



**SPARK**

February – Week 4, (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><b>Monday</b></p> <p>Start with a partner and have a one-handed tug of war with a jump rope.</p> <p><b>Jump Rope Fun</b> – Have students learn to jump rope like a boxer – twice on each foot.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	2	Teach your mom and dad how to jump rope like a boxer.	<p><b>SPARK K-2</b> Jumping for Joy</p> <p><b>SPARK 3-6</b> Jump Rope</p>
<p><b>Tuesday</b></p> <p><b>Partner Tag</b> – Use two ropes to make a circle. Then, play tag moving around the outside of the circle.</p> <p><b>Jump Rope Fun</b> – Jump like a rocker. Jump, lean forward and put weight on the front foot. Then, jump and put weight on the back foot.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3	2	Practice jumping like a boxer and a rocker at home with family and friends.	<p><b>SPARK K-2</b> Jumping for Joy</p> <p><b>SPARK 3-6</b> Jump Rope</p>
<p><b>Wednesday</b></p> <p><b>Jumping Patterns</b> – With a partner, use ropes to create jumping and hopping patterns.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	2	Create different jumping and hopping patterns at home with friends or family.	<p><b>SPARK K-2</b> Jumping for Joy</p> <p><b>SPARK 3-6</b> Jump Rope</p>
<p><b>Thursday</b></p> <p><b>Paired Jumping</b> – Allow partners to create jumping routines. Have each pair demonstrate and teach the class how to do their routine.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	2	Find a partner at home and jump rope together.	<p><b>SPARK K-2</b> Jumping for Joy</p> <p><b>SPARK 3-6</b> Jump Rope</p>
<p><b>Friday</b></p> <p><b>Jump Rope Day!</b> – Have students and teachers bring jump ropes from home. Allow students to jump individually or play group games. Encourage teachers to allow their students to play jump rope games during recess today.</p>	Standard 1, 2, 3, 4, 5, 6 K-6.1, 3	2	Plan to play or practice jumping rope at home this weekend.	<p><b>SPARK K-2</b> Jumping for Joy</p> <p><b>SPARK 3-6</b> Jump Rope</p>