

Concept/Activities	NASPE/TEKS	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<p>Monday (tape) Warm-up – Student leads a warm-up activity each day this week. Perform Appropriate Stretches Balance – Technique Use masking tape to create paths on the gym floor. Create straight lines, sharp turns, zig-zags, etc. Students should walk and run the paths using balancing skills to stay on the tape.</p>	Standard 1, 2 K-6.1	1	With family members, create tape paths at home and practice your balancing skills.	<p><u>SPARK K-2</u> Superkid Stunts</p> <p><u>SPARK 3-6</u> Gymnastics</p>
<p>Tuesday (benches) Warm-up – Have a student lead a warm-up activity each day this week. Perform Appropriate Stretches Balance Bench (place mats around the bench) Using a balance bench (not a balance beam) have students walk the length of the bench. Then, have students walk the length of the bench, turn around on the bench and walk back.</p>	Standard 1, 2 K-6.1	1	Practice balancing a ball on your finger or a book on your head.	<p><u>SPARK K-2</u> Superkid Stunts</p> <p><u>SPARK 3-6</u> Gymnastics</p>
<p>Wednesday (balance bench with mats)</p> <ul style="list-style-type: none"> • Take turns performing bench walks and turns. • Have students go from a standing position on the bench to a squatting position and then a seated position. Turn your body around on the bench and then stand up. 	Standard 1, 2 K-6.1	1	How does your family balance their calories and physical activity?	<p><u>SPARK K-2</u> Superkid Stunts</p> <p><u>SPARK 3-6</u> Gymnastics</p>
<p>Thursday (balance bench with mats), warm-up and stretch Balance Bench Dismounts Standing on both feet, jump off the bench.</p> <ul style="list-style-type: none"> • Jump as high as you can. • Jump for distance. 	Standard 1, 2 K-6.1	1	With a family member, practice jumping off of the porch, a chair, or something that is approximately 2 to 3 feet off the ground.	<p><u>SPARK K-2</u> Superkid Stunts</p> <p><u>SPARK 3-6</u> Gymnastics</p>
<p>Friday Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity:</p> <ul style="list-style-type: none"> • Partner Freeze Tag • Follow the Leader • Loose Caboose 	Standard 5, 6 K-6.3	NA	Have students describe the physical activities they enjoy doing at home or after school.	<p><u>SPARK K-2</u> Great Games</p> <p><u>SPARK 3-6</u> Aerobic Games</p>