**HWES Physical Education**

**Week 16**

**Grades Spatial Awareness/Manipulative Skills**

**6th Sideline Basketball**

**\*4th-5th Outside Play**

**Muscle of the Month: Abdominals**

**Exercises (10 minutes)**

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

**I CAN…..demonstrate spatial awareness while incorporating manipulative skills in a lead-up basketball game.**

**Lesson (25 minutes)**

Equipment Needed: jerseys, basketball

Instructions:

* Split the class into two groups
* 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 three from each team will compete first
* 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 must dribble the basketball.
* First team to make one point wins and then both teams will rotate off the floor and a new set of 3 will come in.
* Cont.

\*remember to keep the sideline spread out