**HWES Physical Education**

**Week 12/13**

**Grades Spatial Awareness**

**1st-3rd Relays**

**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…..move in various directions and through various pathways, while performing locomotor and nonlocomotor movements.**

**Lesson (25 minutes)**

Equipment Needed: 8 cones, 8 scooters

Instructions:

* Divide the students into 8 equal groups
* Perform the desired skill down the court and back
* Must give their partner a high five
* The team that has everyone sitting first wins

Locomotor skills

* Running
* Skipping
* Sliding
* Jumping
* Hopping
* Galloping

Movements

* Crab Walk
* Army Crawl

Scooter Movements

* On bottom only facing forward
* On belly only using legs NO hands