



- The P.E Spot -

P.E Lesson

“Water Bottle Fitness Challenge”

Objective: Students will be able to demonstrate strategy and technique in this activity.

Skills Developed:

- Hand eye coordination
- Accuracy
- Strategy

Materials:

- Water Bottle

Directions:

Individual

1. Students will focus on flipping a water bottle and trying to land it upright.
2. Students will need to figure out the best technique to make the bottle land.
3. Students will need to perform 3 squats prior to flipping the bottle 2 times.
4. Students will repeat this process 3 squats= 2 Bottle flips
5. Students can accept the challenge and try to flip and land the bottle as many times as they can in 1-minute.
6. Students can challenge their peers, parents, siblings in this challenge as well.

YouTube Video of Lesson: <https://youtu.be/EHFnd4KmMhE>