**HWES Physical Education**

**Week 15**

**Grades Muscular Strength/Fine Motor**

**1st-3rd Snowball Mania**

**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…..perform a muscular endurance activity while practicing my fine motor skills.**

**Lesson (25 minutes)**

Equipment Needed: 6 scooters, 6 buckets, tub full of “snowballs,” clothes pins

Instructions:

* Divide the students into 6 groups
* Each group will have a scooter and a bucket
* Each student will have 2 clothespins
* One student will go at a time
* The student will either lay on their belly or sit on their bottoms on the scooter
* They will scoot to the middle of the court to collect 2 snowballs with their clothespins and scoot back and place the snowballs in their bucket
* The next student will go, so on and so forth
* The team with the most snowballs in their bucket at the end of the class wins Cane Cash