

February – Week 3, (Begin each day with a warm-up activity and end with a cool down.)

Concept/Activities	NASPE/TEK	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<p>Monday Sports Relay – Basketball Set up a basketball skill relay course. In pairs, kids must dribble through cones, then do chest passes, then each must shoot and make a basket, go back through the same skills and then tag the next pair of students.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6</p>	<p>2</p>	<p>Set up a basketball relay course at home or at a park and have fun with your family or friends.</p>	<p><u>SPARK K-2</u> Having a Ball Let’s Hit It</p> <p><u>SPARK 3-6</u> Basketball</p>
<p>Tuesday Sports Relay – Soccer Set up a soccer skill relay course. In pairs, kids must dribble through cones, then pass and trap a distance with a partner, then each must shoot a goal, go back through the same skills and then tag the next pair of students.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6</p>	<p>2</p>	<p>Set up a soccer relay course at home or at a park and have fun with your family or friends.</p>	<p><u>SPARK K-2</u> Having a Ball Let’s Hit It</p> <p><u>SPARK 3-6</u> Soccer</p>
<p>Wednesday Sports Relay – Foam Hockey Set up a Foam Hockey skill relay course. In pairs, kids must maneuver the puck through cones, then pass and trap a distance with a partner, then each must shoot a goal, go back through the same skills and then tag the next pair of students.</p>	<p>Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6</p>	<p>2</p>	<p>Set up a hockey relay course at home or at a park and have fun with your family or friends.</p>	<p><u>SPARK K-2</u> Having a Ball Let’s Hit It</p> <p><u>SPARK 3-6</u> Hockey</p>
<p>Thursday Obstacle Courses – Show students how easy it is to set up an obstacle course.</p> <ul style="list-style-type: none"> • Run 50 meters • Step through the hoops • Egg/Spoon Segment • Dribble and Shoot (Soccer-Basketball) • Walking Lunges 	<p>Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6</p>	<p>2</p>	<p>Plan an obstacle course with your family. Take turns completing the course. Record your time and try to improve it throughout the year.</p>	<p><u>SPARK K-2</u> Great Games</p> <p><u>SPARK 3-6</u> Aerobic Games Track and Field</p>
<p>Friday Sports Day Fun – During this day emphasize a variety of sports by setting up small- sided games.</p> <ul style="list-style-type: none"> • 4x4 Soccer • Half-court basketball • Volleyball • Softball • Frisbee Golf 	<p>Standard 1, 2, 3, 4, 5, 6 K-6.1, 3, 6</p>	<p>1,2</p>	<p>Plan to play or practice one of your favorite sports this weekend with a friend or family member.</p>	<p><u>SPARK K-2</u> Let’s Hit It Having a Ball</p> <p><u>SPARK 3-6</u> Soccer Basketball Volleyball Frisbee</p>