



March – Extra (Begin each day with a warm-up activity and end with a cool down activity.)

Concept/Activities	NASPE/TEK	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<p>Monday 50-Meter Run Have students practice this event first, then run the 50-meter run/dash and record their times.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3	N/A	Practice running at home this evening	<p><u>SPARK K-2</u> Perceptual Power</p> <p><u>SPARK 3-6</u> Track and Field</p>
<p>Tuesday Calisthenics Relay Divide the class into teams. Each team must complete each station. Lunges, push-ups, sit-ups, jumping jacks, etc. (15-20 repetitions each). Record each team's time.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3	N/A	Demonstrate these calisthenic exercises to other family members	<p><u>SPARK K-2</u> Strength and Conditioning Great Games</p> <p><u>SPARK 3-6</u> Group Fitness Astronaut Drills Fun and Fitness Circuits</p>
<p>Wednesday Long Jump In the gym or outside, have students jump for distance. From a starting line, ask each student to jump as far as they can. Let students practice several times. Teach students to measure their distance.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3	N/A	Practice your jumping skills at home with a family member.	<p><u>SPARK K-2</u> Jumping for Joy Perceptual Power</p> <p><u>SPARK 3-6</u> Track and Field</p>
<p>Thursday Team Relays Divide students into teams and practice team relay events. Demonstrate passing the baton/object with an appropriate handoff.</p>	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3	N/A	Practice handing off an object that resembles a baton to a family member while running.	<p><u>SPARK K-2</u> Perceptual Power</p> <p><u>SPARK 3-6</u> Track and Field</p>
<p>Friday Teacher's Choice/Physical Activity Options/Centers/Other Planned Physical Activity/ Favorite Jersey Day</p> <ul style="list-style-type: none"> • Kickball • Hop Scotch • Four Square • Jump Rope Activities 	Standard 1, 2, 3, 4, 5, 6 K-6. 1, 3, 6, 7	N/A	Have students describe the physical activities they enjoy doing at home or after school with others.	<p><u>SPARK K-2</u> Having a Ball Let's Hit It Jumping for Joy Great Games</p> <p><u>SPARK 3-6</u> Aerobic Games Jumping Rope</p>