**HWES Physical Education**

**Week 3**

**Grades Locomotor Unit**

**4th-6th Skipping**

**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…..skip.**

**Lesson (25 minutes)**

Equipment Needed: Polydots, bean bags, 1 gym mat, 10 cones

Instructions:

Explanation: Skipping is a form of hopping. Hopping is what we learned last week.

Demonstrate:STEP HOP, STEP HOP, STEP, HOP

Launch: Students will take their polydot to the black line facing the stage and have a seat. The teacher will call out colors of polydots and the students will then perform “skipping” to the opposite black line across the court. When they get to the other end they will have a seat and the next color polydot will go. (on the teacher's command)

* Partner students up BOY/GIRL
* Skip with their partner across the court

Game: Run Rabbits Run!!

* Remind students that throughout the whole game they have to skip or they are OUT!
* Find 5 students to be foxes. The rest are rabbits.
* Line cones up along the baseline. (The rabbits base)
* Place the mat on the opposite baseline (The foxes are to hid behind)
* The foxes are to hide behind until the teacher says “ Run Rabbits Run”
* Scatter all the bean bags (food) all over the gym floor between the cones and the mat.
* OBJECT of the games is for the rabbits to collect all of their food(bean bags) before getting tagged by the foxes.
* The rabbits that are tagged become foxes.