

December – 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 |
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| <p>Monday Fitness Assessment Have students run or jog (brisk walk, etc.) a mile and record their time. Differentiate for health stages. Compare student data to the first of the year and future assessments. *Use Fitness Assessment Form (Online in the supplement section)</p> | Standard 1 K-6.1, 3 | NA | Encourage students to discuss how they felt about today's fitness assessment with their parents. | SPARK Personal Best Day |
| <p>Tuesday Have students complete the following calisthenic exercises and record their repetitions:</p> <ul style="list-style-type: none"> • Curl-ups • Push-ups • Lunges • Jumping Jacks <p>Record each student's repetitions/time for each exercise. Compare student data to first of year and future 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. | SPARK Personal Best Day |
| <p>Wednesday 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"> • Sit-and-reach • Hurdles stretch • Leg cross-over stretch • Butterfly • Reach up • Chest stretches (hands clasped in back) • Back stretches (hands clasped in front) • Shoulder stretches (elbows pulled to opposite side) <p>Compare student data to first of year and future assessments.</p> | Standard 1, 2, K-6.3 | NA | Show your parents some of the flexibility exercises you performed today. Get them to participate. | SPARK Personal Best Day |
| <p>Thursday Each student will...</p> <ul style="list-style-type: none"> • Climb a rope or climbing wall • Complete as many pull-ups as possible • Partner pulls <p>Evaluate and record student performance and number of repetitions. Compare student data to first of year and future 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. | SPARK Personal Best Day |
| <p>Friday Spirit and Game Day – Have students wear a school t-Shirt to show school spirit.</p> <ul style="list-style-type: none"> • Kickball • Freeze Tag • Ball Relays | Standard 1, 2, 3, 4, 5, 6 K-6.1, 2, 3, 6, 7 | NA | Plan two physical activities to do as a family this weekend. | SPARK K-2 Games SPARK 3-6 Aerobic Games |