**HWES Physical Education**

**Week 1**

**Grades Rules & Procedures**

**4th-6th Favorite Physical Activity**

**Muscle of the Month: none**

**Exercises (10 minutes)**

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

**I CAN…..**show Coach Jones how to properly do a time-out

**Lesson (25 minutes)**

Equipment Needed: 4 cones, crayons, favorite activity worksheet

Instructions: Rules and Procedures

* How to enter the classroom
  + WALK on the black line
  + Sit BEHIND the cones facing the stage with your feet straight out in front of you.
* Go over stretches (listed above)
* How to do a time-out
* How to become PE STARS
  + S-Stay focused & Safe
  + T-Try your best
  + A-Attitude & Attire
  + R-Respect Others & Equipment
  + S-Show Sportsmanship
* How/when to do a Reminder
* Bathroom Breaks

Game: Favorite Physical Activity

* Have the students draw or write their favorite physical activity on the worksheet. We will then post their work on the wall.

Extra Time: Name Game/Relays