**HWES Physical Education**

**Week 10**

**Grades Spatial Awareness/Manipulative/Locomotor/Fitness**

**1st-3rd Halloween Obstacle Course**

**Muscle of the Month: Bicep**

**Exercises (10 minutes)**

* 10 Jumping Jacks
* Arm Stretches (R/L)
* Leg Stretches (R/L/Middle)
* On your Bottom
* Leg Stretches (R/L/Middle)
* Butterfly
* 10 push ups

**I CAN….practice manipulative, locomotor, balancing, and fitness skills using a halloween theme.**

**Lesson (25 minutes)**

Equipment Needed: 2 volleyball stands, 2 large parachutes, rope swing, 10 bowling pins (ghosts), swimming pool, 15 tumbling mats, 7 tables, 2 volleyball nets, 12 cones, 4 step up steps, 11 hula hoops, 2 scooters, 5 black table cloths

Instructions:

* Have the PE stars go through the obstacle course first so that they can help with the stations.
* Line the students in two lines on the stage
* Let the students enter two by two.
* Continue the obstacle course until time to go.

Set up