

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

Concept/Activities	NASPE/TEKS	Page	Family Activities	SPARK PE Lessons, Resources by Tab
<p><b>Monday</b>  <b>Cycling for Exercise – Safety Games</b>            This week’s lessons will focus on a variety of games that help students learn cycling/biking safety rules. Teach students to always ride on the right side of the street with the direction of traffic, never against the traffic. Then, divide students into groups and have groups travel (jog, run) around the gym in opposite directions. Reinforce the concept of staying in one’s lane.</p>	<p>Standard 1, 2, 3, 4, 5, 6</p> <p>K-6.1, 5</p>	<p>1, 2</p>	<p>Take a bike ride with your family this evening.</p>	<p><b><u>SPARK K-2</u></b>            Great Games            Perceptual Power</p> <p><b><u>SPARK 3-6</u></b>            Aerobic Games            Recreational Power            Walking and Jogging</p>
<p><b>Tuesday</b>  <b>Cycling for Exercise – Safety Games</b>            Stopping at intersections and looking both ways – Play the game above but this time have designated crossings, stop signs, or red lights that students must stop at. Look both ways to make sure no cars are coming, and then proceed.  <b>Play Red Light/Green Light</b> – Kids can only run on green. If they run on red, they are out of the game. First one to touch the light becomes the light.</p>	<p>Standard 1, 2, 3, 4, 5, 6</p> <p>K-6.1, 5</p>	<p>1, 2</p>	<p>With a family member, practice stopping at intersections as you cycle.</p>	<p><b><u>SPARK K-2</u></b>            Great Games            Perceptual Power</p> <p><b><u>SPARK 3-6</u></b>            Aerobic Games            Recreational Power            Walking and Jogging</p>
<p><b>Wednesday</b>  <b>Using Hand Signals</b> – Play the game above, but this time have students stop and use hand signals to stop or turn the appropriate direction.            More Information on hand signals at <a href="http://www.kidshealth.org/teen/exercise/safety/bike_safety.html">http://www.kidshealth.org/teen/exercise/safety/bike_safety.html</a>  <b>Play Red Light/Green Light</b> – Kids can only run on green. If they run on red, they are out of the game. First one to touch the light becomes the light.</p>	<p>Standard 1, 2, 3, 4, 5, 6</p> <p>K-6.1, 5</p>	<p>1, 2</p>	<p>With a family member, practice using appropriate hand signals at intersections.</p>	<p><b><u>SPARK K-2</u></b>            Great Games            Perceptual Power</p> <p><b><u>SPARK 3-6</u></b>            Aerobic Games            Recreational Power            Walking and Jogging</p>
<p><b>Thursday</b>  <b>Bike Safety Obstacle Course</b>            In groups, students must simulate riding a bike while they complete the obstacle course.</p> <ul style="list-style-type: none"> <li>• Run one side of the gym</li> <li>• Stop and signal left or right</li> <li>• Run the next side (only half) stop at the crosswalk</li> <li>• Continue until you reach the stop sign</li> <li>• Signal left or right</li> <li>• Run one side of the gym</li> </ul> <p>Be creative, but emphasize cycling safety</p>	<p>Standard 1, 2, 3, 4, 5, 6</p> <p>K-6.1, 5</p>	<p>1, 2</p>	<p>With your family, set up a cycling obstacle course in a parking lot that is vacant and free of cars or obstacles.</p>	<p><b><u>SPARK K-2</u></b>            Great Games            Perceptual Power</p> <p><b><u>SPARK 3-6</u></b>            Aerobic Games            Recreational Power            Walking and Jogging</p>
<p><b>Friday</b>  <b>Teacher’s Choice/Physical Activity</b>  <b>Options/Centers/Other Planned Physical Activity</b>  <i>Examples-</i></p> <ul style="list-style-type: none"> <li>• Jogging activity above with all cycling safety rules performed on signal.</li> <li>• Jump rope activities group and individual.</li> <li>• Strength Training Fitness Centers</li> <li>• Kickball</li> <li>• Freeze Tag</li> <li>• Plan a biking day and let students bring their bike.</li> <li>• Red Light/Green Light/Mother May I</li> </ul>	<p>Standard 1, 2, 3, 4, 5, 6</p> <p>K-6.3</p>	<p>NA</p>	<p>Have students describe the physical activities they enjoy doing at home or after school.</p>	<p><b><u>SPARK K-2</u></b>            Great Games            Perceptual Power            Strength and Conditioning            Jumping for Joy</p> <p><b><u>SPARK 3-6</u></b>            Aerobic Games            Recreational Power            Walking and Jogging            Strength and Conditioning            Jump Rope</p>