**HWES Physical Education**

**Week 15**

**Grades Spatial Awareness**

**4th-6th Scooter Sideline Basketball**

**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…..demonstrate spatial awareness in a basketball lead-up game.**

**Lesson (25 minutes)**

Equipment Needed: 10 scooters, jerseys, two hula hoops, basketball

Instructions:

* Split the class into two groups
* Have 5 scooters on both ends of the basketball court
* Place one hula hoop on each basketball goal
* One group wears jerseys and line up on one sideline
* The other group will wear their shirts and line up on the opposite sideline
* The first five from each team will have a seat on the scooter
* Rock, Paper, Scissors will decide who gets the ball first
* The teams on the court can use the players on the sideline to get the ball down the court.
* They do not have to dribble the basketball
* First team to make one point (ball going through the hula hoop) wins and then both teams will rotate off the floor and a new set of five will come in.
* Cont.

\*remember to keep the sideline spread out