



Back to School – Week 4, (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</b>  <b>Monday – First of Year Fitness Assessment</b>            Have students run, jog (brisk walk, etc.) a mile and record their time. Differentiate for health stages.            You will compare student data to future quarterly assessments.  <b>*Use Fitness Assessment Form (Online in the supplement section)</b></p>	Standard 1 K-6.1, 3	NA	Encourage students to discuss how they felt about today's fitness assessment with their parents.	<b>SPARK Personal Best Day</b>
<p><b>Tuesday</b>            Have students complete the following calisthenic exercises and record their repetitions:</p> <ul style="list-style-type: none"> <li>• Curl-ups</li> <li>• Push-ups</li> <li>• Lunges</li> <li>• Jumping Jacks</li> </ul> <p>Record each student's repetitions/time for each exercise.            You will compare student data to future quarterly assessments.</p>	Standard 1, 2 K-6.3	NA	Demonstrate the fitness assessments you performed today for your parents and discuss how you felt about today's assessment.	<b>SPARK Personal Best Day</b>
<p><b>Wednesday</b>            Assess each student's flexibility. Have them complete the following flexibility exercises. As they complete each exercise, observe students and assess their level of flexibility. Make note of students that are struggling.</p> <ul style="list-style-type: none"> <li>• Sit-and-reach</li> <li>• Hurdler's stretch</li> <li>• Leg cross-over stretch</li> <li>• Butterfly</li> <li>• Reach up</li> <li>• Chest stretches (hands clasped in back)</li> <li>• Back stretches (hands clasped in front)</li> <li>• Shoulder stretches (elbows pulled to opposite side)</li> </ul> <p>You will compare student data to future quarterly assessments.</p>	Standard 1, 2, K-6.3	NA	Show your parents some of the flexibility exercises you performed today.	<b>SPARK Personal Best Day</b>
<p><b>Thursday</b>  <b>Each student will...</b></p> <ul style="list-style-type: none"> <li>• Climb a rope or climbing wall</li> <li>• Complete as many pull-ups as possible</li> <li>• Partner pulls</li> </ul> <p>Evaluate and record student performance and number of repetitions. You will compare student data to future quarterly assessments.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.3	NA	Did you feel good about your fitness level? How can you make family fitness a priority? Ask your parents to help you come up with ideas.	<b>SPARK Personal Best Day</b>
<p><b>Friday</b>  <b>Jersey Day</b> – Have students wear a sports jersey to recognize the value of playing sports. Set up small-sided games of various sports and encourage choice.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 2, 3, 6, 7	1	Plan two physical activities to do as a family this weekend.	