



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

Concept/Activities	NASPE/TEKS	Page(s)	Family Activities	SPARK PE Lessons, Resources by Tab
<p><b>Monday (Mats)</b> Warm-up – Jog in Place Perform Appropriate Stretches <b>Forward Roll – Technique</b> Students should crouch with their weight on their toes and hands on the mat slightly ahead of their toes. Round the back by tucking the head between the knees. The chin should be touching the chest. Push off from the toes, raising the seat as you roll forward, keeping the chin touching the chest. Keep the heels wide and close to the seat. Hug the shins with the arms while rolling to the feet.</p>	Standard 1, 2 K-6.1	1	Practice your forward rolls at home with other family members.	<p><b>SPARK K-2</b> Superkid Stunts</p> <p><b>SPARK 3-6</b> Gymnastics</p>
<p><b>Tuesday (Mats)</b> Warm-up – Brisk walk around the gym (5 min.) Flexibility Exercises <b>Spotting the Forward Roll</b> Person kneels on one knee beside partner. Place the leading hand on the back of the partner’s neck and the other hand under the closest ankle. As partner rolls forward, lift with the leading hand and push gently forward with the back hand.</p>	Standard 1, 2 K-6.1	1	Ask a family member to spot you on your forward rolls.	<p><b>SPARK K-2</b> Superkid Stunts</p> <p><b>SPARK 3-6</b> Gymnastics</p>
<p><b>Wednesday (Mats)</b></p> <ul style="list-style-type: none"> <li>• Take turns performing forward rolls and spotting.</li> <li>• Let students do tandem rolls.</li> </ul>	Standard 1, 2 K-6.1	1	Practice tandem rolls at home with a family member.	<p><b>SPARK K-2</b> Superkid Stunts</p> <p><b>SPARK 3-6</b> Gymnastics</p>
<p><b>Thursday</b> <b>Forward roll progressions with a balance combination</b> Have students practice forward rolls with a balance exercise at the end. Balance on right foot, then left foot, and balance on hands like a frog.</p>	Standard 1, 2 K-6.1	1	Work on your balancing combinations at home. Ask a family member to give you different combinations.	<p><b>SPARK K-2</b> Superkid Stunts</p> <p><b>SPARK 3-6</b> Gymnastics</p>
<p><b>Friday</b> <b>Game Day – Choices</b> Springboard Passes Kickball Hoops for Health</p>	Standard 5, 6 K-6.3	NA	Have students describe the physical activities they enjoy doing at home or after school.	<p><b>SPARK K-2</b> Great Games</p> <p><b>SPARK 3-6</b> Aerobic Games</p>