

April – Week 1, (Begin each day with a warm-up activity and end with a cool down.)

Concept/Activities	NASPE/ TEKS	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<p>Monday Sports Injury Prevention – Let students play a game of softball. All batters must wear a helmet. Field players should wear a glove. Optional Softball Stations:</p> <ul style="list-style-type: none"> • Batting • Pitching • Fielding Grounders • Fielding Fly balls <p>Alternative – T-Ball</p>	1, 2, 3, 4, 5, 6 K-6. 1, 5, 6, 7	1	Encourage students to play catch and practice batting skills at home.	<p><u>SPARK K-2</u> Having a Ball Let’s Hit It</p> <p><u>SPARK 3-6</u> Softball</p>
<p>Tuesday Let students play softball and, once again, encourage appropriate sports safety equipment. Optional Base Running Relays Softball Stations (cont.)</p>	1, 2, 3, 4, 5, 6 K-6. 1, 5, 6, 7	1	Organize a softball game in your neighborhood with family and friends.	<p><u>SPARK K-2</u> Having a Ball Let’s Hit It</p> <p><u>SPARK 3-6</u> Softball</p>
<p>Wednesday Exercise Day (Proper Conditioning) Identify and practice warm-up and flexibility exercises to help prepare the body for exercise and prevent injuries. How does this relate to sports injury prevention? Assign additional body weight exercises for upper and lower body strength training.</p>	1, 2, 3, 4, 5, 6 K-6.3, 5	1	Identify four warm-up activities and four flexibility exercises that can be completed at home with 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>Thursday Freeze Tag (Play Cooperatively) Students should avoid being touched and frozen. Once touched, they are frozen for 60 seconds before they can re-enter the game. Use space or play environment safely.</p>	1, 2, 3, 4, 5, 6 K-6. 1, 5, 6, 7	1	Encourage students to play this game after school with friends.	<p><u>SPARK K-2</u> Great Games</p> <p><u>SPARK 3-6</u> Aerobic Games</p>
<p>Friday Teacher’s Choice/Physical Activity Options/Centers/Other Planned Physical Activity Examples -</p> <ul style="list-style-type: none"> • Gym Obstacle Course • Beach Ball Relays • Hot Potato or Wonder Ball • Softball Games • Free Choice Activities 	1, 2, 3, 4, 5, 6 K-6. 1, 5, 6, 7	1	Have students tell you how they plan to stay physically active during the upcoming weekend.	<p><u>SPARK K-2</u> Having a Ball Let’s Hit It Great Games</p> <p><u>SPARK 3-6</u> Aerobic Games Handball/ Wallball</p>