**HWES Physical Education**

**Week 2**

**Grades Locomotor Unit**

**4th-6th Hopping & Jumping**

**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……..tell the difference in hopping and jumping.**

**Lesson (25 minutes)**

Equipment Needed: Polydots

Instructions:

* Explain to the students that jumping is on 2 feet and hopping is on one foot.
* Demonstrate
* Launch (have the student)
  + Find a polydot
  + Jump on top of your dot
  + Jump lightly, then heavily
  + Jump 3 times forward, then backward
  + Jump 3 times to the right, then to the left
  + Jump in a circle, square, and triangle
  + Jump as far as you can
  + Jump in and out
  + HOP on your right foot, then your left (switch feet
  + HOP forward three times, then backwards (switch feet
  + HOP side to side (switch feet)
  + HOP in a circle, square, and triangle (switch feet)

Game: Hopscotch Relays

* Two dot jumps
* One dot hop

Extra Time: Boy vs. Girls