**HWES Physical Education**

**Week 4**

**Grades Locomotor Unit**

**4th-6th Galloping, Leaping, Sliding**

**Muscle of the Month: Gastrocnemius (calves)**

**Exercises (10 minutes)**

* 10 Jumping Jacks
* Arm Stretches (R/L)
* Leg Stretches (R/L/Middle)
* On your Bottom
* Leg Stretches (R/L/Middle)
* Butterfly
* Jumps (in and out, up and down) \*on your toes

**I CAN……...gallop, leap, and slide!**

**Lesson (25 minutes)**

Equipment Needed: 4 Jump Ropes

Instructions:

Demonstrate and explain to students that sliding is a step close going sideways. Galloping is walking and leaping, one leg leads and the other one joins and you push off with your back foot. Leaping is when you jump forward with one leg leading.

Launch: Students will walk to the black line facing the stage and have a seat. The teacher will call out colors of shirts or unique things about the students and the students will then perform a gallop, leap, and sliding to the opposite black line across the court. When they get to the other end they will have a seat and wait till the next color or unique thing is called out. (on the teacher's command)

* Partner students up BOY/GIRL
* Gallop, leap, slide with their partner across the court

Game: Leap Over the Brook

Place two jump ropes at half court leaving a space in the middle for a “brook.” Students will start at the baseline and will run forward and leap over the brook. Once they leap over the brook, the student will then gallop to the end of the court and gallop following the black line back to the baseline where they started.

* Two lines, Boys and Girls
* Once one line goes through, spread the ropes farther and farther apart.
* Monitor for accuracy
* The group with the farthest “brook” wins