym multiple times. <ul style="list-style-type: none"> • Wall 1-Speed Walk • Wall 2 – Side Step • Wall 3 – Jog Backward • Wall 4 – Jog Forward 	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	2	What kinds of activities can you do around four walls at home or at your community recreation center?	<u>SPARK K-2</u> Building a Foundation Games <u>SPARK 3-6</u> Walk/Jog/Run Aerobic Games
Friday Teacher’s Choice/Physical Activity Options/Other Planned Physical Activities <i>Examples-</i> <ul style="list-style-type: none"> • Loose Caboose • Fitness Stations • Buddy Run Day • Fall Cross Country Run • Fall Festival Fun Day (Active Games) • Pumpkin Toss/Pass Games 	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 7	NA	Have students describe the physical activities they enjoy doing at home or after school.	<u>SPARK K-2</u> Building a Foundation Games <u>SPARK 3-6</u> Walk/Jog/Run Aerobic Games