**HWES Physical Education**

**Week 11**

**Grades Personal Behavior/Spatial Awareness**

**1st-3rd Ships and Sailors**

**Muscle of the Month: Bicep**

**Exercises (10 minutes)**

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

**I CAN…..practice positive social behaviors by partnering in small and large groups.**

**Lesson (25 minutes)**

Equipment Needed: Microphone

Instructions:

* Tell all participants to stand in the middle of the room facing the leader who is in the front of the room.
* Explain that all participants are sailors and they are all on a ship. Assign one person to be the "Captain." The role of the Captain is call out the actions and dismiss the players who don't do the actions quick enough or who break from character.
* Once the captain calls an action, each player has 3-4 seconds to start performing the action. If they don't find a group fast enough or perform the right action, they are out of the game.
* The Captain will give a series of orders. Any sailor who cannot complete the order correctly in a timely manner is out and must sit down on the side.
* The explanations are as follows:
  + 1. Ships: All must run to their right.
  + 2. Sailors: All must run to their left.
  + 3. Hit the Deck: All must quickly lie on their stomach.
  + 4. Captain's Coming!: Everyone stands at "attention" (in a salute), and they can’t move from this position until the caller says, "At Ease!" If they laugh or break from the attention, they are dismissed.
  + 5. Three Men Eating: Sailors are to form groups of three and sit down in a circle. Next they are to cup as if to hold a plate and scoop with the other hand quickly as if to feed themselves.
  + 6. Five Men Rowing: Sailors are to form groups of four and sit in a row on the floor. They are to swing their arms as if they are rowing.
  + 7.Six Dead Bugs!: Six people lay on their back, in a circle, and kick their legs and arms in the air.
  + 8. Flying Jack: 2 people, one person has to have their arms straight out and the other has to grab their waist.
  + 9. 5 men pointing North: a group of 5 people pointing to the sky
* You play till you have one winner.