**HWES Physical Education**

**Week 8**

**Grades Cooperative Games**

**1st-3rd Social Behaviors**

**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…..cooperate with others to complete an activity.**

**Lesson (25 minutes)**

Equipment Needed: 2 large parachutes, music, 16 foam balls

Instructions:

* Divide the class into two groups
* Rules
	+ One person per color
	+ No one is allowed to be under the parachute unless told
	+ There is a stop position (both arms are at their waist)
	+ No one is allowed to put their head in the hole of the parachute

Game: Series of Games

* Each group make
	+ Small, slow waves
	+ Big slow waves
	+ Small fast waves
	+ Big fast waves
	+ One big mushroom wave
* When the group is making one big mushroom wave you will call out a color. If a student is on that particular color then they will crawl under the parachute and find a new color before the parachute falls down. Cont..
* Place 8 balls on each parachute with the students at the “stop” position. Ask for different ideas on how the class can work together to get all the balls off of the parachute before the other group. Cont.. \*ask for different ideas
* Turn on the cupid shuffle. As the song sings, “to the left, to the right” have the students work together to move the parachute from left to right without having any wrong pulls.