



**Back to School – Week 3, (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
<p><b>Monday</b>  <b>Fitness Assessment Prep</b>            Help prepare students for a beginning of the year fitness assessment next week.</p> <ul style="list-style-type: none"> <li>• 1 Mile - Brisk Walk or Jog</li> </ul> <p>*Differentiate according to health stage</p>	Standard 1 K-6.1	2	Encourage students to walk or jog a mile with a family member several times this week.	<p><b><u>SPARK K-2</u></b>            Building a Foundation  <b><u>SPARK 3-6</u></b>            Walk, Jog, Run            Introduce and discuss the SPARK Personal Best Day</p>
<p><b>Tuesday</b>  <b>SPORTS Day!</b>            Set up a variety of different sports skill centers. (Gymnastics – tumbling and balancing skills. Frisbee – throwing and catching, hitting a target, etc.)            Emphasize fun and participation!            Specific sports skills will be addressed in the coming weeks.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	1	Play a game of Frisbee golf with a family member.	<p><b><u>SPARK K-2</u></b>            Balance, Stunts, and Tumbling</p> <p><b><u>SPARK 3-6</u></b>            Stunts and Tumbling            Flying Disc</p>
<p><b>Wednesday</b>  <b>Fitness Assessment Prep</b>            Help prepare students for a beginning of the year fitness assessment. Have students complete the following exercises and guide form so students will know what to do next week when they are actually assessed.</p> <ul style="list-style-type: none"> <li>• Sprints</li> <li>• Curl-ups</li> <li>• Push-ups</li> <li>• Sit and reach</li> </ul>	Standard 1, 2, K-6.1, 3	2	Are you ready for next week’s fitness assessment? On Saturday, practice any exercise that you feel that you need a little more practice or preparation. Take Sunday off and rest up for the week ahead.	<p><b><u>SPARK K-2</u></b>            Building a Foundation</p> <p><b><u>SPARK 3-6</u></b>            Fitness Challenges</p> <p>Introduce and discuss the SPARK Personal Best Day</p>
<p><b>Thursday</b>  <b>SPORTS DAY Continued...</b>            Set up a variety of different sports skill centers. (Gymnastics – tumbling and balancing skills. Frisbee – throwing and catching, hitting a target, etc.)            Emphasize fun and participation!            Specific sports skills will be addressed in the coming weeks.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 6, 7	1	Practice walking while balancing an empty plastic bowl or Frisbee on your head. Can other family members do it?	<p><b><u>SPARK K-2</u></b>            Balance, Stunts, and Tumbling</p> <p><b><u>SPARK 3-6</u></b>            Stunts and Tumbling            Flying Disc</p>
<p><b>Friday</b>  <b>Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity</b>  <i>Examples-</i></p> <ul style="list-style-type: none"> <li>• Aerobic Simon Says</li> <li>• Hopscotch Marathon</li> <li>• Paddle Games</li> <li>• Fitness assessment stations for extra practice</li> <li>• Aerobic Exercise Videos</li> <li>• Hokey Pokey</li> </ul>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6, 7	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.	<p><b><u>SPARK K-2</u></b>            Building a Foundation            Games            Jumping</p> <p><b><u>SPARK 3-6</u></b>            Cooperative Games            Aerobic Games            Fitness Circuits</p>