



## **P.E Lesson: “Zig Zag Basketball”**

**Objective:** Students will demonstrate proper form for shooting an object into a stationary target.

**Skills Developed:**

- Shooting
- Accuracy
- Strategy

**Materials:**

- Books/cones/markers
- Basket/Bucket/Box
- Sock Ball

**Directions:**

1. Students will focus on their shooting, accuracy, and strategy skills in this fun DIY PE game.
2. Students will need to zig zag through 4 cones/markers and then shoot a sock ball into a stationary target.
3. Students will have 3 different shooting angles to choose from.
4. Students will receive 3 points if they successfully shoot the object into the basket.
5. Students will have 1 minute to score as many points as possible.
6. This process will continue.

## YouTube Video of Lesson:

<https://youtu.be/sDVK71-J4WE>

*“At The PE Spot, the fun never stops”* - Mr. Garcia

Until next time,  
Take care!

