



Back to School – Week 2, (Begin each day with a warm-up activity and end with a cool down activity.)

Concept/Activities	NASPE/ TEKS	Page(s)	Family/Home Activities	SPARK PE Lessons, Resources by Tab
Monday Fitness Development Short fitness runs, jogs, brisk walks – assign according to health stage. Make these short distances. Observe and try to identify the cardiorespiratory fitness level of each student.	Standard 1, 4 K-6.1	2	Ask students to plan a family brisk walk at least three evenings this week.	<u>SPARK K-2</u> Building a Foundation <u>SPARK 3-6</u> Group Fitness Fitness Circuits
Tuesday SPORTS Day! Set up a variety of different sports skill centers. (Volleyball – serving, returning, etc. Softball – pitching, catching, fielding, batting, etc.) Share community league opportunities or invite representatives to visit.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	1	Spend 20 minutes this evening volleying a ball with a family member.	<u>SPARK K-2</u> Dribbling, Volley, and Striking Kicking and Trapping Catching and Throwing <u>SPARK 3-6</u> Volleyball Softball
Wednesday Focus on Fitness – Obstacle Course <ul style="list-style-type: none"> • Egg/Spoon segment • Run two figure eights • Jump Rope for distance • Dribble a soccer ball • Hula Hoop for 60 seconds • Sprint a distance • Finish with a school cheer or chant 	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	2	Find a partner at home tonight and set up several physical activity challenges (race, do cartwheels, jump rope, etc.) in your backyard or at a nearby park. Invite others to join you.	<u>SPARK K-2</u> Building a Foundation Games Jumping <u>SPARK 3-6</u> Group Fitness Fitness Circuits
Thursday SPORTS DAY Continued... Set up a variety of different sports skill centers. (Volleyball – serving, returning, etc. Softball – pitching, catching, fielding, batting, etc.) Share community league opportunities or invite representatives to visit.	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	1	Play catch at home with a sibling or a parent. Practice fielding balls.	<u>SPARK K-2</u> Dribbling, Volley, and Striking Kicking and Trapping Catching and Throwing <u>SPARK 3-6</u> Volleyball Softball
Friday Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity for Enjoyment <i>Examples-</i> <ul style="list-style-type: none"> • Partner Freeze Tag • Follow the Leader • Loose Caboose • Soccer Goal Kicks • Soccer Golf 	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	NA	Have students describe the physical activities they enjoy doing at home or after school. Have students come up with good physical activities that they can do over the weekend.	<u>SPARK K-2</u> Building a Foundation Games Dribbling, Volley, and Striking Kicking and Trapping <u>SPARK 3-6</u> Cooperative Games Aerobic Games Sports Units