**HWES Physical Education**

**Week 8**

**Grades Motor Skills in lead up game**

**4th-6th Throwing/Catching/Kicking**

**Muscle of the Month: Bicep**

**Exercises (10 minutes)**

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

**I CAN…..demonstrate mature motor skills in lead up game situations.**

**Lesson (25 minutes)**

Equipment Needed: 4 bases, one kickball

Instructions:

* Divide the class into two teams
* 3 ways to get out
  + 1. Catching the kicked ball in the air before it drops.
  + 2. Throwing the ball to your teammate that is standing on the base before the kicker gets to the base.
  + 3. Tagging the kicker with the ball. (CANNOT BE THROWN @ RUNNER)
* The “batters” either can make 5 runs, or have 3 outs. Then they will rotate.
* Make sure the “fielders” have a student on 1st, 2nd, and 3rd base. Everyone else is behind the black line.
* Teacher is always the pitcher for both teams.
* The “batters” will be in boy girl order sitting on the edge of the stage.

Game: Kickball

