**HWES Physical Education**

**Week 14**

**Grades Spatial Awareness**

**4th-6th Turkey Hunt**

**Muscle of the Month: Abdominals**

**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 sit ups

**I CAN….demonstrate game strategies of chasing, fleeing, defending and covering areas utilizing motor skills.**

**Lesson (25 minutes)**

Equipment Needed: 6 hula hoops, tub full of “food”, 6 jerseys, 20 poly spots

Instructions:

* Select 6 people to be the farmers
* The rest of the class are turkeys
* The turkeys start in the circle in the middle of the court (turkey pen)\*Base
* The farmers are not allowed to come inside the turkey pen
* The goal of the game is for the farmers to collect(tag) all the turkeys for Thanksgiving dinner
* The turkeys job is to collect all the food that is in the hula hoops before getting tagged by the farmer
* If a farmer tags a turkey the turkey must go sit on a poly spot on the side of the court
* They turkey that is tagged is not out they are simply waiting for a turkey friend to untag them getting them off the Thanksgiving dinner plate
* The farmers are working on defending their food plots from the hungry turkeys
* The turkeys are trying to chase and flee from the farmers
* The game will end when all the turkeys are captured or all the food from the food plots are gone.
* Pick a new set of farmers, cont.. the game